

ABSTRAK



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SKRIPSI, JUNI 2023

FEMI DWI KURNIASIH
PERUBAHAN PENGETAHUAN DAN PERILAKU MP-ASI IBU BADUTA DI
KELURAHAN KADU JAYA KABUPATEN TANGERANG SETELAH
MENDAPAT EDUKASI GIZI

VI Bab, 127 Halaman, 11 Tabel, 2 Gambar, 11 Lampiran

Latar Belakang : Sejumlah potensi risiko diantaranya diare, alergi, sembelit, berbagai masalah pencernaan, dan sebagainya, bisa diakibatkan oleh pemberian MP-ASI yang tidak tepat. Perspektif yang baik dari pemberian MP-ASI sangat diperlukan mengingat fakta bahwa banyak ibu terus memberikan makanan pendamping ASI secara tidak tepat dan risiko yang terkait dengan pemberian makanan tersebut lebih awal atau tidak pada waktunya.

Tujuan : Menganalisis perubahan pengetahuan dan perilaku MP-ASI ibu baduta di Kelurahan Kadu Jaya Kabupaten Tangerang setelah mendapatkan edukasi gizi.

Metode : Jenis penelitian ini adalah *Pre-Eksperimental* dengan rancangan *one group pre-test post-test*. Penelitian ini menggunakan Teknik *total sampling* dengan pertimbangan, yaitu ibu yang mempunyai bayi usia 7-24 bulan, yang bertempat tinggal di wilayah RW 07 Kelurahan Kadu Jaya. Sampel yang digunakan sebanyak 46 orang ibu. Analisis data yang digunakan yaitu *Wilcoxon Signed Ranks*.

Hasil Penelitian : Berdasarkan hasil uji statistik *Wilcoxon Signed Ranks* didapatkan bahwa adanya perubahan yang signifikan ($p=0,000$) pada pengetahuan dan perilaku ibu baduta dalam pemberian MP-ASI sesudah diberikan edukasi gizi.

Kesimpulan : Terdapat peningkatan pengetahuan dan perilaku pada ibu baduta dalam pemberian MP-ASI setelah diberikan edukasi gizi.

Kata kunci : Pengetahuan, Perilaku, Edukasi Gizi, Makanan Pendamping ASI

ABSTRACT



ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
NUTRITION DEPARTMENT
UNDERGRADUATE THESIS, JUNE 2023

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**CHANGES IN KNOWLEDGE, ATTITUDES, AND BEHAVIOR OF
COMPLEMENTARY FEEDING FOR MOTHERS INFANT IN KADU JAYA
VILLAGE, TANGERANG REGENCY AFTER RECEIVED NUTRITION
EDUCATION**

VI Chapter, 127 Pages, 11 Tables, 2 Pictures, 11 Appendices

Background : *A number of potential risks, including diarrhea, allergies, constipation, various digestive disorders, and so on, can be caused by inappropriate complementary feeding. A good perspective on complementary feeding is urgently needed given the fact that many mothers continue to provide complementary feeding inappropriately and the risks associated with early or untimely introduction of these foods.*

Objectives : *Analyzing changes in knowledge and behavior of complementary feeding for mothers infant in Kadu Jaya Village, Tangerang Regency after received nutrition education.*

Methods : *This type of research is Pre-Experimental with a one group pre-test post-test design. This study used a total sampling technique with the consideration that mothers who have babies aged 7-24 months, who live in RW 07 Kelurahan Kadu Jaya. The samples used were 46 mothers. The data analysis used was Wilcoxon Signed Ranks .*

Research results : *Based on the results of the Wilcoxon Signed Ranks statistic, it was found that there was a significant change ($p = 0.000$) in the knowledge and behavior of mothers under two in giving complementary foods after being given nutrition education.*

Conclusion : *There is an increase in the knowledge and behavior of complementary feeding for mothers infant after received nutrition education.*

Keywords : *Knowledge, Behavior, Nutrition Education, Complementary Feeding*