

ABSTRACT

Children of development period need special attention from their parents, especially their mothers, in relation to adequate nutrition. Attention that is necessary to be paid by the mothers is in early life of the children, because their brains are growing largely in the period. The early age of the children includes age under 5 years old. Based on references, appropriate nutrition giving to the under-5-year age requires the mother to have knowledge on nutrition adequately, so that the children grow and develop optimally.

To understand how much effects of mothers' effect regarding use of PASI and addition foods on nutrition status for under-5-year age by taking sample of mothers of Posyandu visitors and their under-5-year children in The Posyandu of central health service in Umbulharjo Yogyakarta.

The conducted research was cross-sectional design. The research design method was to use qualitative approach. Subjects of research were mothers having under-5-year age children in Central Health Service, Umbulharjo Yogyakarta located in Posyandu, Mujamuju Village, with total samples of 30 respondents. The data were collected by structured interview method.

The result of research is that knowledge and attitude on good and appropriate ASI (Mother' milk) had not effects on practice of giving PASI.

Knowledge and attitude on good ASI and practice of giving appropriate PASI had not effects on nutrition status of under 5-year age children.

INTISARI

Anak pada masa tumbuh kembang memerlukan perhatian khusus dari orang tua, terutama ibu, dalam hal kecukupan gizi. Perhatian yang perlu dicurahkan oleh ibu adalah pada masa awal kehidupan anak, karena otak tumbuh secara besar dalam usia itu. Masa awal kehidupan anak mencakup masa balita. Berdasarkan kepustakaan, pemberian nutrisi secara tepat pada balita, menuntut ibu memiliki pengetahuan gizi yang memadai sehingga anak akan tumbuh dan berkembang secara optimal.

Tujuan penulis untuk mengetahui seberapa jauh pengaruh pengetahuan ibu tentang penggunaan PASI dan makanan tambahan terhadap status gizi balita dengan mengambil sampel para ibu pengunjung Posyandu dan balitanya di Posyandu Puskesmas Umbulharjo Yogyakarta.

Rancangan penelitian yang digunakan adalah rancangan *crosss sectional*. Dengan menggunakan pendekatan kuantitatif, subyek penelitian adalah ibu-ibu yang mempunyai anak balita di Puskesmas Umbulharjo yang terdapat di Posyandu Kelurahan Muja-Muju dengan jumlah sampel 30 orang. Pengumpulan data menggunakan metode wawancara terstruktur.

Hasil penelitian ini adalah bahwa pengetahuan dan sikap tentang ASI yang baik dan benar tidak mempengaruhi praktek pemberian PASI. Pengetahuan dan sikap tentang ASI yang baik serta praktek pemberian PASI yang benar tidak