

HUBUNGAN PAPAN BUDAYA DENGAN PEMBERIAN MP-ASI SECARA DINI DI UPTD PUSKESMAS LANGSA BARO

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ABSTRAK

Pemberian makanan pendamping ASI dini dapat menyebabkan bayi terkena berbagai penyakit. Selain itu, pada usia diatas 6 bulan, bayi sudah memiliki reflkes mengunyah dan pencernaan yang kuat sehingga bisa diberikan MP-ASI. Banyak faktor yang berhubungan dengan pemberian makanan pendamping ASI dini oleh ibu. Salah satunya adalah faktor sosial budaya dan tingkat pengetahuan ibu. Penelitian ini bertujuan untuk mengetahui hubungan paparan budaya dengan pemberian makanan pendamping ASI secara dini di UPTD Puskesmas Langsa Baro. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis *deskriptif korelasi* menggunakan desain *cross sectional study*. Sampel dalam penelitian ini adalah seluruh ibu yang memiliki bayi 0-6 bulan di UPTD Puskesmas Langsa Baro sebanyak 60 orang dan teknik sampel yaitu *Total Sampling*. Analisa data dilakukan secara univariat dan bivariat. Hasil penelitian menunjukkan bahwa sebagian besar responden dipengaruhi oleh paparan budaya sebanyak 41 responden (68,3%) dan yang memberikan MP-ASI secara dini sebanyak 42 responden (70%). Hasil penelitian juga menyimpulkan bahwa ada hubungan paparan budaya dengan pemberian MP-ASI secara dini dengan *p-value* 0,004 ($p < 0,05$). Diharapkan bagi petugas kesehatan dapat melakukan pemantauan dan peninjauan terkait perilaku ibu dalam memberikan MP-ASI.

Kata Kunci : MP-ASI Dini, Sosial Budaya

***THE RELATIONSHIP BETWEEN CULTURAL EXPOSURE AND EARLY
COMPLEMENTARY FEEDING AT THE LANGSA BARO
COMMUNITY HEALTH CENTER***

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ABSTRACT

Early introduction of complementary foods can cause babies to be exposed to various diseases. In addition, at the age of over 6 months, babies already have strong chewing and digestive reflexes so they can be given MP-ASI. Many factors are related to the provision of early complementary foods by mothers. One of them is socio-cultural factors and the mother's level of knowledge. This study aims to determine the relationship between cultural exposure and the provision of early complementary foods at the Langsa Baro Community Health Center (UPTD). This study uses a quantitative approach with a descriptive correlation type using a cross-sectional study design. The sample in this study were all mothers with babies aged 0-6 months at the Langsa Baro Community Health Center (UPTD) as many as 60 people and the sampling technique was Total Sampling. Data analysis was carried out univariately and bivariately. The results showed that most respondents were influenced by cultural exposure as many as 41 respondents (68.3%) and those who provided early MP-ASI as many as 42 respondents (70%). The results also concluded that there was a relationship between cultural exposure and the provision of early MP-ASI with a p-value of 0.004 ($p < 0.05$). It is hoped that health workers can monitor and review mothers' behavior in providing complementary feeding.

Keywords : Early MP-ASI, Socio-Cultural