

# Hubungan pemberian MPASI dengan kejadian stunting pada balita usia 24 bulan di Kecamatan Pagedangan Kabupaten Tangerang Tahun 2019 = Correlation between complementary feeding with stunting in children aged 24 months in Pagedangan District, Tangerang Regency in 2019

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## Abstrak

**Latar belakang:** Stunting adalah masalah kurang gizi kronis yang banyak diderita balita di Indonesia. Kecamatan Pagedangan memiliki jumlah balita kurang gizi masih tinggi. Faktor penting pada pertumbuhan anak adalah asupan gizi. MPASI yang diberikan setelah balita berusia 6 bulan harus beraneka ragam dan adekuat, sehingga dapat memenuhi kebutuhan dalam mencapai pertumbuhan yang optimal. Sayangnya, di Indonesia sulit untuk mencapai asupan gizi cukup dari MPASI yang umumnya berbasis tradisional dan tidak difortifikasi. Tujuan penelitian untuk mengetahui hubungan antara

**Metode:** Penelitian dilakukan dengan disain kasus kontrol dan rasio sampel 1:1,5.

Penelitian dilakukan dari Maret-Mei 2019. Populasi adalah balita usia 24 bulan. Total sampel sebanyak 100 anak.

**Hasil:** Hasil analisis bivariat menunjukkan ada hubungan yang signifikan antara pemberian MPASI ( $p=0,033$ ) dan pekerjaan ibu ( $p=0,040$ ) dengan kejadian stunting. Hasil analisis multivariat menunjukkan variabel yang paling berpengaruh adalah pekerjaan ibu ( $OR=7,6$ ), pendapatan keluarga ( $OR=4,8$ ), dan pemberian MPASI ( $OR=4,0$ ).

**Kesimpulan:** Faktor dominan yang berhubungan dengan kejadian stunting pada balita adalah pekerjaan ibu, setelah dikontrol pendapatan keluarga, pemberian MPASI, frekuensi minum susu,

konsumsi susu, dan usia mulai minum susu. **Saran:** Meningkatkan program “Isi Piringku” dengan membuat menu makanan yang bergizi untuk balita disesuaikan ketersediaan pangan dan status sosial ekonomi warga.

**Background:** Stunting is a chronic malnutrition problem that affects many children in Indonesia. Pagedangan district has a high number of malnourished children. An important factor in children's growth is nutritional intake. Complementary foods that given after a 6-month-old toddler must be diverse and adequate, so that it meets growth needs. Unfortunately, in Indonesia it is difficult to achieve sufficient nutritional intake from complementary foods which is generally traditional and not fortified. The purpose of study was to determine correlation between complementary feeding and the incidence of stunting in children aged 24 months.

**Methods:** The study was conducted with case control design and sample ratio of 1: 1.5. The study was conducted from March to May 2019. The population was children aged 24 months. A total sample of 100 children.

**Results:** The results of bivariate analysis showed that there was a significant correlation between complementary feeding ( $p=0.033$ ) and maternal occupation ( $p=0.040$ ) with the incidence of stunting. The results of multivariate analysis showed the most influential variables were maternal occupation ( $OR = 7.6$ ), family income ( $OR = 4.8$ ), and complementary feeding ( $OR = 4.0$ ).

**Conclusion:** The dominant factor associated with the incidence of stunting in children

aged 24 months is maternal occupation, after controlled family income, complementary feeding, frequency of drinking milk, milk consumption, and age start drinking milk. **Suggestion:** Improving the program "Fill my plate" by making nutritious food menus for toddlers adjusted for food availability and socio-economic status of the residents.