

**PENGARUH PEMBERIAN MAKANAN PENDAMPING ASI (MPASI)
PADAT GIZI TERHADAP STATUS GIZI BAYI DI KECAMATAN
PAMULIHAN KABUPATEN SUMEDANG TAHUN 2019**

ABSTRAK

Pemberian Makanan Pendamping Asi (MPASI) sangatlah penting untuk memenuhi kebutuhan nutrisi yang optimal. Periode penting dalam pertumbuhan anak adalah pada masa bayi. Tujuan dari penelitian ini untuk mengetahui pengaruh pemberian Makanan Pendamping ASI (MPASI) Padat Gizi terhadap Status Gizi Bayi. Penelitian ini menggunakan pendekatan *Quasi Experiment Design* dengan kelompok perlakuan intervensi dan kontrol. Populasi kelompok intervensi dan kontrol adalah bayi usia 6-12 bulan yang tercatat di bidan desa masing-masing berjumlah 19 orang. Teknik yang digunakan dalam pengambilan sampel adalah *total sampling*. Instrumen penelitian berupa lembar kuesioner penimbangan berat badan dan panjang badan bayi sebelum dan sesudah diberikan makan pendamping asi. Hasil dari uji *dependen t-test* penelitian ini didapatkan ada perbedaan z-score berat badan ($p=0,00$), panjang badan ($p=0$), sedangkan z-score proporsi status gizi ($p=0,56$) tidak ada perbedaan sebelum dan sesudah intervensi. Hasil dari uji *independen t-test* didapatkan tidak ada pengaruh pemberian mpasi terhadap z-score berat badan ($p=0,876$) dan proporsi status gizi ($0,188$), sedangkan pada z-score panjang badan ($p=0,03$) ada pengaruh pemberian mpasi. Simpulan ada perbedaan z-score berat badan dan panjang badan sebelum dan sesudah diberikan mpasi, dan ada pengaruh pemberian mpasi terhadap z-score panjang badan pada bayi di Kecamatan Pamulihan Kabupaten Sumedang Tahun 2019.

Kata Kunci : Makanan Pendamping ASI (MPASI), Status Gizi

Daftar Pustaka : 37 (2003-2019)

**THE EFFECT OF COMPLEMENTARY FEEDING ON NUTRITIONAL
STATUS OF INFANTS IN PAMULIHAN DISTRICT, SUMEDANG
REGENCY, 2019**

ABSTRACT

Complementary feeding (MPASI) is essential to meet the nutritional needs optimally. The important period in a child's growth is in infancy. The purpose of this study was to determine the effect of solid nutrient complementary feeding (MPASI) on nutritional status of infants. This study used Quasi Experiment Design approach with intervention and control treatment groups. The population of the intervention and control group were infants aged 6-12 months who were registered in the village midwife each totaling 19 people. The sampling technique used total sampling. The research instrument was in the form of questionnaire for weighing the baby's weight and body length before and after being given complementary feeding. The results of the dependent t-test of this study found that there were differences in z-score of body weight ($p = 0.00$), body length ($p = 0$), while z-score of proportion of nutritional status ($p = 0.56$) there was no difference before and after the intervention, the results of the independent t-test showed that there was no effect of administration on z-score of body weight ($p = 0.876$) and proportion of nutritional status (0.188), whereas on z-score of body length ($p = 0.03$) there was an effect of complementary feeding. In conclusion, there were differences in z-score of body weight and body length before and after given MPASI, and there was an effect of MPASI on z-score of body length in infants in Pamulihan District, Sumedang Regency 2019.

Keywords: Complementary Feeding, Nutritional Status

References: 37 (2003-2019)