



ABSTRAK

UNIVERSITAS ESA UNGGUL FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI GIZI

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PERBEDAAN STATUS GIZI, ASUPAN ENERGI, ASUPAN ZAT GIZI
ANTARA PEMBERIAN MPASI DENGAN METODE BLW (*BABY LED
WEANING*) DAN METODE WHO PADA BAYI USIA 6-12 BULAN DI
WILAYAH JAKARTA

xiii, VI BAB, 87 Halaman, 22 Tabel, 5 Gambar

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Latar Belakang : MP-ASI yang di rekomendasikan oleh WHO yang memberikan MP-ASI kepada bayi dengan cara *spoon feeding*. Metode *Baby Led Weaning* yang diperkenalkan oleh Repley dan Markett menyarankan bayi diberi "*finger food*", tanpa melalui tahap pemberian makanan berkonsistensi lunak (bentuk *puree* atau lumat) yang dimana kedua metode tersebut ada perbedaan dalam status gizi dan asupan zat gizi.

Tujuan : Menganalisis perbedaan status gizi, asupan energi, asupan zat gizi makro dan asupan zat gizi mikro (zat besi & seng) antara pemberian MP-ASI dengan metode BLW (*Baby Led Weaning*) dan WHO (*Tradisional Spoon Feeding*) pada bayi 6-12 bulan diwilayah Jakarta.

Metode : Desain penelitian ini adalah *cross sectional*, dengan jumlah subyek 86 responden. Analisis statistik menggunakan *t-test Independent* data normal dan uji *Mann-whitney* untuk data tidak normal.

Hasil : Berdasarkan hasil analisis bivariat menunjukkan adanya perbedaan pada status gizi ($p\text{-value}= 0.016$), asupan energi ($p\text{-value}= 0.024$), asupan protein ($p\text{-value}= 0.002$), asupan lemak ($p\text{-value}= 0.0001$), asupan karbohidrat ($p\text{-value}= 0.0001$), asupan zat besi ($p\text{-value}= 0.002$) serta asupan seng ($p\text{-value}= 0.004$) ($p<0.05$) antara pemberian MP-ASI dengan metode BLW (*Baby Led Weaning*) dan metode WHO.

Kesimpulan : Adanya perbedaan antara pemberian MP-ASI metode BLW (*Baby Led Weaning*) dan metode WHO pada status gizi, asupan energi, asupan zat gizi makro dan asupan zat gizi mikro (zat besi & seng).

Kata Kunci : Pemberian MPASI, *Baby Led Weaning*, WHO, Status Gizi, Asupan Zat Gizi

Daftar Bacaan: 84, (1996-2018)

ABSTRACT



ESA UNGGUL UNIVERSITY FACULTY OF HEALTH SCIENCES
NUTRITION SCIENCE COURSE UNDERGRADUATE THESIS,
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DIFFERENCES OF NUTRITION STATUS, ENERGY INFLUENCE,
NUTRITION OF NUTRITION BETWEEN GIVING THE
COMPLEMENTARY FEEDING WITH THE BLW (BABY LED
WEANING) METHOD AND THE WHO METHOD IN BABY 6-12
MONTHS IN THE JAKARTA REGION

xiii, VI BAB, 87 Pages, 22 Tables, 5 Figure

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Background : Complementary feeding is recommended by WHO which gives complementary feeding to babies by means of spoon feeding. The Baby Led Weaning method introduced by Repley and Markett suggested that babies be given "finger food", without going through the stage of giving a soft consistency of food (puree or pulverized) where both methods had differences in nutritional status and nutrient intake.

Purpose : Analyzing differences in nutritional status, energy intake, macro nutrient intake and micronutrient intake (iron & zinc) between the provision of complementary feeding with the BLW (Baby Led Weaning) method and WHO (Traditional Spoon Feeding) in 6-12 months infants in the Jakarta area.

Method : The design of this study was cross sectional, with a total subject of 86 respondents. Statistical analysis using the Independent Independent data t-test and the Mann-Whitney test for abnormal data.

Results: Based on the results of bivariate analysis showed that there are differences in nutritional status (p-value = 0.016), energy intake (p-value = 0.024), protein intake (p-value = 0.002), fat intake (p-value = 0.0001), intake carbohydrate (p-value = 0.0001), iron intake (p-value = 0.002) and zinc intake (p-value = 0.004) ($p < 0.05$) between the administration of complementary feeding with the BLW (Baby Led Weaning) method and WHO method.

Conclusion : There is a difference between the provision of complementary feeding BLW (Baby Led Weaning) method and WHO method on nutritional status, energy intake, macro nutrient intake and micronutrient intake (iron & zinc).

Keywords: Giving Complementary Feeding, Baby Led Weaning, WHO, Nutritional Status, Intake of Nutrition

Reading List: 84, (1996-2018)