

ABSTRAK

Nur Aisyiah Tambunan. Hubungan Pemberian MP-ASI Dini dan Kejadian Penyakit ISPA dengan Kejadian *Underweight* pada Balita di Posyandu Bangun Sari Indah 6. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Salah satu masalah gizi utama di Indonesia mengenai kekurangan gizi adalah *underweight* pada balita dengan prevalensi 12,9% berdasarkan hasil Survei Kesehatan Indonesia tahun 2023 yaitu kondisi kegagalan anak untuk menjangkau berat badan ideal, yang dalam jangka waktu tertentu dapat berpengaruh terhadap pertumbuhan tinggi badan sesuai usianya. *Underweight* dipengaruhi oleh banyak faktor diantaranya asupan makanan balita, penyakit menular, kebersihan, lama waktu menyusui, status imunisasi, jumlah anggota keluarga, ketersediaan pangan tingkat rumah tangga, pola asuh dan status ekonomi keluarga. Tujuan penelitian ini untuk mengetahui hubungan pemberian MP-ASI dini dengan kejadian *underweight* pada balita, hubungan kejadian penyakit ISPA dengan kejadian *underweight* pada balita dan hubungan pemberian MP-ASI dini dan kejadian penyakit ISPA dengan kejadian *underweight* pada balita.

Tempat penelitian di Posyandu Bangun Sari Indah 6, Desa Bangun Sari, Kecamatan Tanjung Morawa. Populasi pada penelitian ini yaitu seluruh balita berusia 6-59 bulan yang terdaftar dalam Posyandu Bangun Sari Indah 6 dengan jumlah 135 balita. Teknik pengambilan subjek penelitian menggunakan *purposive sampling* dengan sampel 48 balita. Penelitian ini menggunakan desain *cross sectional*. Teknik pengumpulan data pemberian MP-ASI dini dan kejadian penyakit ISPA menggunakan kuesioner sedangkan data *underweight* menggunakan pengukuran antropometri. Penelitian dilaksanakan pada bulan Mei hingga Agustus 2024. Teknik analisis data secara deskriptif, uji *chi-square* dengan nilai *fisher's exact* dan uji regresi logistik.

Berdasarkan hasil analisis uji *chi-square* dengan nilai *fisher's exact* menunjukkan adanya hubungan yang signifikan antara pemberian MP-ASI dini ($p=0,039$) dan kejadian penyakit ISPA ($p=0,031$) dengan kejadian *underweight* pada balita dengan taraf signifikan $\alpha = 0,05$ yang artinya semakin tinggi pemberian MP-ASI pada waktu yang tepat dan balita yang tidak terjangkit ISPA maka semakin rendah kejadian *underweight*. Hasil analisis uji regresi logistik menunjukkan bahwa pemberian MP-ASI dini dan kejadian penyakit ISPA tidak berpengaruh secara signifikan dengan kejadian *underweight*. Penelitian ini menunjukkan bahwa pentingnya pemberian MP-ASI secara tepat waktu.

Kata kunci : balita, ISPA, MP-ASI, *underweight*

ABSTRACT

Nur Aisyiah Tambunan. The Relationship between Early Provision of MP-ASI and the Incidence of ARI Disease withh the Incidence of Underweight in Toddlers at the Bangun Sari Indah 6 Integrated Health Post. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2025.

One of the main nutritional problems in Indonesia regarding malnutrition is underweight in toddlers with a prevalence of 12.9% based on the results of the 2023 Indonesian Health Survey, namely the condition of a child's failure to reach ideal body weight, which in a certain period of time can affect height growth according to their age. Underweight is influenced by many factors including toddler food intake, infectious diseases, hygiene, length of breastfeeding, immunization status, number of family members, household food availability, parenting patterns and family economic status. The purpose of this study was to determine the relationship between early provision of complementary feeding and the incidence of underweight in toddlers, the relationship between the incidence of ARI and the incidence of underweight in toddlers and the relationship between early provision of complementary feeding and the incidence of ARI with the incidence of underweight in toddlers.

The research location was at Posyandu Bangun Sari Indah 6, Bangun Sari Village, Tanjung Morawa District. The population in this study were all toddlers aged 6-59 months registered in Posyandu Bangun Sari Indah 6 with a total of 135 toddlers. The technique for selecting research subjects used purposive sampling with a sample of 48 toddlers. This study used a cross-sectional design. The data collection technique for early provision of complementary feeding and the incidence of ARI disease used a questionnaire while underweight data used anthropometric measurements. The study was conducted from May to August 2024. The data analysis technique was descriptive, chi-square test with fisher's exact value and logistic regression test.

Based on the results of the chi-square test analysis with fisher's exact value, it showed a significant relationship between early provision of complementary feeding ($p = 0.039$) and the incidence of ARI disease ($p = 0.031$) with the incidence of underweight in toddlers with a significance level of $\alpha = 0.05$ which means that the higher the provision of complementary feeding at the right time and toddlers who are not infected with ARI, the lower the incidence of underweight. The results of the logistic regression test analysis showed that early provision of complementary feeding and the incidence of ARI disease did not have a significant effect on the incidence of underweight. This study shows the importance of providing complementary feeding on time.

Keywords : *toddlers, ARI, complementary feeding, underweight*