

ABSTRAK

Dwi Maha Rani. Hubungan Riwayat Inisiasi Menyusu Dini Dengan Status Gizi Balita Di Kota Pekanbaru. Dibimbing oleh Yessi Marlina, S.Gz, MPH, Dietisien dan Sri Mulyani, STP, M.Si

Masalah gizi pada balita, seperti stunting, wasting, dan underweight, masih menjadi tantangan kesehatan masyarakat di Indonesia, termasuk Kota Pekanbaru. Salah satu faktor yang diduga berperan terhadap status gizi balita adalah Inisiasi Menyusu Dini (IMD), yaitu pemberian ASI pertama dalam satu jam setelah bayi lahir. Penelitian ini bertujuan mengetahui hubungan riwayat IMD dengan status gizi balita di Kota Pekanbaru. Penelitian menggunakan desain deskriptif analitik dengan data sekunder dari Survei Gizi dan Kesehatan Balita Kota Pekanbaru Tahun 2025, dengan sampel 360 balita melalui total sampling. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan sebagian besar balita memiliki riwayat IMD 61,4% dan status gizi normal berdasarkan BB/U 79,2%, TB/U 75,8%, dan IMT/U 68,1%, meskipun masih ditemukan balita dengan gizi kurang, stunting, gizi lebih, dan obesitas. Hasil uji statistik menunjukkan tidak terdapat hubungan bermakna antara riwayat IMD dengan status gizi berdasarkan BB/U ($p = 0,060$) dan TB/U ($p = 0,816$), tetapi terdapat hubungan bermakna berdasarkan IMT/U ($p = 0,015$). Dapat disimpulkan bahwa hubungan IMD dengan status gizi dapat berbeda menurut indikator antropometri yang digunakan. Oleh karena itu, pelaksanaan IMD perlu didukung dengan pemberian ASI eksklusif, MP-ASI yang adekuat, pemenuhan kebutuhan gizi, serta pemantauan pertumbuhan secara rutin untuk mendukung status gizi balita secara optimal.

Kata kunci: balita, inisiasi menyusu dini, indeks antropometri, status gizi

ABSTRACT

Dwi Maha Rani. The Relationship Between History of Early Initiation of Breastfeeding and Nutritional Status of Children Under Five in Pekanbaru City. Supervised by Yessi Marlina, S.Gz, MPH, Dietisien and Sri Mulyani, STP, M.Si

Nutritional problems among children under five, such as stunting, wasting, and underweight, remain a public health challenge in Indonesia, including Pekanbaru City. One factor believed to influence the nutritional status of children under five is Early Initiation of Breastfeeding (EIBF), which is giving breast milk for the first time within one hour after birth. This study aimed to determine the relationship between a history of EIBF and the nutritional status of children under five in Pekanbaru City. The study used a descriptive analytic design with secondary data from the 2025 Pekanbaru City Toddler Nutrition and Health Survey, with a sample of 360 children under five obtained through total sampling. Data were analyzed univariately and bivariately using the Chi-Square test. The results showed that most children under five had a history of EIBF 61.4% and normal nutritional status based on weight-for-age 79.2%, height-for-age 75.8%, and BMI-for-age 68.1%, although children with undernutrition, stunting, overnutrition, and obesity were still found. Statistical tests showed no significant relationship between a history of EIBF and nutritional status based on weight-for-age ($p = 0.060$) or height-for-age ($p = 0.816$), but a significant relationship was found based on BMI-for-age ($p = 0.015$). It can be concluded that the relationship between Early Initiation of Breastfeeding (IMD) and nutritional status may vary depending on the anthropometric indicators used. Therefore, the implementation of IMD needs to be supported by exclusive breastfeeding, adequate complementary feeding, the fulfillment of nutritional needs, and routine growth monitoring to ensure optimal nutritional status for children under five.

Keywords: children under five, early initiation of breastfeeding, anthropometric index, nutritional status