

## **The correlation between providing complementary Food and Breast-Feeding with the Growth and Development of Children under the age of five years old (6-24 months)**

Dwi Cahya Rahmadiyah, author

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### **Abstrak**

Gambaran Pemberian Makanan Pendamping ASI dengan Pertumbuhan dan Perkembangan Balita (6-24 Bulan). Balita merupakan kelompok risiko yang mudah terkena masalah kesehatan diantaranya masalah pertumbuhan dan perkembangan. Pemberian nutrisi pada balita usia 6-24 bulan yang sesuai dapat meningkatkan pertumbuhan dan perkembangan. Pemberian nutrisi pada balita usia 6-24 bulan meliputi pemberian Air Susu Ibu (ASI) dan Makanan Pendamping ASI (MP-ASI). Penelitian ini bertujuan untuk mengetahui hubungan pemberian MP-ASI dan karakteristik keluarga dengan pertumbuhan dan perkembangan anak (6-24 bulan) di Posyandu Kelurahan Curug Kecamatan Cimanggis, Depok. Penelitian ini menggunakan deskriptif korelasional, pendekatan cross sectional dengan 102 sampel keluarga dengan balita usia 6-24 bulan yang diambil secara proportional cluster sampling. Uji Chi Square ditemukan tidak ada hubungan pemberian MP-ASI dengan pertumbuhan dan perkembangan. Hal ini dikarenakan faktor langsung yang memengaruhi pertumbuhan dan perkembangan balita adalah nutrisi dimana balita usia 6-24 bulan masih diberikan ASI. Hasil penelitian didapatkan lebih banyak Ibu yang memberikan MP-ASI yang sesuai dengan pedoman pemberian MPASI memiliki balita dengan pertumbuhan baik dan perkembangan yang sesuai. Hasil penelitian ini diharapkan dapat memberi masukan pelayanan kesehatan dalam upaya peningkatan tumbuh kembang balita melalui peningkatan promosi kesehatan tentang pentingnya MP-ASI sesuai pedoman dan melanjutkan menyusui pada balita usia 6-24 bulan.

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<i>A toddler is a group on the stage of human development that is vulnerable to the risk affecting their health specifically about their growth and development. Providing the appropriate nutrition to toddlers during this risky age of 6 to 24 months is crucial in promoting a proper growth and development. The proper nourishment for toddlers at the age of 6 to 24 months includes breast-feeding and complimentary solid foods. The objective of this study was to determine the correlation between the specific characteristics of a family or a household and the provision of complementary feeding about the growth and development of children (6-24 months) in the village of Curug Cimanggis, Depok. This study used a descriptive correlational, cross-sectional approach using a sample that consisted of 102 children aged 6-24 months, which were collected using a proportional cluster sampling. Based on the Chi Square test, the researchers found no correlation between the provision of complementary feeding with a child's growth and development. This is because breast-feeding as the source of nourishment is still the major factor that directly influences the growth and development of any toddler between the age of 6-24 months. However, by applying better financial management in conjunction with the ability to modify the practices of how families feed their toddlers, a family may raise and nurture their toddlers so they may grow according to the proper stages of development. The results of this study are expected to serve as an input in improving toddlers' health care concerning their growth and development by promoting the importance of providing the appropriate complimentary food by the proper guidelines while continuing to breast feed toddlers

between the age of 6 to 24 months.</i>