

**GAMBARAN PENGETAHUAN IBU TENTANG PEMBERIAN
MAKANAN PENDAMPING ASI (MPASI) DINI PADA BAYI
UMUR 0-6 BULAN BERDASARKAN KARAKTERISTIK
DI PUSKESMAS CIASEM KABUPATEN SUBANG
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ABSTRAK

Pemberian MP-ASI terlalu dini dapat menyebabkan infeksi pada bayi diantaranya dapat menyebabkan diare atau susah buang air besar. Sebelum 6 bulan fungsi saluran pencernaan bayi belum siap atau belum mampu mengolah makanan. Banyak resiko yang mungkin terjadi misalnya, bayi menderita alergi makanan, kemudian bayi yang mengalami kegemukan/ obesitas produksi ASI berkurang, keberhasilan pengatur jarak kehamilan alami menurun dan bayi berisiko mengalami invagasi usus/intususepsi. Tujuan penelitian ini untuk mengetahui pengetahuan ibu tentang pemberian makanan pendamping ASI (MPASI) dini berdasarkan karakteristik di Puskesmas Ciasem Kabupaten Subang Tahun 2025. Jenis penelitian yang digunakan adalah deskriptif dengan menggunakan metode penelitian *cross-sectional*. Populasi yang diteliti adalah ibu dengan jumlah populasi 30 responden. Sampel diambil menggunakan metode total sampling. Berdasarkan hasil penelitian di Puskesmas Ciasem Kabupaten Subang tahun 2025 responden yang memiliki pengetahuan kurang sebanyak 66,6%, lebih dari setengahnya memiliki pengetahuan kurang pada karakteristik umur >35 tahun sebanyak 81%, seluruh responden berpengetahuan baik pada karakteristik pendidikan PT sebanyak 100%, lebih dari setengahnya memiliki pengetahuan kurang pada karakteristik ibu bekerja sebanyak 67,7%, lebih dari setengahnya memiliki pengetahuan kurang pada karakteristik paritas primipara sebanyak 73,7%. Hasil penelitian ini diharapkan jadi bahan masukan untuk ibu agar lebih memahami pentingnya Pemberian Makanan Pendamping ASI (MPASI) yang tepat dan benar.

Kata kunci: Pengetahuan, Ibu Balita, MPASI dini

**A DESCRIPTION OF MOTHERS' KNOWLEDGE ABOUT EARLY
COMPLEMENTARY FOODS (MPASI) FOR INFANTS AGED 0-6
MONTHS BASED ON CHARACTERISTICS AT THE CIASEM
PUBLIC HEALTH CENTER, SUBANG REGENCY
IN 2025**

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ABSTRACT

Giving complementary foods too early can cause infections in babies, including diarrhea or constipation. Before 6 months, the baby's digestive tract is not ready or unable to process food. Many risks may occur, for example, babies suffer from food allergies, then babies who are overweight/obese have reduced breast milk production, the success of natural pregnancy spacing decreases and babies are at risk of invagination/intussusception. The purpose of this study was to determine maternal knowledge about providing early complementary foods (MPASI) based on characteristics at the Ciasem Health Center, Subang Regency in 2025. The type of research used was descriptive with a cross-sectional research method. The population studied were mothers with a population of 30 respondents. The sample was taken using the total sampling method. Based on the results of research at the Ciasem Health Center, Subang Regency in 2025, respondents who had insufficient knowledge were 66.6%, more than half had insufficient knowledge on the characteristics of age >35 years as much as 81%, all respondents had good knowledge on the characteristics of PT education as much as 100%, more than half had insufficient knowledge on the characteristics of working mothers as much as 67.7%, more than half had insufficient knowledge on the characteristics of primipara parity as much as 73.7%. The results of this study are expected to be input for mothers to better understand the importance of providing appropriate and correct complementary foods for breast milk (MPASI).

Keywords: Knowledge, Early Complementary Foods