

## ABSTRAK

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### **PENGARUH EDUKASI GIZI TERHADAP TINGKAT PENGETAHUAN DAN SIKAP IBU BAYI USIA 0-6 BULAN TENTANG PEMBERIAN MP-ASI DI WILAYAH KERJA PUSKESMAS LANDASAN ULIN**

Skripsi. Program Studi Gizi. 2023  
(xvi + 85)

Edukasi gizi merupakan suatu metode serta upaya untuk meningkatkan pengetahuan gizi dan sikap pemberian makan sehingga terciptanya status gizi optimal pada bayi. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi gizi terhadap tingkat pengetahuan dan sikap ibu bayi 0-6 bulan tentang pemberian MP-ASI di wilayah kerja Puskesmas Landasan Ulin. Penelitian *one group pretest-posttest design* ini dilakukan di wilayah kerja Puskesmas Landasan Ulin, Kota Banjarbaru pada bulan April 2023 sampai dengan Agustus 2023. Sebanyak 52 ibu bayi dipilih sebagai sampel penelitian menggunakan metode *purposive sampling*. Data tingkat pengetahuan dan sikap ibu dikumpulkan menggunakan kuesioner. Data tingkat pengetahuan ibu bayi usia 0-6 bulan dianalisis menggunakan uji *Wilcoxon* dan data sikap ibu bayi usia 0-6 bulan dianalisis menggunakan uji *paired t-test*. Hasil penelitian ini menunjukkan bahwa edukasi gizi berpengaruh terhadap tingkat pengetahuan ibu bayi usia 0-6 bulan tentang pemberian MP-ASI ( $p=0,000$ ). Hasil penelitian ini juga menunjukkan bahwa edukasi gizi berpengaruh terhadap sikap ibu bayi usia 0-6 bulan tentang pemberian MP-ASI ( $p=0,000$ ). Diharapkan bagi para ibu bayi untuk menerapkan pengetahuan yang telah didapatkan oleh petugas kesehatan dalam pemberian MP-ASI secara tepat dan benar.

**Kata Kunci:** Edukasi gizi, ibu bayi, MP-ASI, sikap, tingkat pengetahuan

## **ABSTRACT**

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### **EFFECT OF NUTRITION EDUCATION ON THE LEVEL OF KNOWLEDGE AND ATTITUDE OF MOTHERS OF INFANTS AGED 0-6 MONTHS ABOUT COMPLEMENTARY FEEDING IN THE WORKING AREA OF THE LANDASAN ULIN COMMUNITY HEALTH CENTER**

*Undergraduate Thesis. Bachelor of Nutrition Study Program. 2023  
(xvi + 85)*

*Nutrition education is a method as well as an effort to increase nutritional knowledge and feeding attitudes so as to create optimal nutritional status in infants. This study aimed to analyze the effect of nutrition education on the level of knowledge and attitudes of mothers of infants aged 0-6 months regarding complementary feeding in the working area of the Landasan Ulin Community Health Center. This one group pretest-posttest design study was conducted in the working area of the Landasan Ulin Public Health Center, Banjarbaru City from April 2023 to August 2023. A total of 52 infant mothers were selected as research samples using the purposive sampling method. Data on the level of knowledge and attitudes of mothers were collected using questionnaires. Data on the level of knowledge of mothers of infants aged 0-6 months were analyzed using the Wilcoxon test and data on attitudes of mothers of infants aged 0-6 months were analyzed using the paired t-test. The results of this study indicated that nutrition education affected the level of knowledge of mothers of infants age 0-6 months about giving complementary foods for breast milk ( $p=0.000$ ). The results of this study also showed that nutrition education had an effect on the attitudes of mothers of infants aged 0-6 months regarding the provision of complementary foods for breast milk ( $p=0.000$ ). It is expected that mothers of babies will apply the knowledge that has been obtained by health workers in giving complementary feeding properly and correctly*

**Keywords:** *Attitude, complementary food, infant's mothers, knowledge level, nutrition education*