

**HUBUNGAN PEMBERIAN JENIS MAKANAN PENDAMPING ASI  
DENGAN PERKEMBANGAN BAYI UMUR 9-12 BULAN DI  
WILAYAH KERJA PUSKESMAS  
LUBUK BEGALUNG PADANG  
TAHUN 2018-2019**

**TESIS**



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PADANG  
2019**

## ABSTRAK

### HUBUNGAN PEMBERIAN JENIS MAKANAN PENDAMPING ASI DENGAN PERKEMBANGAN BAYI UMUR 9-12 BULAN DI WILAYAH KERJA PUSKESMAS LUBUK BEGALUNG PADANG

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Bayi berumur enam bulan ke atas sudah bisa diberikan makanan pendamping ASI (MP-ASI), karena kecukupan energi dan protein untuk perkembangan tidak akan tercukupi dengan ASI saja, jenis MP-ASI mempengaruhi kecukupan energi dan protein yang dibutuhkan bayi. Puskesmas Lubuk Begalung adalah salah satu terdapat kasus kelainan perkembangan dan bayinya terbanyak dilakukan pemeriksaan deteksi dini tumbuh kembang bayi (95,3 %). Tujuan penelitian ini untuk mengetahui hubungan jenis MP-ASI dan faktor lain yang mempengaruhi perkembangan bayi umur 9-12 bulan.

Jenis penelitian ini *mixed method*, tahap awal pengumpulan data dan analisisnya menggunakan metode kuantitatif, dilanjutkan metode kualitatif. Penelitian dilakukan di wilayah kerja Puskesmas Lubuk Begalung Padang pada bulan Agustus s.d Maret 2019. Sampel penelitian kuantitatif adalah bayi umur 9-12 bulan sebanyak 100 orang dengan teknik *consecutive sampling*, sampel kualitatif sebanyak 9 orang diambil dengan *purposive sampling*. Pengumpulan data kuantitatif dengan mewawancarai ibu bayi menggunakan *food recall* setelah itu melakukan Kuesioner *Pra Skrining* Perkembangan (KPSP) untuk melihat perkembangan bayi. Penelitian kualitatif dengan wawancara mendalam dan observasi.

Hasil penelitian menunjukkan dari 100 orang bayi terdapat perkembangan bayi meragukan 19 %, perkembangan bayi yang sesuai 81 % dan bayi diberi MP- ASI lokal 37 %, bayi diberi MP-ASI pabrikan 32 % dan bayi diberi MP-ASI kombinasi 31 %.

Pada penelitian ini terdapat hubungan yang significant antara kecukupan energi dan protein MP-ASI lokal dengan perkembangan sedangkan faktor lain yang mempengaruhi perkembangan adalah genetik/keturunan, ekonomi dan lingkungan.

**Kata kunci** : Jenis MP-ASI lokal, Kecukupan energi MP-ASI lokal, kecukupan protein MP-ASI lokal, perkembangan bayi

## ABSTRACT

### ***RELATIONSHIP BETWEEN PROVISION OF COMPLEMENTARY FOODS WITH DEVELOPMENT OF INFANTS AGED 9-12 MONTHS IN WORKING AREA OF LUBUK BEGALUNG HEALTH CENTER PADANG IN 2018-2019***

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In Infants aged six months and above can already be given complementary foods for breast milk (MP-ASI), because the adequacy of energy and protein for development will not be fulfilled with breastmilk, the type of MP-ASI affects the adequacy of energy and protein needed by infants. Data from the Padang City Health Office in 2017 found that one of the Lubuk Begalung Health Centers was a case of developmental abnormalities and the most frequent examination was early detection of infant growth and development (95.3%). The purpose of this study was to determine the relationship between types of MP-ASI and other factors that influence the development of infants aged 9-12 months.

This research was a mixed method study, namely the initial stage of data collection and analysis used quantitative methods, followed by qualitative methods, which was conducted in the working area of Lubuk Begalung Health Center Padang in Augustus to March 2019. Quantitative research samples were 100 infants aged 9-12 months was taken by consecutive sampling and a qualitative sample of 7 people was taken by purposive sampling. Quantitative data collection was conducted by interviewing the mothers using food recall method after conducting the Predevelopmental Screening Questionnaire (KPSP) to assess the development of the baby, then qualitative research was conducted by doing in-depth interviews and observations.

The results showed of 100 babies there were 19% of babies experiencing doubtful development and 37% of babies were given a type of local complementary breastfeeding food. Of the 37 infants who were given MP-ASI locally obtained adequate energy of MP-ASI according to 51.4% and adequacy of MP-ASI protein according to 83.8%.

In this study there was a significant relationship between adequacy of energy and local protein intake from local complementary foods with the development of infants, while other factors which also influence the development including genetic/hereditary, economy and environment.

**Key words:** Local complementary food, local complementary food energy adequacy, local complementary food protein adequacy, infant development