

ABSTRAK

MUTIARA UTAMI. Gambaran Pemberian Makanan Pendamping Air Susu Ibu dan Status Gizi Anak Usia 6 – 24 Bulan di Kota Pekanbaru. Dibimbing oleh Yessi Marlina, S.Gz, MPH dan Prof. Dr. Aslis Wirda Hayati, SP, M.Si.

Pemberian Makanan Pendamping Air Susu Ibu (MP-ASI) yang tepat berperan penting dalam memenuhi kebutuhan gizi dan mendukung pertumbuhan anak usia 6–24 bulan. Pada periode emas (*golden period*), ketepatan usia awal pemberian MP-ASI, jenis dan sumber MP-ASI, serta kecukupan asupan energi dan protein merupakan faktor penting dalam mempertahankan status gizi anak. Penelitian ini bertujuan untuk mengetahui gambaran usia awal pemberian MP-ASI, jenis MP-ASI, sumber MP-ASI, asupan energi, asupan protein, dan status gizi anak usia 6–24 bulan di Kota Pekanbaru. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan desain cross-sectional menggunakan data sekunder Laporan Survei Gizi dan Kesehatan Balita Kota Pekanbaru Tahun 2025. Sampel penelitian berjumlah 125 balita usia 6–24 bulan yang dipilih menggunakan teknik purposive sampling. Analisis data dilakukan secara univariat. Hasil penelitian menunjukkan bahwa 80,0% balita memperoleh MP-ASI pada usia yang tepat (≥ 6 bulan), sedangkan 20,0% memperoleh MP-ASI dini (< 6 bulan). Sebagian besar balita memperoleh MP-ASI yang tidak beragam (78,4%). Sumber MP-ASI yang paling banyak digunakan adalah bahan pangan lokal (48,0%). Sebanyak 58,4% balita memiliki asupan energi kurang dan 60,8% memiliki asupan protein lebih. Status gizi balita sebagian besar berada pada kategori gizi baik (76,8%). Disimpulkan bahwa mayoritas ibu telah memberikan MP-ASI pada usia yang tepat dan sebagian besar balita memiliki status gizi baik. Namun, keberagaman makanan pendamping air susu ibu (MP-ASI) masih rendah serta asupan energi balita masih kurang.

Keywords: MP-ASI, asupan energi, asupan protein, status gizi, balita.

ABSTRAK

MUTIARA UTAMI. Overview of Complementary Food Provision and Nutritional Status of Children Aged 6-24 Months in Pekanbaru City. Supervised by Yessi Marlina, S.Gz, MPH and Prof. Aslis Wirda Hayati, SP, M.Si.

Proper provision of complementary foods (MP-ASI) plays an important role in meeting nutritional needs and supporting the growth of children aged 6–24 months. During the golden period, the appropriate age for the initial provision of MP-ASI, the type and source of MP-ASI, and the adequacy of energy and protein intake are important factors in maintaining children's nutritional status. This study aims to determine the description of the initial age for the provision of MP-ASI, the type of MP-ASI, the source of MP-ASI, energy intake, protein intake, and nutritional status of children aged 6–24 months in Pekanbaru City. This study is a quantitative descriptive study with a cross-sectional design using secondary data from the 2025 Pekanbaru City Toddler Nutrition and Health Survey Report. The study sample consisted of 125 toddlers aged 6–24 months selected using a purposive sampling technique. Data analysis was performed univariately. The results showed that 80.0% of toddlers received MP-ASI at the appropriate age (≥ 6 months), while 20.0% received MP-ASI early (< 6 months). Most toddlers received limited complementary feeding (78.4%). The most common source of complementary feeding was local food (48.0%). Fifty-eight percent of toddlers had insufficient energy intake, and 60.8% had excessive protein intake. The nutritional status of most toddlers was in the good nutrition category (76.8%). It was concluded that the majority of mothers provided complementary feeding at the appropriate age, and most toddlers had good nutritional status. However, the diversity of complementary feeding (MP-ASI) remained low, and toddlers' energy intake was still insufficient.

Keywords: complementary feeding, energy intake, protein intake, nutritional status, children.