

## ABSTRAK

**Aisyah Tiara Yandi.** Gambaran Tingkat Kepatuhan Ibu Dalam Pemberian Obat Cacing Dan Status Gizi Balita Di Kota Pekanbaru 2025. Dibimbing oleh YOLAHUMAROH, SKM, MPH dan NUR KHOLIS, M.Pd.

Kecacingan merupakan salah satu faktor yang berkontribusi terhadap gangguan status gizi balita karena menghambat penyerapan zat gizi di saluran pencernaan. Kepatuhan ibu dalam pemberian obat cacing menjadi kunci keberhasilan program Pemberian Obat Pencegahan Massal (POPM) Kecacingan. Penelitian ini bertujuan untuk mengetahui gambaran tingkat kepatuhan ibu dalam pemberian obat cacing dan gambaran status gizi balita di Kota Pekanbaru Tahun 2025. Jenis penelitian adalah deskriptif dengan analisis data sekunder dari survei gizi yang dilaksanakan melalui kegiatan Praktik Belajar Lapangan (PBL) mata kuliah Perencanaan Program Gizi (PPG) di 18 Puskesmas Kota Pekanbaru. Sampel berjumlah 360 balita menggunakan teknik *total sampling*. Hasil penelitian menunjukkan bahwa tingkat kepatuhan ibu dalam pemberian obat cacing masih tergolong rendah, yaitu 63,4% pada periode Agustus 2024 dan 62,5% pada periode Februari 2025, belum mencapai target nasional sebesar 75%. Berdasarkan indikator BB/U, sebagian besar balita berstatus gizi normal (76,2%), namun prevalensi *underweight* masih cukup tinggi mencapai 18,9%, melebihi angka nasional sebesar 16,9%, dan ditemukan pula 4,9% balita dengan berat badan lebih. Diperlukan peningkatan edukasi kepada ibu balita serta penguatan program POPM Kecacingan untuk mendukung perbaikan status gizi balita di Kota Pekanbaru.

**Kata Kunci:** Kepatuhan ibu, obat cacing, status gizi, balita, POPM Kecacingan

## ABSTRACT

**Aisyah Tiara Yandi.** Description of Maternal Compliance in Administering Deworming Medicine on the Nutritional Status of Children Under Five in Pekanbaru City 2025. Supervised by YOLAHUMAROH, SKM, MPH and NUR KHOLIS, M.Pd.

Helminthiasis is one of the factors contributing to nutritional problems in children under five as it impairs nutrient absorption in the digestive tract. Maternal compliance in administering deworming medicine is key to the success of the Mass Drug Administration (MDA) program for helminthiasis. This study aimed to describe the level of maternal compliance in deworming administration and the nutritional status of children under five in Pekanbaru City in 2025. This was a descriptive study using secondary data analysis from a nutrition survey conducted through field practice activities of the Nutrition Program Planning course at 18 Community Health Centers in Pekanbaru. A total of 360 children under five were included using total sampling. The results showed that maternal compliance was still low, at 63.4% in August 2024 and 62.5% in February 2025, both below the national target of 75%. Based on the weight-for-age (W/A) indicator, the majority had normal nutritional status (76.2%); however, the prevalence of underweight reached 18.9%, exceeding the national figure of 16.9%, and 4.9% of children were overweight. Enhanced maternal education and strengthened MDA programs are needed to improve the nutritional status of children under five in Pekanbaru.

**Keywords:** maternal compliance, deworming medicine, nutritional status, children under five, MDA helminthiasis