

**HUBUNGAN PENGETAHUAN DAN SIKAP IBU PADA INFORMASI
MP-ASI DENGAN PRAKTIK PEMBERIAN MP-ASI BALITA
USIA 6-24 BULAN DI PUSKESMAS KASIHAN I
BANTUL YOGYAKARTA
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INTISARI

Latar Belakang: Makanan Pendamping Air Susu Ibu (MP-ASI) sangat penting untuk pertumbuhan balita setelah 6 bulan, karena kebutuhan nutrisi tidak lagi terpenuhi hanya oleh ASI. Meskipun demikian, angka stunting di Indonesia (21,6% pada tahun 2022) dan di Yogyakarta (1.225 kasus) masih tinggi, termasuk di Puskesmas Kasihan I (19,35% masalah gizi, 3,86% stunting), menunjukkan kurangnya asupan nutrisi yang tepat. Rendahnya pengetahuan ibu dan sikap ibu mengenai MP-ASI menjadi faktor penyebab utama praktik pemberian MP-ASI yang tidak tepat, berdampak pada malnutrisi dan gangguan tumbuh kembang anak. Studi pendahuluan di Puskesmas Kasihan I menemukan ibu yang kurang informasi MP-ASI dan memiliki sikap negatif.

Tujuan: Mengetahui hubungan antara pengetahuan dan sikap ibu terhadap informasi MP-ASI dengan praktik pemberian MP-ASI pada balita usia 6-24 bulan di Puskesmas Kasihan I Bantul Yogyakarta.

Metode: Penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross-sectional*. Jumlah responden sebanyak 90 ibu yang memiliki balita usia 6-24 bulan, dipilih dengan Teknik *Accidental Sampling*. Data di kumpulkan melalui kuesioner dan dianalisis menggunakan uji *Chi-Square* untuk melihat hubungan antar variabel.

Hasil: Hasil menunjukkan bahwa terdapat hubungan yang signifikan antara pengetahuan ibu dengan praktik pemberian MP-ASI ($p\text{-value} = 0,000$) dan sikap ibu dengan praktik pemberian MP-ASI ($p\text{-value} = 0,002$). Mayoritas responden memiliki pengetahuan kurang (44,4%), sikap negatif (55,6%), dan praktik pemberian MP-ASI yang kurang tepat (51,1%).

Kesimpulan: Terdapat hubungan yang bermakna antara pengetahuan dan sikap ibu terhadap informasi MP-ASI dengan praktik pemberian MP-ASI. Diperlukan peningkatan edukasi serta peran aktif tenaga kesehatan untuk mendorong praktik pemberian MP-ASI yang tepat.

Kata Kunci : MP-ASI, Pengetahuan, Sikap, Praktik MP-ASI, Balita.

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**RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE AND
ATTITUDE TOWARDS COMPLETE FOOD INFORMATION
WITH THE PRACTICE OF PROVIDING COMPLETE FOOD
TO TODDLERS AGED 6-24 MONTHS AT KASIHAN I
PUBLIC HEALTH CENTER BANTUL
YOGYAKARTA IN
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ABSTRACT

Background: Complementary Food for Breast Milk (MP-ASI) is very important for the growth of toddlers after 6 months, because nutritional needs are no longer met by breast milk alone. However, the stunting rate in Indonesia (21,6% in 2022) and Yogyakarta (1.225 cases) is still high, including at Kasihan I Health Center (19.35%) nutritional problems, 3.86% stunting), indicating a lack of proper nutritional intake. The low level of maternal knowledge and attitudes regarding MP-ASI are the main factors causing inappropriate MP-ASI practices, resulting in malnutrition and impaired child growth and development. A preliminary study at Kasihan I Health Center found that mothers lacked information about MP-ASI and had negative attitudes.

Objective: To determine the relationship between mothers' knowledge and attitudes towards complementary feeding information and the practice of providing complementary feeding to toddlers aged 6-24 months at the Kasihan I Bantul Health Center, Yogyakarta.

Method: This study uses a quantitative method with a cross-sectional approach. The number of respondents was 90 mothers who had toddlers aged 6-24 months, selected using the Accidental Sampling technique. Data were collected through questionnaires and analyzed using the Chi-Square test to see the relationship between variables.

Result: The results showed that there was a significant relationship between maternal knowledge and the practice of providing complementary feeding (p-value = 0.000) and maternal attitudes and the practice of providing complementary feeding (p-value = 0.002). The majority of respondents had insufficient knowledge (44.4%), negative attitudes (55.6%), and inappropriate practices of providing complementary feeding (51.1%).

Conclusion: There is a significant relationship between mothers' knowledge and attitudes towards MP-ASI information and the practice of providing MP-ASI. It is necessary to increase education through the use of the KIA book and the active role of health workers to encourage the practice of providing appropriate MP-ASI.

Keywords: MP-ASI, Knowledge, Attitude, MP-ASI Practice, Toddler.

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