

Analisis faktor-faktor yang berhubungan dengan praktik pemberian makanan pendamping air susu ibu (non program) pada bayi usia 0-12 bulan di Kecamatan Sungailiat Kabupaten Bangka 2008 = The analysis of factors related to complementary feeding practices for infants (nonprogram) ages of 0 ? 12 months in Sungailiat, Bangka District on 2008

Desi Yanti, author

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Abstrak

[ABSTRAK

Bayi mengalami pertumbuhan sangat cepat. Setelah usia 6 bulan merupakan masa paling kritis karena pada saat itu pemberian ASI saja tidak mencukupi untuk pemenuhan kebutuhan gizi. Gangguan pertumbuhan pada periode ini berkaitan dengan praktik pemberian makan bayi karena itu jika pemberian MPASI tidak diberikan secara tepat akan menyebabkan gangguan pertumbuhan optimal.

Penelitian tentang program peningkatan MPASI menemukan bahwa masih banyak ibu belum mengerti cara pemberian dan waktu tepat memberikan MPASI. Menurut SDKI 2002-2003 sekitar 47,9% bayi mendapat makanan pralakteal dan 50 % bayi sudah mendapat MPASI pada usia kurang dari 1 bulan, bahkan pada usia 2-3 bulan sudah mendapat makanan padat. Di Kabupaten Bangka belum pernah dilakukan penelitian tentang MPASI sebelumnya.

Tujuan penelitian untuk memperoleh informasi mengenai faktor-faktor yang berhubungan dengan praktik pemberian MPASI pada bayi usia 0-12 bulan di Kecamatan Sungailiat Kabupaten Bangka 2008. Penelitian ini menggunakan pendekatan kuantitatif dengan desain potong lintang. Sampel adalah ibu mempunyai bayi usia 0-12 bulan yang tinggal di Kecamatan Sungailiat Kabupaten Bangka pada saat penelitian dengan kriteria inklusi masih menyusui, belum pernah diberikan bantuan MPASI oleh pemerintah atau MPASI program gakin dan bersedia mengikuti penelitian.

Cara pengambilan sampel menggunakan survei cepat dengan rancangan kluster.

Sebagai kluster adalah kelompok ibu yang mempunyai karakteristik homogen di wilayah posyandu di Kecamatan Sungailiat. Jumlah sampel 270 orang dan 30 kluster, pemilihan secara acak sehingga setiap kluster dibutuhkan 9 responden. Variabel

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dependen penelitian adalah praktik pemberian MPASI, sedangkan variabel independen adalah umur ibu, paritas, pendidikan ibu, pekerjaan ibu, jumlah anggota keluarga, pengetahuan ibu tentang MPASI, pendapatan keluarga dan peran petugas kesehatan.

Analisis dengan menggunakan univariat, bivariat dan multivariat.

Hasil penelitian didapatkan praktik pemberian MPASI pada bayi usia 0-12

bulan di Kecamatan Sungailiat tahun 2008 sudah dilaksanakan sebesar 87,0%. Dari responden melaksanakan praktik tersebut sebanyak 54,7% dengan praktik pemberian

MPASI baik dan kurang baik sebesar 42,6%. Hasil uji bivariat dengan chi square ada hubungan bermakna antara pendidikan ibu ($p=0,086$), pengetahuan MPASI ibu ($p=0,002$, $OR=2,394$; $CI (1,410-4,065)$) dan peran petugas kesehatan ($p=0,000$, $OR=10,605$; $CI (5,593-20,108)$) dengan praktik pemberian MPASI pada bayi usia 0-12 bulan di Kecamatan Sungailiat Kabupaten Bangka 2008.

Analisis multivariat dengan regresi logistik menghasilkan faktor paling dominan adalah peran petugas kesehatan. Ibu dengan peran atau dukungan kurang baik oleh petugas kesehatan memberikan peluang 10,538 kali untuk melakukan praktik pemberian MPASI kurang baik dibandingkan ibu dengan peran atau dukungan petugas kesehatan baik setelah dikontrol oleh umur ibu, pendidikan, pekerjaan dan pengetahuan ibu tentang MPASI.

