

ABSTRAK

SHIFA NURUL PRATIWI. *Gambaran Riwayat Pemberian Asi Eksklusif Dan Status Gizi Balita Usia 6–59 Bulan Di Kota Pekanbaru*. Dibimbing Oleh Pembimbing I Dewi Rahayu, SP., M.Si Dan Pembimbing II Yessi Marlina, S.Gz., MPH.

ASI eksklusif merupakan salah satu faktor penting yang berperan dalam mendukung pertumbuhan dan perkembangan balita serta mencegah terjadinya masalah gizi. Status gizi balita berdasarkan indikator Tinggi Badan menurut Umur (TB/U) dapat digunakan untuk menilai pertumbuhan balita dalam jangka panjang. Penelitian ini bertujuan untuk mengetahui gambaran riwayat pemberian ASI eksklusif berdasarkan status gizi balita usia 6–59 bulan di Kota Pekanbaru Tahun 2025. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan desain cross sectional. Sampel penelitian berjumlah 327 balita usia 6–59 bulan yang dipilih menggunakan teknik total sampling. Data riwayat pemberian ASI eksklusif diperoleh melalui kuesioner, sedangkan data status gizi diperoleh dari hasil pengukuran antropometri berdasarkan indeks TB/U. Hasil penelitian menunjukkan bahwa balita yang memperoleh ASI eksklusif sebanyak 162 balita (49,5%) dan yang tidak memperoleh ASI eksklusif sebanyak 165 balita (50,5%). Status gizi balita berdasarkan indeks TB/U menunjukkan bahwa sebanyak 19 balita (5,8%) berstatus sangat pendek, 56 balita (17,1%) berstatus pendek, 243 balita (74,3%) berstatus normal, dan 9 balita (2,8%) berstatus tinggi. Berdasarkan tabulasi silang, sebagian besar balita yang memperoleh ASI eksklusif memiliki status gizi normal sebanyak 121 balita (74,7%), sedangkan pada kelompok yang tidak memperoleh ASI eksklusif sebagian besar juga memiliki status gizi normal sebanyak 122 balita (73,9%). Dapat disimpulkan bahwa sebagian besar balita usia 6–59 bulan memiliki status gizi normal baik pada kelompok yang memperoleh maupun yang tidak memperoleh ASI eksklusif.

Kata kunci: ASI eksklusif, status gizi, TB/U, balita.

ABSTRACT

SHIFA NURUL PRATIWI. *Description of Exclusive Breastfeeding History and Nutritional Status of Children Aged 6–59 Months in Pekanbaru City*. Supervised by Dewi Rahayu, SP., M.Si as Supervisor I and Yessi Marlina, S.Gz., MPH as Supervisor II.

Exclusive breastfeeding is one of the important factors that supports the growth and development of children and helps prevent nutritional problems. Nutritional status based on the Height-for-Age (HFA) index can be used to assess the long-term growth of children under five years of age. This study aimed to describe the history of exclusive breastfeeding based on the nutritional status of children aged 6–59 months in Pekanbaru City in 2025. This study employed a descriptive research design with a cross-sectional approach. The sample consisted of 327 children aged 6–59 months selected using a total sampling technique. Data on exclusive breastfeeding history were collected through questionnaires, while nutritional status data were obtained from anthropometric measurements based on the Height-for-Age (HFA) index. The results showed that 162 children (49.5%) received exclusive breastfeeding, while 165 children (50.5%) did not receive exclusive breastfeeding. Nutritional status based on the HFA index indicated that 19 children (5.8%) were severely stunted, 56 children (17.1%) were stunted, 243 children (74.3%) had normal nutritional status, and 9 children (2.8%) were classified as tall. Based on the cross-tabulation analysis, the majority of children who received exclusive breastfeeding had normal nutritional status, accounting for 121 children (74.7%), while among children who did not receive exclusive breastfeeding, the majority also had normal nutritional status, accounting for 122 children (73.9%). It can be concluded that most children aged 6–59 months had normal nutritional status, both among those who received exclusive breastfeeding and those who did not.

Keywords: exclusive breastfeeding, nutritional status, height-for-age, children under five.