

## **ABSTRAK**

NIKITA FULLIANNA. Gambaran Riwayat Pemberian ASI Eksklusif dan MPASI di Kota Pekanbaru Tahun 2024. Dibimbing oleh IRMA SUSAN PARAMITA.

Pemberian ASI eksklusif dan makanan pendamping ASI (MPASI) yang tepat sangat penting untuk menunjang tumbuh kembang dan status gizi balita. Namun, cakupan ASI eksklusif Kota Pekanbaru masih di bawah target nasional. Penelitian ini bertujuan untuk menggambarkan riwayat pemberian ASI eksklusif dan MPASI di Kota Pekanbaru. Penelitian ini merupakan penelitian deskriptif menggunakan data sekunder dari Program Perencanaan Gizi tahun 2024, dengan jumlah sampel 832 balita dari 21 puskesmas. Hasil penelitian menunjukkan bahwa 48,3% balita menerima ASI eksklusif, sedangkan 51,7% tidak. Sebanyak 51,7% balita menerima makanan atau minuman sebelum usia 6 bulan, dengan jenis terbanyak adalah susu formula (38,5%). Dengan alasan tidak asi belum/tidak keluar (20%). Sebanyak 18,9% balita menerima MPASI usia <6 bulan, dengan alasan utama kurang pengetahuan ibu (35%) dan ibu bekerja (5,7%). Jenis MPASI dini yang dominan diberikan adalah bubur saring (52,2%) dan pisang dihaluskan (11,4%). Hasil ini menunjukkan masih rendahnya praktik pemberian ASI eksklusif dan MPASI sesuai anjuran. Diperlukan edukasi dan dukungan yang lebih kuat kepada ibu balita agar dapat meningkatkan praktik pemberian gizi yang optimal.

**Kata kunci :** ASI Eksklusif, MPASI, Balita, Kota Pekanbaru

## ABSTRACT

NIKITA FULLIANNA. Description of the History of Exclusive Breastfeeding and Complementary Foods in Pekanbaru City in 2024. Supervised by IRMA SUSAN PARAMITA.

The provision of exclusive breastfeeding and appropriate complementary foods (MPASI) is very important to support the growth and development and nutritional status of toddlers. However, the coverage of exclusive breastfeeding in Pekanbaru City is still below the national target. This study aims to describe the history of exclusive breastfeeding and complementary foods in Pekanbaru City. This study is a descriptive study using secondary data from the 2024 Nutrition Planning Program, with a sample of 832 toddlers from 21 health centers. The results showed that 48.3% of toddlers received exclusive breastfeeding, while 51.7% did not. As many as 51.7% of toddlers received food or drinks before the age of 6 months, with the most common type being formula milk (38.5%). The reason for not being breast milk has not/has not come out (20%). As many as 18.9% of toddlers received MPASI aged <6 months, with the main reasons being lack of knowledge of mothers (35%) and working mothers (5.7%). The dominant types of early MPASI given were strained porridge (52.2%) and mashed bananas (11.4%). These results indicate that the practice of providing exclusive breastfeeding and MPASI according to recommendations is still low. Stronger education and support are needed for mothers of toddlers in order to improve the practice of providing optimal nutrition.

**Keywords:** Exclusive breastfeeding, complementary feeding, toddlers, Pekanbaru City