

ABSTRAK

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HUBUNGAN ANTARA PERILAKU *RESPONSIVE FEEDING* DENGAN STATUS GIZI PADA BALITA

xvii + 68 Halaman + 18 Tabel + 2 Gambar + 20 Lampiran

Responsive feeding merupakan pendekatan pemberian makan yang responsif terhadap kebutuhan fisiologis dan perkembangan anak, terutama pada balita. *Responsive feeding* juga berperan dalam mencegah masalah gizi seperti malnutrisi atau obesitas dengan memastikan anak makan sesuai kapasitas tubuhnya tanpa paksaan. Tujuannya untuk mengkaji apakah ada hubungan terkait perilaku *responsive feeding* dengan gizi balita.

Menggunakan desain kuantitatif, metode *cross-sectional*. Populasi seluruh balita ditimbang pada Posyandu Dahlia, Flamboyan, Pelangi, dan Sekar Melati sebanyak 136 balita, dengan sampel 113 responden yang dipilih dengan *purposive consecutive sampling*. Variabel independennya pengetahuan, sikap, dan tindakan *responsive feeding*, dikumpulkan melalui kuesioner sedangkan variabel dependennya status gizi pada balita diukur menggunakan timbangan dan stadiometer. Dengan analisis menggunakan uji *Fisher Exact*.

Hasil menunjukkan ibu balita yang memiliki pengetahuan *responsive feeding* yang baik (52,2%), ibu balita memiliki sikap *responsive feeding* yang positif (57,5%), ibu balita memiliki tindakan *responsive feeding* yang tepat (66,4%), dengan hasil Uji *Fisher*, nilai $p = 0,001 < \alpha 0,05$ maka H_1 (pengetahuan, sikap, tindakan *responsive feeding* dengan status gizi) terdapat hubungan.

Status gizi ada berhubungan dengan pengetahuan, sikap, dan tindakan ibu mengenai *responsive feeding*. Maka, untuk mengontrol status gizi balita disarankan untuk menerapkan perilaku *responsive feeding*.

Kata Kunci : *responsive feeding*, status gizi, balita, perilaku pemberian makan

Daftar Bacaan : 13 buku (2017-2023)

ABSTRACT

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THE RELATIONSHIP BETWEEN RESPONSIVE FEEDING BEHAVIOR AND NUTRITIONAL STATUS IN TODDLER

xvii + 68 Pages + 18 Tables + 2 Images + 20 Appendices

A feeding strategy that adapts to the physiological and developmental requirements of kids, particularly toddlers, is known as responsive feeding. By ensuring that kids eat in accordance with their bodily capacity without force, responsive feeding also helps prevent nutritional issues like obesity or malnutrition. Examining whether responsive feeding behavior and toddler nutrition are related is the goal.

Used cross-sectional analytical with quantitative design. Up to 136 children from the Posyandu Dahlia, Flamboyan, Pelangi, and Sekar Melati population were weighed, and 113 respondents were chosen using purposive sequential sampling. While the dependent variable was the nutritional condition of toddlers as determined by scales and stadiometers, the independent variables of responsive eating behaviors were gathered by questionnaires. Using the Fisher Exact test for analysis.

These findings indicate that mothers of toddlers have good knowledge of responsive feeding (52.2%), positive attitudes toward responsive feeding (57.5%), and appropriate responsive feeding actions (66.4%). The Fisher Test results, there is a relationship between behavior of responsive feeding actions with nutritional status (H_1), with p value = $0.001 < \alpha 0.05$. Mothers' knowledge, attitudes, and behaviors surrounding their response to feeding are linked to their nutritional status. Therefore, it is advised to use responsive feeding behavior to regulate toddlers' nutritional status.

Keyword : responsive feeding, nutritional status, toddlers, feeding behavior

References : 13 books (2017-2023)