

ABSTRAK

DEWI SEPTIA RANI.B. Gambaran Pemberian MP-ASI dan Status Gizi Anak Usia 6-23 Bulan di Posyandu Elok Ada Tuan Pun Ada Kelurahan Sidomulyo Barat Kecamatan Tuah Madani Kota Pekanbaru. Dibimbing oleh MUHARNI dan NUR KHOLIS.

Kekurangan gizi balita, meliputi *stunting*, *wasting*, dan *underweight*, masih jadi tantangan besar di Indonesia, termasuk Kota Pekanbaru dengan prevalensi *wasting* 9,8% melampaui rata-rata nasional. Salah satu faktor penting yang memengaruhi status gizi anak usia 6–23 bulan adalah praktik pemberian Makanan Pendamping Air Susu Ibu (MP-ASI). Penelitian ini bertujuan menggambarkan pemberian MP-ASI dan status gizi anak usia 6–23 bulan di Posyandu Elok Ada Tuan Pun Ada, Kota Pekanbaru. Jenis penelitian kuantitatif deskriptif menggunakan data sekunder dari kegiatan Praktik Belajar Lapangan mata kuliah Perencanaan Program Gizi tahun 2025, dengan tujuh anak dipilih secara *purposive sampling*. Data tersebut dikumpulkan melalui wawancara kuesioner, metode *food recall* 1×24 jam, dan pengukuran antropometri berat serta panjang badan dianalisis menggunakan aplikasi WHO Anthro. Hasil menunjukkan seluruh anak (100%) mendapat MP-ASI tepat waktu, namun 4 anak (57,1%) memiliki kualitas MP-ASI tidak baik akibat rendahnya keragaman makanan dan konsumsi telur, ikan, dan daging. Status gizi menunjukkan 2 anak (28,6%) berat badan kurang, dan 1 anak (14,3%) gizi kurang berdasarkan indeks berat badan menurut tinggi badan. Pada tujuh anak yang dianalisis, masalah utama pemberian MP-ASI ditemukan pada aspek keragaman makanan dan konsumsi protein hewani, sehingga aspek ini perlu jadi perhatian utama perbaikan gizi anak usia 6–23 bulan dalam penelitian ini.

Kata Kunci: MP-ASI, status gizi, anak usia 6–23 bulan, keragaman makanan

ABSTRACT

DEWI SEPTIA RANI.B. Description of Complementary Feeding Practices and Nutritional Status of Children Aged 6-23 Months in Posyandu Elok Ada Tuan Pun Ada Sidomulyo Barat Village, Tuah Madani District, Pekanbaru City. Supervised by MUHARNI and NUR KHOLIS.

Malnutrition among children under five, including stunting, wasting, and underweight, remains a major challenge in Indonesia, including in Pekanbaru City, where wasting prevalence of 9.8% exceeds the national average. One key factor influencing nutritional status of children aged 6-23 months is complementary feeding practice. This study aimed to describe complementary feeding practices and nutritional status among children aged 6-23 months at Posyandu Elok Ada Tuan Pun Ada, Pekanbaru City. This descriptive quantitative study used secondary data from the 2025 Field Practice of the Nutrition Program Planning course, with seven children selected through purposive sampling. Data were collected through questionnaire interviews, the 1x24-hour food recall method, and anthropometric measurements analyzed using the WHO Anthro application. Results showed all children (100%) received complementary feeding on time, yet 4 children (57.1%) had poor feeding quality due to low dietary diversity and inadequate consumption of eggs, fish, and meat. Nutritional status showed 2 children (28.6%) were underweight, and 1 child (14.3%) was wasted based on weight-for-length. Among the seven children analyzed, the main problems were found in dietary diversity and animal protein consumption, so these aspects should be a key priority for improving nutritional status of children aged 6-23 months in this study.

Keywords: complementary feeding, nutritional status, children aged 6–23 months, dietary diversity