

KEMENTRIAN KESEHATAN TANJUNGPUR
JURUSAN GIZI
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**Gambaran Waktu Pemberian MPASI, Keragaman Pangan Minimal
Frekuensi Makan Minimal dan Kejadian Stunting Pada Anak Umur 6-23
Bulan di Wilayah Puskesmas Sukadama**

viii + 57 halaman + 14 tabel, 4 gambaran, 10 lampiran

ABSTRAK

Makanan pendamping dari ASI diperlukan untuk memenuhi kebutuhan gizi bayi untuk pertumbuhan dan perkembangan setelah usia enam bulan karena aktivitas bayi meningkat. Pengaruh kekurangan gizi pada 1000 hari pertama kehidupan yaitu sejak janin sampai anak berumur dua tahun, tidak hanya terhadap perkembangan fisik, tetapi juga terhadap perkembangan kognitif yang pada gilirannya berpengaruh terhadap kecerdasan dan ketangkasan berpikir. Tujuan penelitian ini adalah untuk mengetahui gambaran waktu pemberian MPASI, keragaman pangan minimal, frekuensi makan minimal dan kejadian stunting pada anak umur 6-23 bulan di wilayah Puskesmas Sukadama.

Data dikumpulkan dengan wawancara dan pengisian kuesioner. Jenis penelitian yang digunakan adalah penelitian deskriptif. Populasi yang digunakan dalam penelitian ini adalah populasi baduta yang ada di wilayah Puskesmas Sukadama, Kabupaten Lampung Selatan. Teknik sampling yang digunakan adalah *multistage random sampling*, dengan total sampel 120 baduta. Data diperoleh dari hasil wawancara dengan alat bantu kuesioner, *food recall*, dan melakukan pengukuran langsung meliputi berat badan dan panjang badan.

Hasil menunjukkan bahwa mayoritas anak berada dalam kelompok usia 12–23 bulan dan memiliki status gizi normal (80,8%), meskipun terdapat 15% anak yang mengalami stunting. Sebanyak 25,8% anak menerima MP-ASI tidak sesuai waktu, dan 89,2% belum memenuhi frekuensi makan minimal. Selain itu, 60% anak tidak mencapai keragaman pangan minimal. Tabulasi silang menunjukkan bahwa anak dengan praktik pemberian makan yang lebih baik cenderung memiliki status gizi yang juga lebih baik. Meskipun hubungan ini bersifat deskriptif, hasil penelitian ini memperkuat pentingnya praktik pemberian makanan yang tepat sebagai upaya pencegahan stunting.

Kata kunci : MPASI, baduta, stunting, frekuensi makan, keragaman pangan
Daftar bacaan : 47 (2010-2024)

TANJUNGKARANG HEALTH POLYTECHNIC
NUTRITION DEPARTMENT
Thesis,

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**Description of MPASI Feeding Time, Minimum Dietary Diversity (MDD),
Minimum Meal Frequency (MMF), and Stunting Incidence in Children
Aged 6-23 Months at the Sukadamai Health Center.**

viii + 57 pages + 14 tables, 4 images, 10 appendices

ABSTRACT

Complementary foods from breast milk are needed to meet the nutritional needs of babies for growth and development after six months of age because the baby's activity increases. The effect of malnutrition in the first 1000 days of life, from the fetus to the child is two years old, not only on physical development, but also on cognitive development which in turn affects intelligence and thinking agility. Malnutrition during this period is also associated with the risk of chronic diseases in adulthood, namely obesity, heart and vascular disease, hypertension, stroke and diabetes. The purpose of this study is to find out the overview of the timing of complementary feeding, minimum food diversity, minimum feeding frequency and the incidence of stunting in children aged 6-23 months in the Sukadamai Health Center area.

Data were collected by interviews and filling out questionnaires. The type of research used is descriptive research. The population used in this study is the clown population in the Sukadamai Health Center area, South Lampung Regency. The sampling technique used is multistage random sampling, with a total sample of 120 baduta. Data was obtained from the results of interviews with questionnaire tools, food recall, and direct measurements including weight and body length.

The results showed that the majority of children were in the 12–23 month age group, with 80.8% having normal nutritional status, although 15% were identified as stunted. A total of 25.8% of children received complementary feeding at inappropriate times, and 89.2% did not meet the minimum recommended meal frequency. Furthermore, 60% of children had insufficient dietary diversity. Cross-tabulation revealed a tendency for children with timely feeding practices, adequate frequency, and higher dietary diversity to have better nutritional status. Although descriptive in nature, these findings highlight the potential link between feeding practices and the risk of stunting.

Keywords: complementary foods, toddlers, stunting, dietary diversity, meal frequency

Reading list : 47 (2010-2024)