Faktor determinan adalah peran petugas kesehatan yaitu dengan meningkatkan pengetahuan dan keterampilan petugas kesehatan di bidang gizi khususnya dalam memberikan makanan tepat pada bayi sesuai dengan waktu dan cara pemberian.

Pentingnya pemberian ASI eksklusif serta manajemen laktasi pada ibu mempunyai bayi di seluruh Kecamatan Sungailiat secara benar dan terus menerus. Meningkatkan promosi praktik pemberian MPASI sehat dan higienis di posyandu, puskesmas dan pertemuan warga, penyediaan sarana penyuluhan dan klinik gizi seperti poster, leaflet, booklet, food model atau contoh MPASI dan makanan bergizi seimbang.

Meningkatkan promosi ASI eksklusif dengan sasaran remaja atau wanita usia subur belum menikah dan meningkatkan motivasi petugas kesehatan yang berprestasi di tingkat puskesmas.

ABSTRACT

Infant grows very fast. The critical period is started after the age of six months. This is because, in that period giving breastfeeding exclusively to the infant does not sufficiently fulfill the nutrition need. Growth interference in this period is closely related with the infant's feedings. Therefore, if complementary feeding is not given correctly, it will cause the interference of optimal growth.

The research result of complementary feeding increasing program finds that there is a big number of mothers who still do not understand about the way and the right time of complementary feeding. Based on SDKI's data, in 2002-2003, 47,9% of the infant were given pralacteal food and 50% of the infant had been given complementary feeding in the age of less than one month, and in the age of 2-3 months the infant were given solid food. There has not ever been a research about complementary feeding being done in Bangka District.

The aim of this research is to obtain the information about related factors dealing with complementary feeding practices to the infant ages 0-12 months in Sungailiat, Bangka District on 2008. The research uses quantitative approach and cross sectional design. The samples are mothers who have 0-12 months infant and live in Sungailiat, Bangka District. The mothers are characterized as follows; breastfeeding, never been given MPASI donation from the government or complementary feeding program

for poor family, and able to participate in the research. The samples are taken by using a rapid survey with cluster design. The cluster is a group of mothers who have homogenic characteristic in the area of Integrated Health Service at Sungailiat. The Analisis faktor-faktor..., Desi Yanti, FKM UI, 2008 sample number is 270 people and 30 clusters, which are chosen randomly. Therefore, each cluster needs 9 respondents. The dependent variable of the research is complementary feeding practices, and the independent variables are mothers' ages, mothers' education, mothers' works, the number of family member, mothers' knowledge about complementary feeding, family income, and the role of medical officers. The research result shows that complementary feeding practices to the infant ages 0-12 months in Sungailiat has been done and reached 87,0%. 54,7 % of the respondents have complementary feeding practices well and 42,6% of the respondents have not complementary feeding practices very well. The bivariat test by using chisquare shows that there is a relationship between mothers' education ($p=0,086$), mothers' knowledge about complementary feeding ($p=0,002$, OR=2,394; CI (1,410-4,0645) and medical officers' role ($p=0,000$, OR=10,605; CI (5593-20,108) with complementary feeding practices to the infant age 0-12 months in Sungailiat on 2008. Multivariate analysis with logistic regression shows that the most dominant factor is the role of medical officers, after controlled by variables of mothers' ages, education, works and mothers' knowledge about complementary feeding practices. Since the determinant factor is the role of medical officers, therefore increasing their knowledges and abilities in nutrition field especially in giving the right food in the right time for infant is the best solution. The importance of giving breastfeeding exclusively and lactation management for mothers who have infant in Sungailiat should run well and continually. Increasing the promotions of giving a health and hygienic complementary feeding Integrated Health Service, Public Health Service and people's meetings, providing the meetings facilities, and nutrition clinic, such as poster, leaflet, booklet, food model. Increasing the promotions of giving brestfeeding exclusively to the teenagers or unmarried woman who are in the fertilities ages, and increasing the motivation for the medical officers especially those who have good achievement in the area of public health service., Infant grows very fast. The critical period is started after the age of six months.

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