

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA POLITEKNIK
KESEHATAN KEMENKES RIAU
PROGRAM STUDI D.III GIZI**

TUGAS AKHIR, JUNI 2022

AISYAH NURUL FITRI

**GAMBARAN RIWAYAT PEMBERIAN ASI, PRAKTIK PEMBERIAN MP-
ASI, DAN ASUPAN ZAT GIZI MAKRO BERDASARKAN STATUS GIZI
(BB/PB) PADA BADUTA USIA 6-24 BULAN DI KELURAHAN TANJUNG
RHU DI WILAYAH KERJA PUSKESMAS LIMAPULUH**

viii +51 halaman, +18 tabel, +2 gambar, +6 lampiran

ABSTRAK

Salah satu faktor internal yang berpengaruh langsung terhadap status gizi anak ialah dapat berupa asupan makanan. Penelitian ini bertujuan untuk melihat gambaran riwayat pemberian ASI, praktik pemberian MP-ASI, dan asupan zat gizi makro berdasarkan status gizi baduta (BB/PB) di Kelurahan Tanjung Rhu di wilayah kerja Puskesmas Limapuluh. Jenis penelitian ini deskriptif dengan pendekatan *cross sectional*. Penelitian ini berlangsung Januari-Juni 2022. Teknik pengambilan sampel yang digunakan adalah *simple random sampling*. Jumlah sampel dalam penelitian adalah 70 orang ibu yang mempunyai baduta usia 6-24 bulan. Analisa data secara univariat. Hasil tabulasi silang menunjukkan sebagian besar baduta yang mendapatkan kolostrum berstatus gizi baik sebanyak 42 orang (71,2%), sebagian besar baduta yang tidak mendapatkan ASI eksklusif berstatus gizi baik sebanyak 28 orang (75,7%), sebagian besar baduta yang memiliki durasi pemberian MP-ASI yang tepat berstatus gizi baik sebanyak 37 orang (68,5%), sebagian besar baduta yang diberikan MP-ASI pada usia 6 bulan berstatus baik sebanyak 29 orang (63%), sebagian besar baduta yang diberikan MP-ASI dengan tekstur yang tepat berstatus gizi baik sebanyak 29 orang (63%), sebagian besar baduta yang diberikan MP-ASI dengan frekuensi yang tepat berstatus gizi baik sebanyak 29 orang (70,7%), sebagian besar baduta yang diberikan MP-ASI dengan porsi yang tepat berstatus gizi baik sebanyak 26 orang (61,9%), sebagian besar baduta memiliki asupan energi defisit sebanyak 31 orang (44,7%), sebagian besar baduta memiliki asupan protein yang lebih sebanyak 44 orang (62,85%), sebagian besar baduta memiliki asupan lemak defisit sebanyak 56 orang (80%), sebagian besar baduta memiliki asupan karbohidrat defisit sebanyak 30 orang (42,3%).

Kata kunci : ASI Eksklusif, Kolostrum, MP-ASI, Status Gizi Baduta
Daftar Pustaka: 39 (2012-2022)

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA POLITEKNIK
KESEHATAN KEMENKES RIAU
PROGRAM STUDI D.III GIZI**

TUGAS AKHIR, JUNE 2022

AISYAH NURUL FITRI

***DESCRIPTION OF BREASTFEEDING HISTORY, COMPLEMENTARY
FEEDING PRACTICE, AND MACRONUTRIENT INTAKE ON
NUTRITIONAL STATUS (BB/PB) OF CHILDREN UNDER TWO YEARS
OLD (6-24 MONTHS) AT KELURAHAN TANJUNG RHU IN WORKING
AREA OF PUSKESMAS LIMAPULUH***

viii +51 pages, +18 tables, +2 picture, +6 attachment

ABSTRAK

One of the internal factors that directly affect the nutritional status of children is food intake. This study aims to describe the history of breastfeeding, the complementary feeding practice, and macronutrient intake on nutritional status (BB/PB) of children under two years old (6-24 months) at Kelurahan Tanjung Rhu in working area of Puskesmas Limapuluh. This type of research is descriptive with a cross sectional approach. This research took place from January to June 2022. The sampling technique used was simple random sampling. The number of samples in this study were 70 mothers who had children aged 6-24 months. Univariate data analysis. The results of the cross tabulation showed that most of the children who received colostrum had good nutritional status as many as 42 people (71.2%), most of the children who did not receive exclusive breastfeeding had good nutritional status as many as 28 people (75.7%), most of the children who had a duration of the appropriate provision of MP-ASI had good nutritional status as many as 37 people (68.5%), most of the children who were given MP-ASI at the age of 6 months had good status as many as 29 people (63%), most of the children who were given MP-ASI with the right texture had good nutritional status as many as 29 people (63%), most of the children who were given complementary feeding with the right frequency had good nutritional status as many as 29 people (70.7%), most of the children who were given complementary feeding with a large portion 26 people (61.9%), most of the baduta had a deficit energy intake of 31 people (44.7%), most of the baduta had more protein intake as many as 44 people (62.85%), some big clown has fat intake deficit as many as 56 people (80%), most of the baduta had a deficit carbohydrate intake as many as 30 people (42.3%).

**Keyword : Exclusive Breastfeeding, Colostrum, Complementary Food,
Nutritional Status of Children Under Two Years Old**

Reference : 39 (2012-2022)