

SKRIPSI

HUBUNGAN RIWAYAT STATUS GIZI IBU SAAT HAMIL, PEMBERIAN ASI EKSKLUSIF, DAN MPASI DENGAN KEJADIAN PENDEK PADA BAYI USIA 9-24 BULAN DI WILAYAH KERJA PUSKESMAS DADOK TUNGGUL HITAM KOTA PADANG

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DADOK TUNGGUL HITAM KOTA PADANG**

ABSTRAK

Kejadian pendek pada balita merupakan salah satu bentuk masalah gizi kronis yang masih sering dijumpai di Indonesia, termasuk di wilayah kerja Puskesmas Dadok Tunggul Hitam, Kota Padang. Faktor-faktor yang berkontribusi terhadap kondisi ini antara lain status gizi ibu saat kehamilan, pemberian ASI eksklusif, dan praktik pemberian MPASI. Penelitian ini bertujuan untuk mendeskripsikan distribusi tiap variabel serta menganalisis hubungan antara status gizi ibu hamil, ASI eksklusif, dan MPASI dengan kejadian pendek pada bayi usia 9–24 bulan. Penelitian menggunakan pendekatan kuantitatif dengan desain analitik observasional dan metode *cross-sectional*. Jumlah sampel sebanyak 138 ibu dipilih melalui teknik *consecutive sampling*. Pengumpulan data dilakukan melalui wawancara dan pencatatan dari buku KIA, lalu dianalisis secara univariat dan bivariat menggunakan uji *chi-square*. Hasil menunjukkan sebagian besar (98,6%) ibu memiliki status gizi normal saat hamil, sebanyak (60,9%) bayi menerima ASI eksklusif, dan (56,5%) bayi memperoleh MPASI yang tidak optimal. Kejadian pendek ditemukan pada (14,5%) bayi. Analisis bivariat menunjukkan tidak terdapat hubungan signifikan antara status gizi ibu dengan kejadian pendek ($p=0,270$), namun terdapat hubungan bermakna antara ASI eksklusif ($p=0,021$) dan MPASI ($p=0,003$) dengan kejadian pendek. Diperlukan edukasi, pendampingan, serta intervensi lintas sektor yang kontekstual.

Kata kunci : ASI eksklusif, kejadian pendek, MPASI, riwayat status gizi ibu saat hamil

Daftra pustaka :46 (2011-2025)

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ASSOCIATION BETWEEN MATERNAL NUTRITIONAL STATUS DURING PREGNANCY, EXCLUSIVE BREASTFEEDING, AND COMPLEMENTARY FEEDING PRACTICES AND THE INCIDENCE OF SHORT STATURE AMONG INFANTS AGED 9–24 MONTHS IN THE WORKING AREA OF DADOK TUNGGUL HITAM HEALTH CENTER PADANG CITY

ABSTRACT

Short stature in toddlers is a form of chronic nutritional problem that is still commonly found in Indonesia, including in the working area of Puskesmas Dadok Tunggul Hitam, Padang City. Several factors contribute to this condition, such as maternal nutritional status during pregnancy, exclusive breastfeeding, and complementary feeding (MPASI) practices. This study aimed to describe the distribution of each variable and to analyze the relationship between maternal nutritional status during pregnancy, exclusive breastfeeding, and MPASI with the incidence of short stature in infants aged 9–24 months. A quantitative approach was used with an analytic observational design and a cross-sectional method. A total of 138 mothers were selected using consecutive sampling. Data were collected through interviews and records from the Maternal and Child Health (MCH) book, then analyzed using univariate and bivariate chi-square test. The results showed that most mothers (98.6%) had normal nutritional status during pregnancy, 60.9% of infants received exclusive breastfeeding, and 56.5% had suboptimal MPASI practices. The incidence of short stature was found in 14.5% of infants. Bivariate analysis showed no significant relationship between maternal nutritional status and short stature ($p=0.270$), but significant associations were found between exclusive breastfeeding ($p=0.021$) and MPASI ($p=0.003$) with short stature. Education, postpartum lactation support, and contextual cross-sector interventions are recommended.

Keywords : complementary feeding, exclusive breastfeeding, history of maternal nutritional status, short stature

Reference : 46 (2011-2025)