

**FAKTOR-FAKTOR IBU YANG BERHUBUNGAN DENGAN PEMBERIAN  
MAKANAN PENDAMPING ASI (MP-ASI) DINI  
PADA BAYI USIA < 6 BULAN**

**Artikel Penelitian**

Diajukan sebagai salah satu syarat menyelesaikan  
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## Mothers Factors that Related to Early Complementary Feeding of Less than 6 Months Old Infants

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### ABSTRACT

**Background :** Exclusive breastfeeding is giving breastmilk only without adding complementary food or drink since infants were born until 6 months old. Complementary feeding before infants 6 months old causes disturbed of breastfeeding process, makes lower breastfeeding given, makes gastrointestinal disturbed, allergy, obesity of infants. Mother's nutritional knowledge, mother's attitude, mother's education and status of mother's occupation are some factors which is related to complementary feeding.

**Objective :** To describe correlation between status of mother's occupation, mother's education, mother's nutritional knowledge, mother's attitude toward exclusive breastfeeding with early complementary feeding of less than 6 months old infants.

**Methods :** This study was an observational study by cross-sectional design. The subjects were 35 samples taken by purposive sampling, the samples were all of mothers that had less than 6 months old infants in Depok village, Pangkah district, Tegal regency. Data were collected from questionnaire. The data analysis was by *chi - square*.

**Result:** (65,7%) subjects have given early complementary feeding, (54,3%) of subjects were workers, 60% of mother's education were low, (60%) of mother's nutritional knowledge were low, (65,7%) of subjects have good attitude to give exclusive breastfeeding. There was no correlation between status of mother's occupation ( $p= 0,468$ ) and mother's attitude toward 6 months exclusive breastfeeding ( $p= 0,149$ ) with early complementary feeding. However, there was correlation between mother's education ( $p= 0,004$ ) and mother's nutritional knowledge ( $p= 0,010$ ) with early complementary feeding.

**Conclusion :** There was no correlation between status of mother's occupation and mother's attitude toward 6 months exclusive breastfeeding with early complementary feeding. However, there was correlation between mother's education and mother's nutritional knowledge with early complementary feeding.

**Key word :** Status of mother's occupation, mother's education, mother's nutritional knowledge, mother's attitude, early complementary feeding.

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## **Faktor – Faktor Ibu yang Berhubungan dengan Pemberian Makanan Pendamping ASI (MP-ASI) Dini Pada Bayi Usia < 6 Bulan**

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### **ABSTRAK**

**Latar Belakang :** ASI Eksklusif adalah pemberian ASI saja tanpa tambahan makanan atau minuman lainnya sejak bayi lahir sampai berusia 6 bulan. Pemberian MP-ASI dini pada bayi dapat menyebabkan gangguan proses menyusui, menurunkan produksi ASI, gangguan sistem pencernaan bayi, alergi, dan obesitas. Pemberian MP-ASI dini dipengaruhi oleh beberapa faktor diantaranya adalah pengetahuan gizi ibu, sikap ibu, pendidikan ibu, dan status pekerjaan ibu.

**Tujuan :** Mengetahui hubungan status pekerjaan ibu, pendidikan ibu, pengetahuan gizi ibu dan sikap ibu terhadap ASI eksklusif dengan pemberian MP-ASI dini pada bayi usia <6 bulan.

**Metode :** Penelitian ini merupakan penelitian observasional dengan desain *cross sectional*. Jumlah sampel 35 orang yang diambil dengan cara purposive sampling, dimana semua ibu yang memiliki bayi usia <6 bulan yang ada di Desa Depok Kecamatan Pangkah Kabupaten Tegal menjadi sampel. Data diperoleh dari jawaban pada kuesioner. Analisis data dengan menggunakan uji *chi – square*.

**Hasil :** 65,7% subyek sudah memberikan MP-ASI dini pada bayinya, status pekerjaan subyek adalah bekerja 54,3%, pendidikan ibu 60% tergolong rendah, pengetahuan gizi ibu 60% tergolong kurang, 65,7% memiliki sikap mendukung pemberian ASI eksklusif. Tidak ada hubungan antara status pekerjaan ibu ( $p= 0,468$ ) dan sikap ibu terhadap pemberian ASI eksklusif 6 bulan ( $p= 0,149$ ) dengan pemberian MP-ASI dini, ada hubungan antara pendidikan ibu ( $p= 0,004$ ) dan pengetahuan gizi ibu ( $p= 0,031$ ) dengan pemberian MP-ASI dini ( $p= 0,004$ ).

**Kesimpulan :** Tidak ada hubungan antara status pekerjaan ibu dan sikap ibu terhadap pemberian ASI eksklusif 6 bulan dengan pemberian MP-ASI dini. Ada hubungan antara pendidikan ibu dan pengetahuan gizi ibu dengan pemberian MP-ASI dini.

**Kata kunci :** Status pekerjaan ibu, pendidikan ibu, pengetahuan gizi ibu, sikap ibu, pemberian makanan pendamping ASI dini.

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