

ABSTRACT

Sam Imelta Susanti. Overview of Maternal Knowledge and Complementary Feeding Diversity Among Children Aged 6–23 Months in Relation to Nutritional Status in Pekanbaru City. Supervised by Yolahumaroh, SKM, MPH and Falinda Oktariani, M.Pd.

The age range of 6–23 months is a critical period of child growth that is strongly influenced by maternal knowledge and the diversity of complementary feeding (MP-ASI) provided to children. This study aimed to describe maternal knowledge, complementary feeding diversity, and nutritional status among children aged 6–23 months in Pekanbaru City. This descriptive study used secondary data from the 2025 Growth and Nutrition Monitoring (PPG) survey, collected from 18 public health centers (puskesmas) in Pekanbaru City, involving 104 children as samples. The results showed that most mothers (80.7%) had good knowledge of health and nutrition; however, the complementary feeding provided to children was still categorized as lacking diversity (57.6%). Based on the weight-for-age (WAZ) indicator, most children had a normal nutritional status (80.7%), although underweight (11.5%), severely underweight (3.9%), and at-risk-of-overweight (3.9%) cases were still found. These findings indicate that good maternal knowledge has not been fully reflected in diverse complementary feeding practices. The results of this study can serve as an evaluation basis and reference for puskesmas and health workers in designing more targeted nutrition education programs, particularly to improve complementary feeding diversity, so that the nutritional status of children aged 6–23 months in Pekanbaru City can continue to improve and nutritional problems can be prevented at an early stage.

Keywords: maternal knowledge, complementary feeding diversity, nutritional status, children aged 6–23 months, Pekanbaru.

PERNYATAAN MENGENAI TUGAS AKHIR DAN SUMBER INFORMASI SERTA PELIMPAHAN HAK CIPTA

Dengan ini saya menyatakan bahwa dalam tugas akhir dengan judul “Gambaran Pengetahuan Ibu Dan Keberagaman Makanan Pendamping ASI Pada Balita Usia 6-23 Bulan Dengan Status Gizi Di Kota Pekanbaru” ini adalah hasil karya saya dengan arahan dari dosen pembimbing dan tidak mengandung plagiat. Sumber informasi berasal atau dikutip dari karya yang diterbitkan maupun tidak diterbitkan dari penulis lain telah disebutkan dalam teks dan dicantumkan di daftar pustaka di bagian akhir karya tulis.

Dengan ini saya melimpahkan hak cipta dari karya tulis saya kepada Politeknik Kesehatan Kementerian Kesehatan Riau.

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