

**HUBUNGAN ASUPAN BESI, SENG, VITAMIN A, STATUS GIZI DAN  
KADAR HEMOGLOBIN DENGAN PERKEMBANGAN MOTORIK  
ANAK USIA 2-5 TAHUN**

**ARTIKEL PENELITIAN**

Diajukan sebagai salah satu syarat untuk menyelesaikan  
Pendidikan Program Studi Ilmu Gizi S1 FK UNDIP



Oleh :

**UMI YULI PURWANTI  
G2C204119**

**PROGRAM STUDI ILMU GIZI FAKULTAS KEDOKTERAN  
UNIVERSITAS DIPONEGORO  
SEMARANG**

**2005**

# HUBUNGAN ASUPAN BESI, SENG, VITAMIN A, STATUS GIZI DAN KADAR HEMOGLOBIN DENGAN PERKEMBANGAN MOTORIK ANAK USIA 2-5 TAHUN

Umi Yuli Purwanti<sup>1</sup> Endang Purwaningsih<sup>2</sup>

## ABSTRAK

**Latar belakang :** Kekurangan gizi sering disertai dengan kekurangan mikronutrient seperti besi, seng dan vitamin A, yang berakibat lebih lanjut terhadap perkembangan motorik anak. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan besi, seng, vitamin A, status gizi dan kadar hemoglobin dengan perkembangan motorik pada anak usia 2-5 tahun di Desa Sidoharjo Kecamatan Pati Kabupaten Pati.

**Metode :** Penelitian crosssectional ini di laksanakan di Desa Sidoharjo Kecamatan Pati Kabupaten Pati. Cara pengambilan sampel dengan metode random sampling sebanyak 51 anak Data meliputi asupan besi, seng dan vitamin A yang diperoleh dari *recall* 3 x 24 jam. Data status gizi (BB/U, TB/U, BB/TB) dengan cara antropometri. Data kadar hemoglobin dengan metode *cyanmethemoglobin*. Penilaian perkembangan motorik menggunakan Kuesioner Pra Skrining Perkembangan menurut baku rujukan Departemen Kesehatan.

**Hasil Penelitian :** Hasil penelitian menunjukkan ada hubungan asupan besi, seng, vitamin A dengan perkembangan motorik anak. Ada hubungan kadar hemoglobin dengan perkembangan motorik anak. Ada hubungan status gizi dalam indek BB/U, TB/U dan BB/TB dengan perkembangan motorik anak.

**Kesimpulan :** Perkembangan motorik berhubungan signifikan dengan asupan besi, seng, vitamin A, status gizi dan kadar hemoglobin.

**Kata kunci :** Besi, seng, vitamin A, status gizi, kadar hemoglobin dan perkembangan motorik

---

<sup>1</sup> Mahasiswa Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

<sup>2</sup> Dosen Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

# RELATIONSHIP BETWEEN IRON, ZINC, VITAMIN A INTAKE , NUTRITIONAL STATUS AND HEMOGLOBIN CONCENTRATION WITH MOTORIC DEVELOPMENT OF CHILDREN AT 2-5 YEAR OLD.

Umi Yuli Purwanti<sup>1</sup> Endang Purwaningsih<sup>2</sup>.

## ABSTRACT

**Background** : Malnutrition is often accompanied by lacking of iron, zinc micronutrient and vitamin A, it causes furthermore on motoric development of children. The aim of this research was to get to know the relationship between iron, zinc, vitamin A, nutritional status, hemoglobin concentration and motoric development of children at 2-5 years old.

**Methods** : Crossectional research has been done at Sidoharjo village, Pati. Sampel was taken in random sampling methode of 51 from 136 children. The data of iron, zinc and vitamin A was taken by recall 3x24 hour. The data of nutritional status was taken by standart antropometric prosedures. The data of hemoglobin concentration by cyanmethemoglobin methode and appraisal of motoric development by questionnaire pre screening development to the reference of Health Department of Indonesia.

**Result** : The result of the study showed the relationship between iron, zinc, vitamin A intake with motoric development. There was also relationship between hemoglobin concentration with motoric development of children. There were relationship between nutritional status in W/A index, H/A index and W/H index with motoric development of children.

**Conclusion** : There was relationship between motoric developmet with iron, zinc, vitamin A intake, nutritional status and hemoglobin concentration.

**Key word** : Iron, zinc, vitamin A, nutritional status, hemoglobin concentration and motoric development

---

<sup>1</sup> Student of Nutritional Programme Medical Faculty Diponegoro University

<sup>2</sup> Lecture of Nutritional Programme Medical Faculty Diponegoro University