ABSTRACT

ENJELI SALATUN. The Relationship between Maternal Knowledge of Complementary Feeding and Stunting Prevention Behaviors at Limboto Health Center. Supervised by ANDI AKIFA SUDIRMAN as the chair and DEWI MODJO as a member.

Stunting is a condition of impaired growth in children (both physical and cognitive) resulting from prolonged nutritional deficiencies. Complementary feeding (MP-ASI) with complete and balanced nutrition, including protein, carbohydrates, fats, vitamins, and minerals, is essential for optimal growth and development in children. This research aimed to examine the relationship between maternal knowledge of the preparation of complementary foods and stunting prevention behaviors at Limboto Health Center.

This study employed an analytic survey method with a cross-sectional design. The sample consisted of 65 mothers with children aged 6 to 24 months, selected using purposive sampling. The results indicated that most mothers had good knowledge, with 40 respondents (61.5%) classified in the good category, while 25 respondents (38.5%) were categorized as having adequate knowledge. Regarding stunting prevention behaviors, the majority were in the adequate category, with 50 respondents (76.9%), while 15 respondents (23.1%) exhibited good stunting prevention behaviors.

The relationship between maternal knowledge of the preparation of complementary foods and stunting prevention behaviors was analyzed using the Chi-square test, yielding a p-value of $0.004 < 0.05$, indicating a significant relationship. Maternal knowledge regarding the preparation of complementary feeding significantly influenced stunting prevention behaviors. Adequate knowledge enables mothers to provide nutritious and timely complementary foods, contributing to stunting prevention.

Keywords: Complementary Feeding, Knowledge, Behavior, Stunting

ABSTRAK

ENJELI SALATUN. Hubungan Pengetahuan Ibu Tentang Pengolahan Makanan Pendamping Asi Dengan Perilaku Pencegahan Stunting Di Puseksmas Limboto. Di bimbing oleh ANDI AKIFA SUDIRMAN sebagai ketua dan sebagai anggota DEWI MODJO.

Stunting merupakan kondisi gagal pertumbuhan pada anak (pertumbuhan tubuh dan otak) akibat kekurangan gizi dalam waktu yang lama. Pemberian MPASI dengan nutrisi yang lengkap dan seimbang, seperti protein, karbohidrat, lemak, vitamin, dan mineral, sangat diperlukan tubuh dalam pertumbuhan dan perkembangan optimal anak. Tujuan penelitian Untuk mengetahui hubungan pengetahuan ibu tentang pengolahan makanan pendamping ASI dengan perilaku pencegahan stunting di Puskesmas Limboto. Metode penelitian menggunakan penelitian survey analitik dengan rancangan cross sectional, sampel pada penelitian ini menggunakan purpossive sampling dengan jumlah 65 ibu yang mempunyai anak 6 – 24 bulan. Hasil penelitian menunjukkan pengetahuan terbanyak yaitu kategori baik 40 responden (61,5%), serta pengetahuan kategori cukup sebanyak 25 responden (38,5%). Perilaku pencegahan stunting terbanyak yaitu kategori cukup 50 responden (76,9%), serta perilaku pencegahan stunting kategori baik sebanyak 15 responden (23,1%). Hubungan pengetahuan ibu tentang pengolahan makanan pendamping ASI dengan perilaku pencegahan stunting menunjukkan berdasarkan uji Chi-square didapatkan nilai p value = 0.004 < 0,05 yang artinya terdapat hubungan pengetahuan ibu tentang pengolahan makanan pendamping ASI dengan perilaku pencegahan stunting di Puskesmas Limboto. Pengetahuan ibu tentang pengolahan MP-ASI sangat berpengaruh terhadap perilaku pencegahan stunting. Pengetahuan yang baik memungkinkan ibu untuk menyediakan MP-ASI yang bergizi dan tepat waktu, yang berkontribusi pada pencegahan stunting

Kata kunci: MP-ASI, Pengetahuan, Perilaku, Stunting