

POLITEKNIK KESEHATAN TANJUNGPINANG
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Gambaran Praktik Pemberian MP-ASI, Status Pertumbuhan dan Status Gizi pada Baduta usia 6-23 bulan di Desa Marang Kabupaten Pesisir Barat.

xv + 106 halaman + 25 tabel, 4 gambar, 6 lampiran

ABSTRAK

Makanan pendamping ASI (MP-ASI) adalah makanan yang mudah dikonsumsi dan dicerna oleh bayi. Bayi yang sedang berkembang membutuhkan nutrisi tambahan melalui MP ASI. Hasil Survei Kesehatan Indonesia (SKI) 2023 menunjukkan bahwa prevalensi stunting pada anak di bawah dua tahun adalah 18,3%, kemudian prevalensi underweight 13,3%, dan wasting 9,2%. Provinsi Lampung prevalensi stunting 13,3%, underweight 10% dan wasting 7,9%. Secara signifikan angka prevalensi Provinsi Lampung masih dibawah nasional tetapi harus tetap berkomitmen kuat untuk menurunkan prevalensi stunting, pemerintah telah mencanangkan prevalensi stunting turun hingga 14% sebagai target nasional pada tahun 2024. Penelitian ini bertujuan untuk mengetahui praktik pemberian MP-ASI, status pertumbuhan dan status gizi pada Baduta usia 6-23 bulan di Desa Marang Kabupaten Pesisir Barat.

Jenis penelitian ini adalah penelitian deskriptif. Penelitian ini dilakukan di Desa Marang Kabupaten Pesisir Barat pada bulan Maret 2025. Sampel pada penelitian yaitu 35 ibu yang memiliki bayi usia 6-23 bulan di Desa Marang Kabupaten Pesisir Barat. Analisis data yang dilakukan adalah analisis univariat untuk mendeskripsikan karakteristik setiap variabel penelitian.

Hasil penelitian menunjukkan bahwa sebagian besar anak berusia 6–23 bulan di Desa Marang yaitu perempuan (54,3%) dengan usia 12–23 bulan (62,9%). Mayoritas ibu berusia 20-35 tahun (77,1%), paling banyak berpendidikan SMA (42,9%) dan tidak bekerja (71,4%), sementara 74,3% keluarga berpenghasilan di bawah UMR. Praktik pemberian MP-ASI yang tidak tepat meliputi usia awal pemberian (57,1%), keragaman pangan (65,7%), tekstur (51,4%), frekuensi (54,3%), dan porsi (68,6%). Status pertumbuhan baduta adalah naik (71,4%) dan tidak naik (28,6%). Masalah gizi yang ditemui pada baduta adalah sangat pendek (2,9%), berat badan kurang (8,6%) dan gizi kurang (5,7%). Penekanan edukasi pemberian MP-ASI yang perlu diperhatikan ahli gizi puskesmas adalah kualitas dan kuantitas MP-ASI untuk mendukung tumbuh kembang anak yang optimal.

Kata kunci : Praktik MP-ASI, Status pertumbuhan, Status gizi
Daftar Bacaan : 84 (2014-2024)

**HEALTH POLYTECHNIC OF TANJUNGPONOK
NUTRITION DEPARTMENT
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Overview of Complementary Feeding for Breast Milk, Growth Status and Nutritional Status in Children Aged 6-23 Months in Marang Village Kabupaten Pesisir Barat

xv + 106 pages + 25 tables, 4 images, 6 appendices

ABSTRACT

Complementary foods are foods that are easily consumed and digested by babies. Developing infants need additional nutrition through complementary feeding. The results of the 2023 Indonesian Health Survey (SHI) showed that the prevalence of stunting in children under two years old was 18.3%, followed by the prevalence of underweight 13.3%, and wasting 9.2%. Lampung Province had a stunting prevalence of 13.3%, underweight prevalence of 10% and wasting prevalence of 7.9%. Significantly, Lampung Province's prevalence rate is still below the national level but it must remain strongly committed to reducing the prevalence of stunting, as the government has set a national target of reducing the prevalence of stunting to 14% by 2024. This study aims to determine the practice of complementary feeding, growth status and nutritional status of under-five children aged 6-23 months in Marang Village, South, West Pesisir Regency.

This type of research is descriptive research. This research was conducted in Marang Village, West Pesisir Regency in March 2025. The sample in the study was 35 mothers who had babies aged 6-23 months in Marang Village, South Pesisir District, West Pesisir Regency. The data analysis performed was univariate analysis to describe the characteristics of each research variable.

The results showed that most children aged 6-23 months in Marang Village were female (54.3%) with 12-23 months (62.9%). The majority of mothers were 20-35 years old (77.1%), most had a high school education (42.9%) and did not work (71.4%), while 74.3% of families earned less than the minimum regional income. Inappropriate complementary feeding practices included age of introduction before 6 months (57.1%), food diversity (65.7%), texture (51.4%), frequency (54.3%), and portion (68.6%). The growth status of the under-five children was (71.4%) increasing (71.4%) and not increasing (28.6%). Nutritional problems encountered severely stunted (2.9%), underweight (8.6%) and wasted (5.7%). The educational emphasis on providing complementary feeding that needs to be considered by health center nutritionists is the quality and quantity of complementary feeding to support optimal child growth and development.

Keywords : Feeding Complementary food, Growth status, Nutritional status
Reference : 84 (2014-2024)