

ABSTRAK

RIANDADWI ELVANI. Gambaran pemberian ASI eksklusif dan kejadian stunting di Kota Pekanbaru. Dibimbing oleh Dewi Rahayu, SP, M.Si.

Stunting masih menjadi permasalahan gizi kronis yang signifikan di Indonesia, termasuk di Kota Pekanbaru, meskipun secara nasional telah terjadi penurunan prevalensi. Penelitian ini bertujuan untuk menggambarkan riwayat pemberian ASI eksklusif dan prevalensi stunting pada balita di Kota Pekanbaru berdasarkan data survei gizi tahun 2024. Desain yang digunakan adalah deskriptif dengan pendekatan cross-sectional. Sampel sebanyak 832 balita diperoleh dari 21 Puskesmas di Kota Pekanbaru dengan teknik total sampling. Variabel utama adalah riwayat ASI eksklusif dan status stunting berdasarkan z-score tinggi badan menurut umur (TB/U). Hasil menunjukkan bahwa hanya 48,3% balita mendapatkan ASI eksklusif, sementara 51,7% tidak. Kejadian stunting tercatat sebesar 31,9%, yang berarti melebihi ambang batas yang ditetapkan WHO (<20%). Meski perbedaan proporsi stunting antara kelompok yang mendapat dan tidak mendapat ASI eksklusif tidak terlalu besar (32,6% vs 31,2%), ASI eksklusif tetap menjadi faktor penting dalam pencegahan stunting di Pekanbaru. Rendahnya cakupan ASI eksklusif menunjukkan masih lemahnya edukasi dan praktik menyusui, yang dapat diperburuk oleh faktor lain seperti kualitas MP-ASI, kondisi sanitasi, dan status sosial ekonomi keluarga. Penelitian ini menyimpulkan bahwa intervensi berbasis komunitas di Pekanbaru perlu diperkuat, termasuk penyuluhan menyusui di fasilitas kesehatan, peningkatan cakupan ASI eksklusif, dan pemantauan tumbuh kembang anak melalui Posyandu untuk menekan angka stunting di tingkat lokal.

Kata kunci: ASI eksklusif, stunting, balita, Kota Pekanbaru, status gizi

ABSTRACT

RIANDA DWI ELVANI. Overview of Mothers' Knowledge about Breakfast
Overview of Exclusive Breastfeeding and Stunting Incidence in Pekanbaru City
Supervised by Dewi Rahayu, SP, M.Si

Stunting remains a significant chronic nutritional issue in Indonesia, including in Pekanbaru City, despite a slight decline in national prevalence. This study aims to describe the history of exclusive breastfeeding and the prevalence of stunting among children under five in Pekanbaru, based on the 2024 Nutrition and Child Health Survey. A descriptive design with a cross-sectional approach was used. A total of 832 children were selected using total sampling from 21 public health centers (Puskesmas) across Pekanbaru. The main variables were exclusive breastfeeding history and stunting status, assessed using height-for-age z-scores (HAZ). The results showed that only 48.3% of children received exclusive breastfeeding, while 51.7% did not. The prevalence of stunting was 31.9%, exceeding the WHO threshold of less than 20%. Although the difference in stunting rates between children who received and did not receive exclusive breastfeeding was relatively small (32.6% vs. 31.2%), exclusive breastfeeding remains a critical factor in preventing stunting. The low coverage of exclusive breastfeeding reflects gaps in maternal education and breastfeeding practices, which are further influenced by other factors such as complementary feeding quality, sanitation, and socioeconomic status. This study concludes that community-based interventions in Pekanbaru need to be strengthened, including breastfeeding education at health facilities, efforts to increase exclusive breastfeeding coverage, and improved child growth monitoring through integrated health posts (Posyandu), in order to reduce the local stunting rate.

Keywords: exclusive breastfeeding, stunting, children under five, Pekanbaru City, nutritional status