

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN STATUS GIZI KURANG
PADA BATITA USIA 12-36 BULAN**

Artikel Penelitian

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FACTORS THAT RELATED TO MALNUTRITION OF CHILDREN UNDER THREE YEARS OLD (12-36 MONTHS)

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ABSTRACT

Background: Growth faltering or malnutrition in children under three years old (12-36 months) is related by various factors i.e mother's nutritional knowledge, mother's level of education, mother's behavior including feeding practices, infection history, mother's job status, mother's participating at Posyandu, energy and protein intake. The aim of research was to get to know the factors which related to malnutrition of children under three years old (age 12-36 month).

Methods: The study was crosssectional, which had been done in Oktober 2005 at *Puskesmas* working area at Bugangan Semarang. The sample were 34 children 12-36 months who had malnutrition status that were chosen purposefully. The data of malnutrition status based on antropometry weigh by age (W/A) and the comparison to standart Z_score WHO_NCHS. The data of energy and protein intake, mother's participating at Posyandu, mother's job status, mother's level of education, mother's nutritional knowledge, feeding practices and infection history by using interview, recall 2x24 hours methode with questionnaire. Before data being analyzed, data was test for normality by using Kolmogorov-Smirnov Test. The relationship analyzed between variable by using Correlations Person Product Moment (PPM), Kruskal-Wallis Test, T- Test.

Result and conclusion: There were relationship between energy and protein intakes, infection history with nutritional status but mother's participating at Posyandu, mother's job status. There were no relationship between mother's level education and mother's nutritional knowledge with feeding practices. There were no relationship between feeding practices with energy and protein intake. There were no relationship between mother's nutritional knowledge with mother's participating at Posyandu.

Key word: Nutritional status, feeding practices, nutritional knowledge, level education, energy protein intake.

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ABSTRAK

Latar Belakang: Gangguan pertumbuhan atau kurang gizi pada anak balita berhubungan erat dengan berbagai faktor seperti pengetahuan gizi ibu, tingkat pendidikan ibu, praktik pemberian makan sesuai umur anak, riwayat infeksi, status kerja ibu, peran serta ibu dalam menanggulangi masalah gizi melalui partisipasi untuk ikut serta melaksanakan program kesehatan. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan status gizi kurang pada batita usia 12-36 bulan.

Metoda: Jenis penelitian adalah eksplanatif dengan pendekatan cross sectional yang dilaksanakan pada bulan Oktober 2005 di wilayah kerja Puskesmas Bugangan Semarang. Sampel penelitian adalah batita usia 12-36 bulan yang mempunyai status gizi kurang berjumlah 34 anak diambil secara purposif. Data status gizi kurang berdasarkan pengukuran antropometri BB/U dibandingkan dengan nilai Z-score WHO_NCHS. Data asupan energi protein, partisipasi ibu menimbangkan balita di Posyandu, status kerja ibu, riwayat infeksi, praktik pemberian makan, pengetahuan gizi ibu, tingkat pendidikan ibu dengan recall 2x24 jam, wawancara dan alat bantu kuesioner. Untuk menguji kenormalan digunakan uji *Kolmogorov-Smirnov Test*. Analisis hubungan antar variabel menggunakan uji *Correlations Person Product Moment (PPM)*, *Kruskal-Wallis Test*, dan *T- Test*.

Hasil dan Kesimpulan: Ada hubungan antara asupan energi, dan protein serta riwayat infeksi dengan status gizi tetapi tidak ada hubungan partisipasi ibu menimbangkan balitanya di Posyandu, status kerja ibu dengan status gizi. Tidak ada hubungan antara tingkat pendidikan ibu dan pengetahuan gizi ibu dengan praktik pemberian makan. Praktik pemberian makan dengan asupan energi dan protein. Pengetahuan gizi ibu dengan partisipasi ibu menimbangkan balitanya di Posyandu.

Kata kunci: status gizi, praktik makan, pengetahuan, pendidikan, asupan energi protein.

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