

BAB V

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Disimpulkan bahwa praktik pemberian makan bayi dan anak pada anak stunting dengan jumlah responden 30 Ibu, dengan praktik pemberian makan aktif dan responsive feeding berkategori baik sebagian besar (97%) sebanyak 29 ibu dan berkategori cukup sebagian kecil (3%) sejumlah 1 ibu. Serta pada praktik complementary feeding berkategori baik seluruhnya (100%) sebanyak 30 ibu)

5.2. Saran

Saran yang dapat peneliti berikan berdasarkan hasil penelitian yang ditemukan sebagai berikut:

1. Bagi Profesi Keperawatan

Diharapkan penelitian ini memberikan manfaat bagi profesi dalam pengembangan perencanaan keperawatan yang akan dilakukan dan pengembangan profesi keperawatan tentang Praktik pemberian makan bayi dan anak usia 6 – 24 bulan yang mengalami stunting di pustu wagir serta memberikan intervensi dengan pemberian MPASI yang benar pada bayi dan anak.

2. Bagi Tempat Penelitian

Dari hasil penelitian ini didapatkan bahwa sebagian besar ibu yang memiliki anak usia 6 – 24 bualan memiliki peran yang cukup

dalam pemenuhan pemberian makanan bayi dan anak sehingga kader perlu memberikan pendidikan dan pelatihan kepada ibu untuk lebih memahami dan dapat mencegah terjadinya gizi buruk pada anak terutama pada anak usia 6 – 24 bulan.

3. Bagi Responden

Bagi responden diharapkan praktik pemberian makan bayi dan anak dapat meningkatkan pengetahuan dan cara ibu mencari informasi mengenai praktik pemberian makan bayi dan anak pada usia 6 – 24 bulan, dari media masa, internet atau bertanya kepada bidan terdekat ataupun yang ahli dalam bidang kesehatan. Serta memberikan asi eksklusif selama 6 bulan dan diberikan makanan pendamping asi sesuai dengan kebutuhan gizinya.

4. Bagi Penelitian Selanjutnya

Hasil penelitian ini diharapkan dapat menambah wawasan ilmu pengetahuan serta perlu adanya program promotif lebih lanjut untuk menumbuhkan kesadaran pencegahan stunting pada bayi dan anak usia 6-72 bulan.

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