

ABSTRACT

THE RELATIONSHIP BETWEEN COMPLEMENTARY FEEDING AND COMPLETENESS OF BASIC IMMUNIZATION WITH THE NUTRITIONAL STATUS OF CHILDREN AGED 6–24 MONTHS IN TANJUNG SARI NATAR HEALTH CENTER AREA

By

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Background: Nutritional status is an important indicator in determining a child's growth and development. The first 1,000 days of life, from pregnancy to two years old, represent the most critical period for meeting nutritional needs. Proper complementary feeding practices and complete basic immunization are essential for maintaining a child's nutritional health.

Methods: This study was an analytical observational study with a cross-sectional design conducted in the Tanjung Sari Natar Health Center area. A total of 63 respondents were selected using purposive sampling. Data were obtained from primary sources through questionnaires and from secondary sources, including maternal and child health books. Data analysis was conducted using univariate and bivariate analyses with the chi-square test.

Results: The results showed that 85.7% of children aged 6–24 months had normal nutritional status, 55.6% of mothers provided appropriate complementary feeding, and 61.9% of children received complete basic immunization. There was a significant relationship between complementary feeding practices and the nutritional status of children aged 6–24 months ($p = 0.001$). However, there was no significant relationship between the completeness of basic immunization and the nutritional status of children aged 6–24 months ($p = 0.958$).

Conclusions: Appropriate complementary feeding practices are related to the nutritional status of children aged 6–24 months. However, the completeness of basic immunization is not related to the nutritional status of children aged 6–24 months.

Keywords: complementary feeding, immunization, nutrition

ABSTRAK

HUBUNGAN PEMBERIAN MP-ASI DAN KELENGKAPAN IMUNISASI DASAR DENGAN STATUS GIZI ANAK USIA 6—24 BULAN DI WILAYAH KERJA PUSKESMAS TANJUNG SARI NATAR

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Latar Belakang: Status gizi anak merupakan indikator penting dalam menentukan tumbuh kembang anak. Periode paling kritis dalam pemenuhan gizi adalah 1.000 hari pertama kehidupan (HPK) yang dimulai dari masa kehamilan sampai anak berusia dua tahun. Praktik pemberian makanan pendamping air susu ibu (MP-ASI) yang tepat dan kelengkapan imunisasi dasar berperan penting dalam mendukung status gizi anak.

Metode: Penelitian ini merupakan studi analitik observasional dengan pendekatan *cross-sectional*. Penelitian ini dilakukan di wilayah kerja Puskesmas Tanjung Sari Natar dengan total sampel sebanyak 63 orang menggunakan teknik *purposive sampling*. Data yang digunakan adalah data primer dari kuesioner dan data sekunder dari buku kesehatan ibu dan anak (KIA). Pada penelitian ini dilakukan analisis univariat dan bivariat dengan menggunakan uji *chi-square*.

Hasil: hasil penelitian menunjukkan bahwa sebagian besar anak usia 6—24 bulan memiliki status gizi normal (85,7%). Sebanyak 55,6% ibu memberikan MP-ASI dengan tepat dan 61,9% anak mendapatkan imunisasi dasar lengkap. Terdapat hubungan antara pemberian MP-ASI dengan status gizi anak usia 6—24 bulan ($p = 0,001$). Tidak terdapat hubungan antara kelengkapan imunisasi dasar dengan status gizi anak usia 6—24 bulan ($p = 0,958$).

Kesimpulan: Pemberian MP-ASI berhubungan dengan status gizi anak usia 6—24 bulan, sedangkan kelengkapan imunisasi dasar tidak berhubungan dengan status gizi anak usia 6—24 bulan.

Kata Kunci: gizi, imunisasi, MP-ASI