

## ABSTRAK

### PERBANDINGAN CARA PEMBERIAN MAKAN METODE *BABY-LED WEANING* DENGAN METODE STANDAR *SPOON FEEDING* TERHADAP PERILAKU MAKAN ANAK USIA 12-24 BULAN

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**Latar belakang:** Pola makan yang kurang tepat sejak kecil dapat menimbulkan gangguan makan seperti *picky eater* (sikap pilih-pilih makanan) yang dapat berdampak negatif saat anak telah dewasa, seperti pertumbuhan yang buruk dan malnutrisi (berupa *underweight*, *overweight* dan obesitas). Pemilihan metode pemberian makanan pendamping ASI (MPASI) yang tepat dapat menjadi pencegahan dari masalah *picky eater*. Berbeda dengan metode standar *spoon feeding* (SF), metode *baby-led weaning* (BLW) lebih memfokuskan anak untuk makan sendiri daripada menyuapi anak dari usia 6 bulan. Metode ini diharapkan dapat menjadi solusi untuk anak-anak dengan gangguan makan.

**Tujuan:** Untuk mengetahui adakah perbedaan pengaruh pemberian makan anak metode BLW dengan metode standar *spoon feeding* terhadap perilaku makan anak usia 12-24 bulan.

**Metode:** Analitik observasional dengan rancangan potong melintang. Data penelitian diambil dari *Child Eating Behavior Questionnaire* (CEBQ). Subjek penelitian dibagi dua kelompok yaitu BLW dan SF, masing-masing berjumlah 50 subjek. Data diuji menggunakan uji Mann-Whitney dengan  $\alpha=0,05$ .

**Hasil:** Terdapat perbedaan cara pemberian makan metode BLW dengan metode SF terhadap perilaku makan anak usia 12-24 bulan yang dapat dilihat dari nilai *enjoyment of food* ( $p=0,000$ ), *food-responsiveness* ( $p=0,000$ ), *satiety-responsiveness* ( $p=0,005$ ), dan *food fussiness* ( $p=0,000$ ).

**Simpulan:** Terdapat perbedaan pengaruh pemberian makan anak metode BLW dengan metode standar *spoon feeding* terhadap perilaku makan anak usia 12-24 bulan.

**Kata kunci:** metode makan, *baby-led weaning*, perilaku makan anak.

## ABSTRACT

### **THE COMPARISON OF FEEDING METHOD BABY-LED WEANING AND STANDARD SPOON FEEDING METHOD TOWARDS CHILDREN EATING BEHAVIOR OF CHILDREN AGED 12-24 MONTHS**

Amandianti Arimbi Tedjaningrum, 2019

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**Background:** *Eating patterns is formed in early life and will affect in the future. Inappropriate eating patterns since childhood can lead to eating disorders such as picky eater which can have a negative impact when a child has grown, such as poor growth and malnutrition (underweight, overweight and obesity). Choosing the right method of complementary feeding can be a prevention of picky eater problems. Unlike the standard spoon feeding (SF) method, the baby-led weaning (BLW) method focuses more on children to eat alone rather than feeding children from the age of 6 months. This method is expected to be a solution for children with eating disorders.*

**Objective:** *To find out whether there is a difference in the effect of child feeding on the BLW method with the standard SF method on the eating behavior of children aged 12-24 months.*

**Method:** *Observational analytic with cross sectional design. The research data was taken from the Child Eating Behavior Questionnaire (CEBQ). The research subjects were divided into two groups namely BLW and SF, 50 subjects each. Data were tested using the Mann-Whitney test with  $\alpha = 0.05$ .*

**Results:** *There is a difference between BLW and SF method on the eating behavior of children aged 12-24 months which can be seen from the value enjoyment of food ( $p=0,000$ ), food-responsiveness ( $p=0,000$ ), satiety-responsiveness ( $p=0.005$ ), and food fussiness ( $p=0,000$ ).*

**Conclusion:** *There is a difference in the effect of child feeding on the BLW method and the standard SF method on the eating behavior of children aged 12-24 months.*

**Keywords:** *feeding method, baby-led weaning, children's eating behavior.*

## DAFTAR ISI

LEMBAR PERSETUJUAN .....	ii
SURAT PERNYATAAN .....	iii
ABSTRAK .....	iv
<i>ABSTRACT</i> .....	v
KATA PENGANTAR .....	vi
DAFTAR ISI .....	viii
DAFTAR TABEL .....	x
DAFTAR LAMPIRAN .....	xi
BAB 1 PENDAHULUAN .....	1
1.1 Latar Belakang .....	1
1.2 Identifikasi Masalah .....	4
1.3 Tujuan Penelitian .....	4
1.4 Manfaat Penelitian .....	4
1.4.1 Manfaat Akademis .....	4
1.4.2 Manfaat Praktis .....	4
1.5 Kerangka Penelitian .....	5
1.6 Hipotesis Penelitian .....	5
BAB II TINJAUAN PUSTAKA .....	7
2.1 Makanan Pendamping Air Susu Ibu (MPASI) .....	7
2.2 <i>Spoon Feeding</i> (SF) .....	8
2.3 <i>Baby-Led Weaning</i> (BLW) .....	9
2.4 Perilaku Makan Anak .....	11
BAB III METODE PENELITIAN .....	14
3.1 Alat dan Bahan .....	14
3.2 Subjek Penelitian .....	14
3.3 Lokasi dan Waktu Penelitian .....	14
3.4 Besar Sampel .....	14
3.5 Rancangan Penelitian .....	15

3.5.1 Desain Penelitian.....	15
3.5.2 Variabel Penelitian.....	15
3.5.3 Definisi Operasional .....	16
3.6 Prosedur Penelitian.....	17
3.7 Analisis Data .....	17
3.8 Etik Penelitian .....	18
<b>BAB IV HASIL DAN PEMBAHASAN .....</b>	<b>19</b>
4.1 Hasil Penelitian .....	19
4.1.1 Karakteristik Subjek Penelitian Berdasarkan Metode Makan .....	19
4.1.2 Karakteristik Subjek Penelitian Berdasarkan Perilaku Makan .....	19
4.1.3 Perbedaan Perilaku Makan Anak Usia 12-24 Bulan dengan Metode Makan BLW dan SF.....	20
4.2 Pembahasan.....	21
4.3 Uji Hipotesis .....	23
<b>BAB V SIMPULAN .....</b>	<b>26</b>
5.1 Simpulan .....	26
5.2 Saran.....	26
<b>DAFTAR PUSTAKA .....</b>	<b>27</b>
<b>LAMPIRAN.....</b>	<b>30</b>
<b>RIWAYAT HIDUP.....</b>	<b>45</b>

## DAFTAR TABEL

Tabel 4.1 Karakteristik Subjek Penelitian Berdasarkan Metode Makan .....	19
Tabel 4.2 Karakteristik Subjek Penelitian Berdasarkan Perilaku Makan .....	20
Tabel 4.3 Perbandingan Cara Pemberian Makan Metode <i>Baby-led Weaning</i> dengan Metode Standar <i>Spoon Feeding</i> terhadap Perilaku Makan Anak Usia 12-24 Bulan .....	21



## DAFTAR LAMPIRAN

Lampiran 1 Surat Keputusan Etik Penelitian .....	26
Lampiran 2 Lembar Persetujuan Menjadi Subjek Penelitian.....	31
Lampiran 3 <i>Child Eating Behavior Questionnaire</i> (CEBQ).....	33
Lampiran 4 Tabulasi Data.....	41
Lampiran 5 Hasil Uji Statistik.....	44

