

**HUBUNGAN *RESPONSIVE FEEDING* IBU DENGAN STATUS GIZI
ANAK USIA 12-24 BULAN DI UPTD RSUD RAJA
MUSA KECAMATAN KATEMAN KABUPATEN
INDRAGIRI HILIR**

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ABSTRAK

Status gizi merupakan kondisi perubahan tubuh akibat mengkonsumsi santapan ataupun ukuran keberhasilan dalam pemenuhan nutrisi. *Responsive feeding* merupakan metode pemberian makan yang fokus pada respons orang tua terhadap sinyal lapar dan kenyang anak, menciptakan interaksi positif dan membantu anak belajar makan sesuai kebutuhan tubuhnya, mencegah makan berlebihan atau kekurangan, serta membangun hubungan emosional yang kuat.. Penelitian ini bertujuan untuk mengetahui hubungan *responsive feeding* ibu dengan status gizi anak usia 12-24 bulan di UPTD RSUD Raja Musa Kecamatan Kateman Kabupaten Indragiri Hilir. Jenis penelitian yang digunakan adalah survey penelitian analitik dengan pendekatan secara *cross sectional*. Sampel dalam penelitian ini adalah sebanyak 54 responden. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling*. Analisa data dilakukan secara univariat dan bivariat menggunakan uji *chi square*. Hasil penelitian menunjukkan bahwa *Responsive feeding* ibu yang memiliki anak usia 12-24 bulan sebagian besar kurang baik sebanyak 28 responden (51,9%). Status gizi balita sebagian besar normal sebanyak 46 responden (85,1%) dan sebagian kecil balita memiliki status gizi yang gemuk sebanyak 1 responden (1,9%). Ada hubungan *responsive feeding* ibu dengan status gizi anak usia 12-24 bulan dengan *p-value* 0,016 ($p < 0,05$). Diharapkan Penelitian ini dapat dijadikan sebagai pedoman bagi tenaga kesehatan untuk dapat menambah pengetahuan tentang hubungan *responsive feeding* ibu dengan status gizi anak usia 12-24 bulan sehingga dapat menjadi acuan dalam memberikan promosi kesehatan untuk meningkatkan status gizi balita.

Kata Kunci : Status Gizi, *Responsive Feeding*, Balita.

The Relationship Between Mothers' Responsive Feeding and the Nutritional Status of Children Aged 12-24 Months at the Raja Musa Regional Hospital, Kateman District, Indragiri Hilir Regency

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ABSTRACT

Nutritional status is a condition of body changes due to consuming food or a measure of success in fulfilling nutrition. Responsive feeding is a feeding method that focuses on parental response to children's hunger and satiety signals, creating positive interactions and helping children learn to eat according to their body's needs, preventing overeating or undereating, and building strong emotional relationships. This study aims to determine the relationship between maternal responsive feeding and the nutritional status of children aged 12-24 months at the UPTD Raja Musa Regional General Hospital, Kateman District, Indragiri Hilir Regency. The type of research used is an analytical research survey with a cross-sectional approach. The sample in this study was 54 respondents. The sampling technique in this study used purposive sampling technique. Data analysis was carried out univariately and bivariately using chi square test. The results showed that the Responsive feeding of mothers who have children aged 12-24 months was mostly poor as many as 28 respondents (51.9%). The nutritional status of toddlers was mostly normal as many as 46 respondents (85.1%) and a small number of toddlers had a nutritional status of obesity as many as 1 respondent (1.9%). There is a relationship between responsive feeding mothers and the nutritional status of children aged 12-24 months with a p-value of 0.016 ($p < 0.05$). It is hoped that this study can be used as a guideline for health workers to be able to increase knowledge about the relationship between responsive feeding mothers and the nutritional status of children aged 12-24 months so that it can be a reference in providing health promotion to improve the nutritional status of toddlers.

Keywords : *Responsive Feeding, Nutritional Status, Toddlers*