

## **ABSTRACT**

### **RELATIONSHIP BETWEEN MOTIVATION, MOTHERS' WORK AND THE ROLE OF HEALTH WORKERS IN THE EARLY INTRODUCTION OF COMPLEMENTARY FEEDING TO BREAST MILK**

*Early complementary feeding remains a challenge in infant health due to physiological risks to the immature digestive system. Internal factors such as motivation and external factors such as employment status and the role of health workers are thought to be closely related to this practice. This study aims to identify the relationship between motivation, maternal employment, and the role of health workers with early complementary feeding. This study used an analytical design with a cross-sectional approach involving 63 respondents. Data analysis was performed using univariate and bivariate analysis with the chi-square test at a significance level of  $\alpha=0.05$ . The univariate analysis results showed that the majority of mothers gave early complementary feeding (55.6%). The bivariate test results showed a significant relationship between motivation and early complementary feeding ( $p=0.036$ ), maternal employment and early complementary feeding ( $p=0.020$ ), and the role of health workers and early complementary feeding ( $p=0.002$ ). The conclusion of this study is that there is a significant relationship between motivation, maternal employment, and the role of health workers with early complementary feeding. Health workers are expected to be more optimal in providing education and literacy to mothers and families to prevent the practice of complementary feeding before the baby is 6 months old*

**Keywords: Early Complementary Feeding, Motivation, Maternal Employment, Role of Health Workers**

## **ABSTRAK**

### **HUBUNGAN MOTIVASI, PEKERJAAN IBU DAN PERAN TENAGA KESEHATAN DENGAN PEMBERIAN MAKANAN PENDAMPING AIR SUSU IBU (MP-ASI) DINI**

Pemberian Makanan Pendamping Air Susu Ibu (MP-ASI) dini masih menjadi tantangan dalam kesehatan bayi karena risiko fisiologis pada sistem pencernaan yang belum sempurna. Faktor internal seperti motivasi dan faktor eksternal seperti status pekerjaan serta peran tenaga kesehatan diduga memiliki kaitan erat dengan praktik ini. Penelitian ini bertujuan untuk mengidentifikasi hubungan motivasi, pekerjaan ibu, dan peran tenaga kesehatan dengan pemberian MP-ASI dini. Jenis penelitian ini menggunakan desain analitik dengan pendekatan *cross-sectional* terhadap 63 responden. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi-square* dengan derajat kemaknaan  $\alpha=0,05$ . Hasil analisis univariat menunjukkan mayoritas ibu memberikan MP-ASI dini (55,6%). Hasil uji bivariat menunjukkan adanya hubungan signifikan antara motivasi dengan pemberian MP-ASI dini ( $p=0,036$ ), pekerjaan ibu dengan pemberian MP-ASI dini ( $p=0,020$ ), dan peran tenaga kesehatan dengan pemberian MP-ASI dini ( $p=0,002$ ). Kesimpulan penelitian ini adalah terdapat hubungan yang signifikan antara motivasi, pekerjaan ibu, dan peran tenaga kesehatan dengan pemberian MP-ASI dini. Tenaga kesehatan diharapkan lebih optimal dalam memberikan edukasi dan literasi kepada ibu dan keluarga untuk mencegah praktik pemberian MP-ASI sebelum bayi berusia 6 bulan.

**Kata kunci: MP-ASI Dini, Motivasi, Pekerjaan Ibu, Peran Tenaga Kesehatan**