

# Efektivitas Brief Intervention Terhadap Praktik Pemberian Makan yang Responsif pada Bayi Growth Faltering Usia 6-23 Bulan = Effectiveness of Brief Intervention on Responsive Feeding Practices in Growth Faltering Infants Aged 6-23 Months

Fajar Tri Waluyanti, author

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## Abstrak

Kejadian malnutrisi pada balita menjadi perhatian besar karena menyangkut investasi sumber daya manusia. Indonesia menghadapi triple burden status gizi balita yang menjadi beban negara. Berbagai upaya dilakukan untuk menurunkan prevalensi kurang gizi balita. Growth faltering sebagai indikator awal risiko terjadinya stunting menjadi titik awal intervensi intensif dilakukan untuk mencegah stunting. Upaya mengatasi growth faltering dilakukan melalui intervensi spesifik terutama pemberian makan bayi dan anak pada baduta. Penelitian ini bertujuan untuk mengidentifikasi efektivitas brief intervention terhadap praktik pemberian makan responsif pada bayi growth faltering usia 6-23 bulan. Desain penelitian ini adalah pre-experimental study dengan sampel 29 responden di kelompok kontrol (mendapatkan intervensi konseling pemberian makan bayi dan anak/PMBA dan 27 responden kelompok intervensi (mendapatkan intervensi konseling PMBA dan brief intervention). Hasil penelitian ini menunjukkan bahwa kelompok yang mendapatkan intervensi cenderung meningkatkan skor total pemberian makan responsif dan skor active feeding, meskipun tidak ditemukan signifikansi ( $p\text{Value} > 0,05$ ); sedangkan pada kelompok kontrol selisih skor menunjukkan penurunan. Hasil ini menunjukkan bahwa tidak ada perbedaan bermakna antara kelompok yang mendapat intervensi konseling PMBA dengan kelompok yang mendapatkan intervensi PMBA dan brief intervention “Mentari”. Rekomendasi pelayanan menunjukkan bahwa konseling PMBA tetap dapat menjadi intervensi mengubah praktik pemberian makan.

.....The incidence of malnutrition in children under five is a big concern because it involves investing in human resources. Indonesia faces a triple burden on the nutritional status of children under five. Various efforts were made to reduce the prevalence of malnutrition. Growth faltering as an early indicator of the risk of stunting is the starting point for intensive interventions to prevent stunting. Efforts to overcome growth faltering are carried out through specific interventions, especially infant and young child feeding practices. This study aims to identify the effectiveness of the brief intervention on responsive feeding practices in growth-faltering infants aged 6-23 months. The design of this study was a pre-experimental study with a sample of 29 respondents in the control group (getting infant and young child feeding counselling interventions/IYCF and 27 respondents in the intervention groups (getting IYCF counselling interventions and brief intervention). The results of this study showed that the group that received the intervention tended to improve the total responsive feeding score and active feeding score, although no significance was found ( $p\text{Value} > 0.05$ ); Meanwhile, in the control group, the difference in scores showed a decrease. These results showed no significant difference between the group that received IYCF counselling intervention and the group that received IYCF intervention and brief intervention. Service recommendations suggest that IYCF counselling can still be an intervention to change feeding practices.