ABSTRAK

(Pendahuluan) Weight faltering pada bayi merupakan gangguan pertumbuhan awal yang berkaitan erat dengan stunting. Secara global tahun 2020, diperkirakan 149,2 juta balita (22,2%) mengalami stunting dan 45,4 juta balita wasting, sementara prevalensi stunting balita Indonesia mencapai 21,6% (SSGI, 2022). Asupan protein hewani bayi usia 6–12 bulan masih rendah, dengan ketidakcukupan asupan protein mencapai 73,9–82,8%, dan pra-survei di Kelurahan Tanjung Gusta menunjukkan 73,3% bayi weight faltering berstatus gizi kurang berdasarkan indikator BB/PB. Penelitian bertujuan menganalisis efektivitas pendampingan intensif pemberian protein hewani terhadap percepatan weight recovery pada bayi usia 6–12 bulan weight faltering di Kelurahan Tanjung Gusta Kota Medan. **(Metode)** Penelitian menggunakan desain Quasi-Experimental Pretest-Posttest Control Group Design dengan 60 responden (30 intervensi, 30 kontrol) dipilih secara purposive sampling, dilaksanakan April–Juni 2026 dengan intervensi 12 minggu, dianalisis menggunakan Paired Samples t-test, Wilcoxon Signed Rank Test, dan Mann–Whitney U Test. **(Hasil)** Sebanyak 83,3% ibu tergolong patuh selama pendampingan. Pada kelompok intervensi, rata-rata berat badan meningkat dari 6,16±0,29 kg menjadi 7,23±0,31 kg dan Z-score BB/U meningkat dari -2,63±0,59 menjadi -1,25±0,55 ($p<0,001$), dengan perubahan berat badan, panjang badan, Z-score BB/U, dan BB/PB pada kelompok intervensi bermakna lebih tinggi dibanding kontrol ($p<0,001$). **(Diskusi/Simpulan)** Pendampingan intensif pemberian protein hewani efektif mempercepat weight recovery dan memperbaiki status gizi bayi usia 6–12 bulan weight faltering, sehingga dapat menjadi strategi intervensi di pelayanan kesehatan dasar.

Kata Kunci: weight faltering, protein hewani, pendampingan intensif, weight recovery, status gizi bayi

(Introduction) Weight faltering in infants is an early growth disorder closely associated with stunting. Globally in 2020, an estimated 149.2 million children under five (22.2%) experienced stunting and 45.4 million experienced wasting, while stunting prevalence in Indonesia reached 21.6% (SSGI, 2022). Animal protein intake among infants aged 6–12 months remains low, with inadequate intake reaching 73.9–82.8%, and a pre-survey in Tanjung Gusta Village found 73.3% of infants with weight faltering had poor nutritional status based on the WLZ indicator. This study aimed to analyze the effectiveness of intensive mentoring in animal protein feeding on accelerating weight recovery in infants aged 6–12 months with weight faltering in Tanjung Gusta Village, Medan City. **(Methods)** The study used a Quasi-Experimental Pretest-Posttest Control Group Design with 60 respondents (30 intervention, 30 control) selected by purposive sampling, conducted April–June 2026 with a 12-week intervention, analyzed using the Paired Samples t-test, Wilcoxon Signed Rank Test, and Mann–Whitney U Test. **(Results)** A total of 83.3% of mothers were compliant during mentoring. In the intervention group, mean body weight increased from 6.16±0.29 kg to 7.23±0.31 kg and WAZ improved from -2.63±0.59 to -1.25±0.55 ($p<0.001$), with changes in body weight, body length, WAZ, and

WLZ significantly greater than the control group ($p<0.001$). **(Discussion/Conclusion)** Intensive mentoring in animal protein feeding effectively accelerates weight recovery and improves nutritional status in infants aged 6–12 months with weight faltering, serving as a viable intervention strategy at the primary healthcare level.

Keywords: weight faltering, animal protein, intensive mentoring, weight recovery, infant nutritional status