

Faktor-faktor yang berhubungan dengan pemberian makanan pendamping ASI kaya zat besi pada bayi usia 6-23 bulan di Indonesia tahun 2017: analisis data SDKI 2017 = Factors associated with the practice of iron-rich complementary food in infants aged 6-23 months in Indonesia 2017: data analysis SDKI 2017

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Abstrak

Dua tahun pertama kehidupan adalah periode kritis yang menentukan pertumbuhan dan perkembangan anak. Kekurangan gizi selama periode ini dapat menyebabkan perkembangan kognitif yang terhambat, pencapaian pendidikan yang rendah, dan menurunkan produktivitas ekonomi. WHO merekomendasikan bayi diberikan MPASI kaya zat besi untuk menutupi kesenjangan kenaikan kebutuhan zat besi. Banyak faktor yang telah diyakini mempengaruhi pemberian MPASI, namun masih sangat sedikit penelitian yang mengeksplorasi faktor-faktor yang berhubungan dengan pemberian MPASI kaya zat besi. Tujuan penelitian ini adalah untuk mengetahui gambaran pemberian MPASI ASI kaya zat besi dan faktor determinannya yang berhubungan dengan pemberian MPASI kaya zat besi pada bayi usia 6-23 bulan di Indonesia tahun 2017. Desain penelitian yang digunakan ialah cross-sectional dengan besar sampel sebanyak 2400 ibu yang memiliki bayi berusia 6-23 bulan di Indonesia. Teknik pengambilan sampel dilakukan secara acak sederhana (random sampling) untuk memilih sampel yang diperlukan. Analisis data dilakukan menggunakan SPSS versi 25. Berdasarkan hasil penelitian, sebanyak 73,7% bayi berusia 6-23 bulan menerima MPASI kaya zat besi. Tingkat pendidikan ibu [OR = 1,38; 95% CI: 1,035-1,831], akses media digital [OR = 1,44; 95% CI: 1,079-1,922], usia anak [OR = 1,76; 95% CI: 1,453-2,132], tingkat kesejahteraan keluarga [OR = 1,80; 95% CI: 1,409-2,310], dan postnatal care (PNC) [OR = 1,37; 95% CI: 1,117- 1,679] berpengaruh signifikan terhadap pemberian MPASI kaya zat besi. Tingkat kesejahteraan keluarga merupakan prediktor terkuat dalam memberikan MPASI kaya zat besi. Kementerian Kesehatan terus mengoptimalkan program intervensi gizi, khususnya pemberian MPASI kaya zat besi. Kementerian Pertanian disarankan menggalakkan program Rumah Pangan Lestari untuk menjamin ketersediaan makanan kaya zat besi. Fasilitas pelayanan kesehatan disarankan memberikan pelayanan edukasi gizi dan membuat media informasi digital terkait praktik pemberian makan bayi dan anak yang mudah diakses, dipahami, dan menarik untuk dibaca oleh ibu. Ibu sebagai pengasuh utama bayi disarankan untuk meningkatkan pemahaman tentang MPASI kaya zat besi melalui media digital ataupun berkonsultasi dengan tenaga kesehatan.

.....The first two years of life are critical periods that determine the growth and development of the child. Malnutrition during this period can lead to impairment of cognitive development, lower educational attainment, and decreased economic productivity. WHO recommends infants should be given iron-rich complementary foods to cover the gap in iron demand. Many factors have been believed to influence the practice of complementary feeding, but there are still very few studies that explore factors related to the practice of iron-rich complementary foods. The purpose of this study is to know the proportion of iron-rich complementary foods and its determinant factors related to the practice of iron-rich complementary foods in infants aged 6-23 months in Indonesia in 2017. The research design used is cross-sectional with a sample

size of 2400 mothers who have infants aged 6-23 months in Indonesia. Sampling techniques are done with random sampling to select the necessary samples. Data analysis is performed using SPSS version 25. Based on the results of the study, as many as 73.7% of infants aged 6-23 months received iron-rich complementary foods. Maternal education [OR = 1,38;95% CI: 1,035-1,831], digital media access [OR = 1,44; 95% CI: 1,079-1,922] child age [OR = 1,76; 95% CI: 1,453-2,132], family welfare rate [OR = 1,80; 95% CI: 1,409-2,310], and postnatal care (PNC) [OR = 1,37; 95% CI: 1,117-1,679] significantly affect the administration of iron-rich complementary foods. The level of family welfare is the strongest predictor in providing iron-rich complementary foods. The Ministry of Health continues to optimize nutrition intervention programs, especially the provision of iron-rich complementary foods. The Ministry of Agriculture suggests promoting the Sustainable Food House program to ensure the availability of iron-rich foods. Health care facilities are recommended to provide nutrition education services and create digital information media related to infant and child feeding practices that are easily accessible, understood, and interesting to read by mothers. Mothers as the baby's primary caregivers are advised to improve their understanding of iron-rich complementary foods through digital media or consult with a health professional.