

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Waktu Pertama Kali Pemberian Makanan Pendamping ASI, Jenis Pangannya, serta Penerapan *Responsive Feeding* oleh Ibu terhadap Indeks Massa Tubuh Anak di Rumah Sakit Islam Jakarta Cempaka Putih dan Tinjauannya Menurut Pandangan Islam.

Latar Belakang : Makanan pendamping ASI (MP-ASI) yaitu makanan atau minuman yang mengandung nutrisi dan diberikan kepada anak selama periode peralihan. Makanan pendamping air susu ibu (MP-ASI) harus diberikan tepat saat anak berusia 6 bulan. Selama MP-ASI, kualitas pola makan anak ditentukan oleh makanan yang dikonsumsi anak dan perilaku pemberian makan oleh pengasuhnya atau *responsive feeding*. Tujuan penelitian adalah mengetahui hubungan waktu pemberian pertama kali MP-ASI, jenis pangannya, serta penerapan *responsive feeding* terhadap IMT.

Metodologi : Penelitian ini menggunakan desain penelitian *cross sectional*, dengan teknik *purposive sampling*, dan jenis data yang digunakan adalah data primer yang diperoleh dari ibu yang mempunyai anak di Rumah Sakit Islam Jakarta Cempaka Putih pada poli anak periode Juni-Juli 2025.

Hasil: Hasil analisis data menunjukkan anak yang mendapatkan MP-ASI pertama kali saat usia 6 bulan dominan memiliki IMT normal (60%). Ketepatan jenis pangan saat pemberian MP-ASI menunjukkan anak cenderung memiliki IMT normal (71,25%). Hasil data menunjukkan tidak terdapat hubungan antara penerapan *responsive feeding* terhadap IMT.

Kesimpulan: Disimpulkan bahwa waktu pertama kali pemberian dan jenis pangan saat MP-ASI berhubungan dengan IMT, sedangkan penerapan *responsive feeding* tidak.

Kata Kunci: MP-ASI, Anak, Waktu Pertama, Jenis Pangan, *Responsive Feeding*, IMT

ABSTRACT

Name : Syifa Azzahra

Study Program : Medicine

Title : *Correlation between Timing of Complementary Feeding Introduction, Food Types, Responsive Feeding Practices by Mothers and Body Mass Index of Children at Jakarta Islamic Hospital Cempaka Putih*

Background: *Complementary feeding are foods or drinks contain nutrients and are given to children during the transition period. Complementary feedings should be given right when the child is 6 months old. During complementary feeding, the quality of a child's diet is determined by the food consumed by the child and the feeding behavior of the caregiver or responsive feeding. The purpose of this study was to determine the relationship between the time of first administration of MP-ASI, the type of food, and the implementation of responsive feeding on BMI.*

Methodology: *This study used a cross-sectional research design, with a purposive sampling technique, and the type of data used was primary data obtained from mothers who had children at the Jakarta Islamic Hospital Cempaka Putih in the pediatric clinic for the period June-July 2025.*

Result: *The results of the data analysis showed that children who received complementary feeding for the first time at the age of 6 months predominantly had a normal BMI (60%). The accuracy of the type of food when complementary feeding showed that children tended to have a normal BMI (71.25%). The results of the data showed that there was no relationship between the implementation of responsive feeding on BMI.*

Conclusion: *Conclusion is the time of first administration and the type of food during complementary feeding are related to BMI, while the implementation of responsive feeding is not.*

Keywords: *Complementary Feeding, Children, Timing Introduction, Type, Food Types, Responsive Feeding, BMI*