

## Pengetahuan, sikap, dan perilaku peserta program pendidikan dokter spesialis ilmu kesehatan anak mengenai makanan pendamping asi dan berbagai faktor yang berhubungan = Knowledge attitude and practice of pediatric residents regarding complementary feeding and associated factors

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### Abstrak

[Prevalens balita dengan gizi kurang di Indonesia masih tinggi. Pada periode 0-2 tahun, status gizi tidak hanya dipengaruhi oleh ASI, tetapi juga oleh pemberian makanan pendamping ASI (MPASI). Akan tetapi, pengetahuan orangtua mengenai MPASI masih kurang. Peningkatan pengetahuan orangtua terhadap MPASI dapat diupayakan melalui edukasi sehingga pengetahuan, sikap, dan perilaku dokter atas MPASI merupakan suatu hal penting. Penelitian ini merupakan studi potong lintang berdasarkan kuesioner terhadap 97 peserta Program Pendidikan Dokter Spesialis (PPDS) Ilmu Kesehatan Anak (IKA) FKUI/RSCM. Hasil penelitian ini menunjukkan sebanyak 71,1% subjek memiliki pengetahuan terhadap MPASI yang kurang, khususnya mengenai variasi dan jenis MPASI di masyarakat. Hal tersebut berbeda dengan sikap (74,2%) dan perilaku (66%) subjek yang masuk dalam kelompok baik. Terdapat hubungan bermakna antara pengetahuan dengan perilaku subjek terhadap MPASI ( $p=0,0003$ ). Selain itu, terdapat hubungan yang bermakna antara memiliki anak dengan pengetahuan mengenai MPASI ( $p=0,005$ ). Akan tetapi, faktor lainnya seperti usia, jenis kelamin, status pernikahan, jumlah sumber informasi, jenjang pendidikan, dan asal pendidikan tidak memiliki hubungan yang bermakna dengan pengetahuan, sikap, dan perilaku subjek terhadap MPASI, Prevalence of children under the age of two years with mild-to-moderate malnutrition in Indonesia is still relatively high. During this period, the nutritional status of the children is not only affected by breastfeeding, but also by complementary feeding. However, parents' knowledge of complementary food is relatively inadequate. Education program for parents could be a key solution in order to increase the awareness of appropriate feeding, thus knowledge, attitude, and practice of health workers toward this practice is very important. This study was a cross-sectional study based on questionnaires to 97 participants of pediatric residency program at Faculty of Medicine University of Indonesia and Cipto Mangunkusumo Hospital. The study showed that the residents' knowledge of complementary feeding was generally poor, in particular regarding to variety and type of complementary feeding. In contrast, the attitude and practice of these subjects were relatively good. Furthermore, there was significant relationship between the level of knowledge and practice toward complementary feeding ( $p=0.0003$ ). In addition, there was also significant relationship between having children with the level of knowledge regarding ideal feeding practices ( $p=0.005$ ). However, other factors, such as: age, sex, marital status, source of information, education level, and former university didn't have a significant relationship with knowledge, attitudes, and practice of subjects]