

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 KEPERAWATAN
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Zehrotul Jannah

Pengaruh Pemberian MP-ASI Metode BLW (Baby Led Weaning) Terhadap Pola Makan Bayi di Posyandu Anggur Desa Umbulsari Kecamatan Umbulsari Kabupaten Jember

xiv+ 2 bagan+ 1 gambar + 14 tabel+ 17 lampiran

Abtrak

MP-ASI merupakan makanan atau minuman pendamping ASI yang mengandung gizi yang dapat diberikan menggunakan metode BLW (*Baby Led Weaning*) yang diharapkan dapat meningkatkan pola makan bayi. BLW (*Baby Led Weaning*) adalah metode dengan memperkenalkan dan melakukan penyapihan secara mandiri dengan rasa suka pada balita dengan usia 6 bulan keatas. Tujuan penelitian ini adalah untuk mengidentifikasi pengaruh pemberian MP-ASI metode BLW (*Baby Led Weaning*) terhadap pola makan bayi. Penelitian ini menggunakan *one group pretest-posttest design* dengan jumlah sampel 33 responden. Tehnik sampling menggunakan *non probabiltly sampling*. Pengumpulan data pada penelitian ini melalui kuesioner yang diberikan ibu dan dianalisis menggunakan uji *Wilcoxon Signed*. Hasil dari penelitian ini didapatkan bahwa Ada Pengaruh Pemberian MP-ASI Metode BLW (Baby Led Weaning) Terhadap Pola Makan Bayi di Posyandu Anggur Desa Umbulsari Kecamatan Umbulsari Kabupaten Jember dengan *p value*=0,000. Metode BLW (*Baby Led Weaning*) efektif dapat meningkatkan pola makan pada bayi. Oleh karena itu bila menginginkan menggunakan MP-ASI yang disajikan sehat dan bebas dari bahan pengawet maka ibu sebaiknya menggunakan MP-ASI metode BLW(*Baby Led Weaning*).

Kata kunci : MP-ASI metode BLW, Pola makan bayi

Daftar Pustaka: 24 (2007-2014)

Abstract

UNIVERSITY OF MUHAMMADIYAH JEMBER
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FACULTY OF HEALTH SCIENCES

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Zehrotul Jannah

The Effects of Complementary Foods of Breast Milk (MP-ASI) by Using Baby-Led Weaning Method toward the Infants' Dietary Habits in *Anggur* Integrated Health Post Umbulsari Village Sub-district of Umbulsari Jember Regency

xiv + 2 chart + 1 picture + 14 tables + 17 appendixes

Abstract

MP-ASI is complementary foods containing nutrients that can be fed by using BLW (*Baby-Led Weaning*) method which is expected to be able to enhance the infants' dietary habits. BLW (*Baby-Led Weaning*) is a method by introducing and maintaining weaning independently and demonstratively in infants above 6 months of age. This study aimed to identify the effects of complementary foods of breast milk (MP-ASI) by using Baby-Led Weaning method toward the infants' dietary habits. This study used a one-group pretest-posttest design with a sample of 33 respondents. The sampling selection used by the researcher was non probability sampling. The collecting data process in this study was done by administering questionnaires to the mothers, then the data was analyzed by using the Wilcoxon Signed. The results of this study found that there was an effect of complementary foods of breast milk (MP-ASI) by using Baby-Led Weaning method toward the infants' dietary habits in *Anggur* integrated health post Umbulsari village sub-district of Umbulsari Jember regency with p value = 0.000. BLW (*Baby-Led Weaning*) method could effectively improve the infants' dietary habits. Therefore, if mothers want to use healthy and free of preservatives complementary foods of breast milk (MP-ASI), they should use complementary foods of breast milk (MP-ASI) by using BLW (*Baby Led weaning*) method.

Keywords: Complementary Foods of Breast Milk (MP-ASI) by using BLW (*Baby Led weaning*) method, infants' dietary habits

References: 24 (2007-2014)