

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

**TUGAS AKHIR, JUNI 2022  
NISAUL ANSORIAH**

**GAMBARAN POLA PEMBERIAN MP-ASI DAN STATUS GIZI BALITA  
(6-12 BULAN) DI POSYANDU X WILAYAH KERJA PUSKESMAS LIMA  
PULUH KOTA PEKANBARU**

**xv + 68 halaman + 14 tabel + 2 gambar + 7 lampiran**

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**ABSTRAK**

Pemberian MP-ASI yang baik harus sesuai syarat yaitu usia, frekuensi, jumlah, tekstur, variasi, responsif atau pemberian makan aktif, dan kebersihan. Penelitian ini bertujuan mengetahui gambaran pola pemberian makanan pendamping ASI (MP-ASI) dan status gizi balita 6-12 bulan di Posyandu X wilayah kerja Puskesmas Lima Puluh Kota Pekanbaru. Jenis penelitian ini adalah *cross sectional*. Penelitian ini dilakukan pada bulan Juni 2022. Populasi dalam penelitian ini adalah balita berusia 6-12 bulan yang berada di Posyandu RW V di wilayah kerja Puskesmas Lima Puluh Kota Pekanbaru dengan jumlah 37 anak. Teknik pengambilan sampel yang digunakan adalah Teknik total *sampling*. Sampel dalam penelitian ini dengan jumlah 37 anak. Teknik Analisa yang digunakan yaitu analisis univariat. Analisis univariat menunjukkan bahwa pola pemberian MP-ASI balita 6-12 bulan di Posyandu X sebanyak 27 balita atau sebesar 73% dengan pola pemberian MP-ASI kategori baik dan 10 balita atau sebesar 27% dengan pola pemberian MP-ASI cukup baik. Dari hasil penelitian menunjukkan pola pemberian MP-ASI balita 6-12 bulan di Posyandu X bulan sudah baik. Mengenai status gizi dari hasil penelitian menunjukkan bahwa balita (6-12 bulan) yang berstatus gizi baik sebanyak 26 anak atau sebesar 70,3%, balita berstatus gizi kurang sebanyak 10 anak atau sebesar 27%, dan balita berstatus gizi lebih sebanyak 1 anak atau sebesar 2,7%. Dari hasil penelitian menunjukkan pola pemberian MP-ASI balita 6-12 bulan di Posyandu X sudah baik dan status gizi balita 6-12 bulan di Posyandu X sebagian besar baik.

**Daftar Pustaka : 22 (2003-2021)**

**Kata Kunci : Pola pemberian MP-ASI, Status Gizi Balita**

**MINISTRY OF HEALTH OR REPUBLIC OF INDONESIA  
POLYTECHNIC OF HEALTH MINISTRY HEALTH RIAU  
DIPLOMA III NUTRITION STUDY PROGRAM**

**SCIENTIFIC PAPER, JUNE 2022  
NISAUL ANSORIAH**

**AN OVERVIEW OF FOOD COMPLEMENTARY AND NUTRITIONAL  
STATUS OF TODDLERS (6-12 MONTHS) AT X INTEGRATED  
HEALTHCARE CENTER AT THE WORKING AREA OF LIMA PULUH  
KOTA PUBLIC HEALTH CENTER PEKANBARUPOSYANDU X  
WORKING AREA OF PUSKESMAS LIMA PULUH KOTA PEKANBARU**

**xv + 68 page + 14 tables + 2 pictures + 7 attachment**

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**ABSTRACT**

The provision of good complementary food must the requirements, namely age, frequency, amount, texture, variety, responsiveness or active feeding, and hygiene. This study aims to describe the pattern of complementary food and the nutritional status of children aged 6-12 months at X Integrated Healthcare Center in the working area of Lima Puluh Puskesmas Pekanbaru. This type of research is cross sectional. This research was conducted in June 2022. The population in this study were toddlers aged 6-12 months who were in the RW V Integrated Healthcare Center in the working area of the Lima Puluh Kota Pekanbaru Public Health Center with a total of 37 children. The sampling technique used is the total sampling technique. The sample in this study was 37 children. The analysis technique used is univariate analysis. Univariate analysis showed that the pattern of giving complementary food to toddlers 6-12 months in X Integrated Healthcare Center was 27 toddlers or 73% with the pattern of giving complementary food in good category and 10 toddlers or 27% with the pattern of giving complementary food quite good. The results showed that the pattern of giving complementary food for toddlers 6-12 months at X Integrated Healthcare Center months was good. Regarding nutritional status, the results of the study showed that under five children (6-12 months) with good nutritional status were 26 children or 70.3%, under five with malnutrition status were 10 children or 27%, and toddlers with more nutritional status were 1 child or by 2.7%. The results showed that the pattern of giving complementary food for toddlers 6-12 months in X Integrated Healthcare Center was good and the nutritional status of toddlers 6-12 months in X Integrated Healthcare Center was mostly good.

**Bibliography : 22 references (2003-2021)**

**Keywords : complementary food pattern, toddler nutritional status**