

ABSTRAK

IMROATUS SHOLIAH BR SIRAIT. Gambaran Praktik Pemberian ASI Eksklusif, Kebersihan Diri, Dan Konsumsi Buah Dan Sayur Pada Balita Di Posyandu Tampuk Manggis Kelurahan Sri Meranti. Dibimbing oleh Muharni, SP, M.Gizi dan Roziana, SST,M.Gizi

Masalah gizi pada balita masih menjadi perhatian serius di Indonesia, termasuk di Kelurahan Sri Meranti, Kota Pekanbaru. Penelitian ini bertujuan untuk mengetahui gambaran praktik pemberian ASI eksklusif, kebersihan diri ibu balita, serta konsumsi buah dan sayur pada balita di Posyandu Tampuk Manggis, Kelurahan Sri Meranti. Jenis penelitian adalah deskriptif kuantitatif dengan desain cross sectional menggunakan data sekunder dari kegiatan Praktik Belajar Lapangan mata kuliah Perencanaan Program Gizi tahun 2025. Sampel berjumlah 12 balita yang dipilih menggunakan metode purposive sampling. Data dikumpulkan melalui wawancara menggunakan kuesioner dan food recall 1×24 jam. Hasil penelitian menunjukkan bahwa sebanyak 7 balita (58,3%) tidak mendapatkan ASI eksklusif. Praktik kebersihan diri ibu balita sudah tergolong baik, di mana seluruh ibu (100%) melakukan cuci tangan pakai sabun pada momen penting dan seluruh balita (100%) dimandikan 2–3 kali sehari. Namun, sebanyak 8 balita (88,9%) memiliki konsumsi buah dan sayur dalam kategori kurang (<300 gram/hari). Disimpulkan bahwa cakupan ASI eksklusif dan konsumsi buah serta sayur masih rendah, sehingga diperlukan peningkatan edukasi gizi kepada ibu balita.

Kata Kunci: ASI eksklusif, kebersihan diri, konsumsi buah dan sayur, balita, status gizi

ABSTRACT

IMROATUS SHOLIAH BR SIRAIT. Description of Exclusive Breastfeeding Practices, Personal Hygiene, and Fruit and Vegetable Consumption Among Children Under Five at Posyandu Tampuk Manggis, Sri Meranti Village. Supervised by Muharni, SP, M.Gizi and Roziana, SST, M.Gizi.

Nutritional problems in children under five remain a serious concern in Indonesia, including in Sri Meranti Village, Pekanbaru City. This study aimed to describe the practices of exclusive breastfeeding, personal hygiene of mothers with toddlers, and fruit and vegetable consumption among children under five at Posyandu Tampuk Manggis, Sri Meranti Village. This study used a descriptive quantitative approach with a cross-sectional design, utilizing secondary data from a field practice activity of the Nutrition Program Planning course in 2025. A total of 12 toddlers were selected using purposive sampling. Data were collected through interviews using a questionnaire and a 1×24-hour food recall method. The results showed that 7 toddlers (58.3%) did not receive exclusive breastfeeding. Personal hygiene practices among mothers were generally good, with all mothers (100%) washing hands with soap at critical moments and all toddlers (100%) bathed 2–3 times per day. However, 8 toddlers (88.9%) had insufficient fruit and vegetable consumption (<300 grams/day). It was concluded that exclusive breastfeeding coverage and fruit and vegetable consumption remain low, highlighting the need for improved nutritional education for mothers of young children.

Keywords: exclusive breastfeeding, personal hygiene, fruit and vegetable consumption, toddlers, nutritional status