

ABSTRAK

AUDYA SHALSABILLA. “Gambaran Praktik Pemberian Makanan Pendamping Air Susu Ibu (MP-ASI) Pada Bayi Usia di Bawah 6 Bulan di Kota Pekanbaru (Analisis Data Perencanaan Program Gizi 2025)” Dibimbing oleh Ibu Yolahumaroh, SKM, MPH, dan Ibu Falinda Oktariani, M.Pd.

Pemberian Makanan Pendamping Air Susu Ibu (MP-ASI) sebelum usia 6 bulan masih ditemukan di masyarakat dan dapat meningkatkan risiko gangguan kesehatan pada bayi. Penelitian ini bertujuan untuk mengetahui gambaran praktik pemberian MP-ASI sebelum usia 6 bulan dan faktor-faktor yang terkait di Kota Pekanbaru berdasarkan data Perencanaan Program Gizi (PPG) Tahun 2025. Penelitian ini merupakan penelitian deskriptif dengan desain cross-sectional menggunakan data sekunder PPG Tahun 2025. Sampel penelitian berjumlah 182 ibu yang memberikan MP-ASI sebelum usia 6 bulan. Analisis data dilakukan secara univariat. Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 20–35 tahun (77,5%), berpendidikan menengah (73,1%), tidak bekerja (78,5%), memiliki pengetahuan baik (48,3%), dan seluruhnya tidak memberikan ASI eksklusif. Dapat disimpulkan bahwa praktik pemberian MP-ASI sebelum usia 6 bulan masih ditemukan di Kota Pekanbaru dan lebih banyak terjadi pada ibu usia 20–35 tahun, berpendidikan menengah, tidak bekerja, serta tidak memberikan ASI eksklusif.

Kata Kunci: MP-ASI dini, ASI eksklusif, ibu balita, Pekanbaru.

ABSTRACT

AUDYA SHALSABILLA. “Description of the Practice of Providing Complementary Foods to Breast Milk (MP-ASI) for Infants Under 6 Months in Pekanbaru City (Analysis of 2025 Nutrition Program Planning Data)” Supervised by Ms. Yolahumaroh, SKM, MPH, and Ms. Falinda Oktariani, M.Pd.

Providing complementary foods (MP-ASI) before the age of 6 months is still found in the community and can increase the risk of health problems in infants. This study aims to describe the practice of providing complementary foods before the age of 6 months and related factors in Pekanbaru City based on the 2025 Nutrition Program Planning (PPG) data. This study is a descriptive study with a cross-sectional design using secondary data from the 2025 PPG. The study sample consisted of 182 mothers who provided complementary foods before the age of 6 months. Data analysis was carried out univariately. The results showed that most respondents were aged 20–35 years (77.5%), had secondary education (73.1%), were unemployed (78.5%), had good knowledge (48.3%), and all did not provide exclusive breastfeeding. It can be concluded that the practice of providing complementary foods before the age of 6 months is still found in Pekanbaru City and is more common in mothers aged 20–35 years, had secondary education, were unemployed, and did not provide exclusive breastfeeding.

Keywords: Early complementary feeding, exclusive breastfeeding, mothers of toddlers, Pekanbaru.