

## ABSTRAK

### HUBUNGAN PEMBERIAN MP-ASI DENGAN STATUS GIZI ANAK DI POSYANDU DESA BRAYUBLANDONG

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Bertambahnya usia anak kebutuhan nutrisi anak akan semakin meningkat. Sehingga, setelah anak berusia 6 bulan biasanya mereka akan diberikan makanan tambahan untuk memenuhi kebutuhan nutrisi mereka. Pada masa usia anak saat diberikan MP-ASI yang paling penting adalah zat gizi untuk memenuhi kebutuhan status gizi dan yang tidak mengganggu pertumbuhan anak. Penelitian ini bertujuan untuk mengetahui hubungan pemberian MP-ASI dengan status gizi anak Di Posyandu Desa Brayublandong, Kecamatan Dawarblandong, Kabupaten Mojokerto. Dalam penelitian ini menggunakan desain penelitian *analitik kolerasional* dengan pendekatan metode rancangan *cross sectional*. Populasi dalam penelitian ini adalah semua ibu yang mempunyai anak usia 12-24 di Posyandu Desa Brayublandong Kecamatan Dawarblandong Kabupaten Mojokerto. Sampel diambil dengan teknik *nonprobability* tipe *sampling purposive* yang berjumlah 40 responden. Data dikumpulkan menggunakan kuesioner. Hasil penelitian menunjukkan bahwa paling banyak tepat memberikan MP-ASI yaitu 22 Responden (55%). Dan paling banyak berstatus gizi baik yaitu 18 anak (45%). Berdasarkan Hasil uji statistic dengan menggunakan uji Spearman Rho didapatkan nilai  $P Value = 0,000$ . Apabila  $P Value < \alpha (0,05)$  memiliki arti ada hubungan antara Pemberian MP-ASI Dengan Status Gizi Anak Usia 12 – 24 Bulan Di Posyandu Desa Brayublandong Kecamatan Dawarblandong Kabupaten Mojokerto. Ketepatan pemberian MP-ASI menjadi faktor penting. MP-ASI yang tidak diberikan dengan tepat, akan mempengaruhi status gizi anak. Pemberian tepat sesuai indikator mikro nutrien dan makro nutrien akan terserap oleh tubuh yang menjadikan status gizi anak baik.

**Kunci : Pemberian MP-ASI, Status gizi, Tumbuh Kembang Anak**

## ABSTRACT

### THE RELATIONSHIP OF PROVIDING COMPLETE FOODS WITH CHILDREN'S NUTRITIONAL STATUS AT INTEGRATED HEALTHCARE CENTER IN BRAYUBLANDONG VILLAGE

BY

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As children age, their nutritional needs will increase. So, after children are 6 months old, they will usually be given additional food to meet their nutritional needs. At a child's age, when complementary foods are given to breast milk, the most important thing is nutrients to meet nutritional status needs and which do not interfere with the child's growth. This study aims to determine the relationship between giving complementary foods to breast milk and the nutritional status of children at the Integrated Healthcare Center in Brayublandong Village, Dawarblandong District, Mojokerto Regency. This research uses a correlational analytical research design with a cross-sectional design method approach. The population in this study were all mothers who had children aged 12-24 at the Integrated Healthcare Center in Brayublandong Village, Dawarblandong District, Mojokerto Regency. The sample was taken using a non-probability purposive sampling technique, totaling 40 respondents. Data was collected using a questionnaire. The research results showed that it was most appropriate to provide complementary food for breast milk, namely 22 respondents (55%). And the largest number of children had good nutritional status, namely 18 children (45%). Based on the results of statistical tests using the Spearman Rho test, the  $P$  value = 0.000. Aif  $P$  Value  $< \alpha$  (0.05) means there is a relationship between giving complementary food for breast milk and the nutritional status of children aged 12 - 24 months at the Integrated Healthcare Center in Brayublandong Village, Dawarblandong District, Mojokerto Regency. The accuracy of giving complementary foods to breast milk is an important factor. Complementary foods that are not given properly will affect the child's nutritional status. Proper administration according to micro nutrient and macro nutrient indicators will be absorbed by the body which will make the child's nutritional status good.

**Keyword : Providing complementary food for breast milk, nutritional status, child growth and development**