

ABSTRAK

Asmoro, Nugraheni Tijang. 2018. *Pengetahuan dan Sikap Ibu Sebelum dan Sesudah Penyuluhan tentang Baby Led Weaning (BLW) pada Bayi Usia 9 – 18 Bulan di Posyandu Kelurahan Tunjung Sekar Kecamatan Lowokwaru Kota Malang*. Skripsi. Program Studi Sarjana Terapan Kebidanan Malang. Pembimbing I: Rita Yulifah, S.Kp., M.Kes. Pembimbing II: Annisa, S.ST., M.Kes.

Pada periode usia emas bayi keterampilan makan perlu dilatih dan dikembangkan sejak usia bayi 6 bulan dengan memberikan MPASI, salah satunya dengan cara menerapkan metode BLW (*Baby Led Weaning*). Namun, masih banyak masyarakat yang belum mengetahui dan menerapkan metode ini sehingga diperlukannya penyuluhan. Pengetahuan yang kurang dimiliki oleh ibu membuat ibu takut dan tidak setuju jika metode BLW diterapkan kepada bayinya yang berusia kurang dari 2 tahun. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh penyuluhan tentang metode BLW (*Baby Led Weaning*) terhadap pengetahuan dan sikap ibu dalam pemberian MPASI pada bayi usia 9 – 18 bulan. Desain penelitian menggunakan *pre-eksperiment* dengan pendekatan *One group pre test – post test design*. Populasi 60 ibu, pengambilan sampel dengan cara *Simple Random Sampling* didapatkan sebanyak 52 ibu yang sesuai dengan kriteria inklusi. Instrumen penelitian menggunakan kuesioner. Hasil penelitian didapatkan bahwa sebelum penyuluhan tentang metode BLW sebagian besar ibu memiliki pengetahuan cukup sebesar 55,8% dan hampir setengah memiliki sikap negatif sebesar 44,2%, setelah penyuluhan ibu mengalami peningkatan pengetahuan menjadi baik sebesar 88,5% dan sikap menjadi positif sebesar 73,1%. Hasil uji statistik menggunakan *Wilcoxon Signed Rank Test* menunjukkan nilai signifikansi $0,000 < \alpha (0,05)$, maka H_0 ditolak yang artinya ada pengaruh penyuluhan tentang metode BLW terhadap pengetahuan dan sikap ibu dalam pemberian MPASI pada bayi usia 9 – 18 bulan. Perubahan pengetahuan dan sikap ibu sebelum dan setelah diberikan penyuluhan disebabkan karena adanya tambahan informasi yang dimiliki sehingga pengetahuan yang bertambah dapat mempengaruhi sikap yang akan dilakukan ibu tentang metode BLW. Oleh karena itu, petugas kesehatan diharapkan agar selalu memberikan KIE kepada orangtua dan keluarga bayi tentang stimulasi yang dapat menunjang pertumbuhan dan perkembangan bayi secara optimal.

Kata Kunci: Penyuluhan, Metode *Baby Led Weaning* (BLW), Pengetahuan, Sikap.

ABSTRACT

Asmoro, Nugraheni Tijang. 2018. *Mother's Knowledge and Attitudes Before and After Counseling about Baby Led Weaning (BLW) in Infants Aged 9-18 Months at Posyandu Tunjung Sekar Village, Lowokwaru Sub-district, Malang City*. Essay. Applied Bachelor Program in Midwifery Malang Health Polytechnic. 1st Advisor: Rita Yulifah, S.Kp., M.Kes. 2nd Advisor: Annisa, S.ST., M.Kes.

At the Golden Age Period eating skills need to be trained and developed since the age of a baby is 6 months by giving complementary food, one of them is by applying the Baby Led Weaning method (BLW). However, there are still many people who don't know and apply this method yet so that needed counseling. Lack of knowledge possessed by the mother make mothers afraid and disagree if the BLW method is applied to babies who are less than 2 years old. The purpose of this research was to find out the influence of counseling about Baby Led Weaning methods (BLW) towards mother's knowledge and attitude in giving complementary food for baby aged 9 – 18 months. The research design used pre-experiment with approach one group pre test – post test design. The population of 60 mothers, sampling technique by using Simple Random Sampling, there were 52 mothers who met the inclusion criteria. The research instrument used a questionnaire. The results showed that before counseling about BLW methods most of mothers had sufficient knowledge by 55.8% and almost half had negative attitudes by 44.2%, after counseling mothers have increased knowledge to be good by 88.5% and the attitude to be positive by 73.1%. Statistical test results using Wilcoxon Signed Rank Test shows a significance value of $0.000 < \alpha (0.05)$, then H_0 is rejected which means there is an influence of counseling about Baby Led Weaning methods (BLW) towards mother's knowledge and attitude in giving complementary food for baby aged 9 – 18 months. Changes in mother's knowledge and attitudes before and after the counseling was given because of the additional information they had so that the increased knowledge could influence the attitude that the mother would make about the BLW method. Therefore, health workers are expected to always provide IEC to parents and families of babies about stimulation that can support optimal growth and development of babies.

Keywords: Counseling, Baby Led Weaning Method (BLW), Knowledge, Attitude.