

PERBEDAAN STATUS GIZI ANAK BALITA PADA IBU BEKERJA DAN IBU TIDAK BEKERJA DI
PERUMAHAN UNGARAN BARU KEC. UNGARAN KAB. SEMARANG

PUJI EFRIANNA S -- E2A301122
(2003 - Skripsi)

Anak balita merupakan kelompok yang rawan terhadap masalah gizi. Pada masa ini anak mengalami pertumbuhan dan perkembangan yang pesat sehingga membutuhkan makanan yang bergizi. Anak balita yang tidak mendapat cukup zat gizi akan menderita kekurangan zat gizi. Pada ibu bekerja biasanya pengasuhan diserahkan pada orang lain yang belum tentu mempunyai pengalaman dan keterampilan untuk mengurus anak, sehingga dikhawatirkan anak menjadi terlantar. Tujuan penelitian ini adalah untuk mengetahui perbedaan status gizi anak balita dan konsumsi energi protein anak balita pada ibu bekerja dan ibu tidak bekerja.

Jenis penelitian yang digunakan adalah penelitian penjelasan *survey explanatory*. Metode yang digunakan dengan pendekatan study belah lintang *cross sectional*. Populasi adalah anak balita diperumahan Ungaran Baru dengan jumlah sampel 48 anak dan sebagai responden adalah ibu anak balita. Proses analisis data dengan program SPSS For Windows Release 10.0 dengan menggunakan *uji t* dan uji korelasi *Product Moment* dengan tingkat kepercayaan 95 %

Hasil penelitian menunjukkan bahwa ibu bekerja (39,59 %) dan ibu tidak bekerja (60,41 %). Anak balita ibu bekerja dalam kategori status gizi baik 68,42 %, kategori status gizi kurang 31,58 % dan pada anak balita ibu bekerja yang termasuk kategori baik 82,76 %, kategori kurang 17,24 %. Tingkat konsumsi energi anak balita ibu bekerja yang termasuk kategori kurang 17,25 % dan 31,58 % pada ibu tidak bekerja. Sedangkan tingkat konsumsiprotein anak balita ibu bekerja dalam kategori kurang 10,53 % dan 10,34 % pada ibu tidak bekerja. Pada uji korelasi *Product Moment* diketahui tidak ada hubungan antara tingkat konsumsi energi dengan status gizi anak balita, serta ada hubungan antara tingkat konsumsi protein dengan status gizi anak balita.

Untuk meningkatkan status gizi anak balita kategori kurang baik pada ibu bekerja maupun ibu tidak bekerja perlu diberikan informasi mengenai pentingnya makanan bergizi untuk pertumbuhan dan perkembangan anak balita melalui penyuluhan oleh kader posyandu dan petugas kesehatan.

Kata Kunci: pekerjaan ibu, status gizi, konsumsi energi protein, dan anak balita

CHILDREN UNDER FIVE YEARS OLD NUTRITION STATUS
DIFFERENCE BETWEEN WORKING AND UNWORKING MOTHERS IN
UNGARAN BARU HOUSING, SUBDISTRICT AT UNGARAN ,DISTRICT OF
SEMARANG

The children under five is a group which is seriously affected by the nutrient problem. In this period, the children experience the rapid growth and development, so that they need high nutrient substances. The children under five are very depending on their mother in fulfilling their need. In the working mother, the care usually delivered to another people who haven't had an experience and skill to care of a child, so that it is worried that the children will be neglected. The aim of this research is to know the difference of children under five nutrient status in working and not working mother.

Kind of research used was explanatory survey . The survey that was used cross sectional approach. The population of this research is children under five at Ungaran baru housing by the Number of samples 48 children and as the respondents were mother of children under five. Data analysis process use the program of SPSS for Windows release 10.0 by using t tes and correlation test of Product Moment by the trust grade is 95 %.

The result of research indicates that mother of children under five by working status is (39,59 %) and mother who doesn't work is (60,41 %). The children under five from working mother, in the category of good nutrient status are 68,42 %, in the category of less nutrient status are 31,58 % and in the children under five whom their mother do not work, in category of good nutrient are 82,76 %, in less category are 17,24 %. The grade of energy consumption in the children under five whom their mother work are 17,25 % in less category, and 31,58 % in the children under five whom their mother do not work. Meanwhile the grade of protein consumption in the children under five whom their mother work are 10,53 % in less category and 10,34 % in the children under five whom their mother do not work. From the result of analysis, it was known that there is no difference of nutrient status, the grade of protein energy consumption in the children under five whom their mother work and do not work. In the Product moment correlation test, it was known that there is no correlation between energy consumption grade and nutrient status of children under five, and there is correlation between protein consumption grade and nutrient status of children under five.

It is necessary to give information to the mother of children under five about importance of nutritious food for the growth and development of children under five through the extension by the cadre of posyandu and the health employee in order to increase the nutrient status of children under five in working mother or not working mother.

Keyword: mother working, nutrient status, energy protein consumption, and children under five year old

