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**HUBUNGAN ANTARA PEMBERIAN MP-ASI DENGAN STATUS GIZI
BALITA USIA 6–23 BULAN DI DESA LONG LOREH KECAMATAN
MALINAU SELATAN KABUPATEN MALINAU PROVINSI
KALIMANTAN UTARA**

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ABSTRAK

Latar belakang: Masalah gizi pada balita usia 6–23 bulan masih menjadi tantangan kesehatan masyarakat, terutama akibat pemberian MP-ASI yang belum sesuai pedoman. Kondisi ini turut terjadi di wilayah kerja Puskesmas Long Loreh yang memiliki prevalensi stunting dan gizi kurang yang signifikan.

Tujuan: Mengetahui hubungan antara pemberian MP-ASI dan status gizi balita usia 6–23 bulan di wilayah kerja Puskesmas Long Loreh.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross sectional. Sampel sebanyak 33 balita dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui kuesioner dan pengukuran antropometri, kemudian dianalisis secara univariat dan bivariat.

Hasil: Ditemukan bahwa sebagian besar ibu memberikan MP-ASI secara tepat dari segi frekuensi, tekstur, dan jenis makanan. Hasil uji statistik menunjukkan adanya hubungan signifikan antara pemberian MP-ASI dengan status gizi balita ($p < 0,00$).

Kesimpulan : Balita yang menerima MP-ASI secara tepat cenderung memiliki status gizi baik, sedangkan balita yang menerima MP-ASI secara tidak tepat memiliki risiko lebih tinggi mengalami gizi kurang maupun kelebihan berat badan.

Kata kunci: MP-ASI, status gizi, balita, gizi kurang, antropometri

Daftar Pustaka: 39 (2019-2024)

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RELATIONSHIP BETWEEN THE PROVISION OF COMPLEMENTARY FOOD AND THE NUTRITIONAL STATUS OF INFANTS AGED 6–23 MONTHS IN THE VILLAGE OF LONG LOREH, SOUTH MALINAU DISTRICT, MALINAU REGENCY, NORTH KALIMANTAN PROVINCE

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ABSTRACT

Background: Nutritional problems among children aged 6–23 months remain a public health challenge, mainly due to inappropriate complementary feeding (MP-ASI) practices. This issue is also present in the working area of Long Loreh Health Center, where the prevalence of stunting and undernutrition is still significant.

Objective: To examine the relationship between complementary feeding practices and the nutritional status of children aged 6–23 months in the working area of Long Loreh Health Center.

Methods: This study employed a quantitative approach with a cross-sectional design. A total of 33 children were selected using purposive sampling. Data were collected through structured questionnaires and anthropometric measurements, and analyzed using univariate and bivariate methods.

Results: Most mothers provide appropriate MP-ASI in terms of feeding frequency, texture, and food type. Statistical tests showed a significant relationship between MP-ASI practices and the nutritional status of children ($p < 0.05$).

Conclusion: Toddlers who receive complementary foods appropriately tend to have good nutritional status, while toddlers who receive complementary foods inappropriately have a higher risk of malnutrition and overweight.

Keywords: MP-ASI, nutritional status, toddlers, malnutrition, anthropometry

References: 39 (2019-2024)