

**HUBUNGAN PERILAKU KELUARGA SADAR GIZI  
(KADARZI) DAN PERILAKU HIDUP BERSIH SEHAT  
(PHBS) PADA TATANAN RUMAH TANGGA DENGAN  
STATUS GIZI BALITA USIA 24-59 BULAN**

**(Studi Di Wilayah Kerja Puskesmas Dirgahayu Kabupaten Kotabaru  
Propinsi Kalimantan Selatan)**

***THE RELATIONSHIP BETWEEN KADARZI BEHAVIOR (KELUARGA  
SADAR GIZI) AND HEALTHY AND CLEAN BEHAVIOR (PHBS) OF  
HOUSEHOLDS WITH NUTRITIONAL STATUS OF THE  
CHILDREN UNDER FIVE YEARS OLD IN AGE OF 24-59 MONTHS***

***(Studies In Puskesmas Dirgahayu Kotabaru District South Kalimantan)***



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**Magister Ilmu Gizi**

**Hartono  
22030112410030**

**FAKULTAS KEDOKTERAN  
UNIVERSITAS DIPONEGORO  
SEMARANG**

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# HUBUNGAN PERILAKU KELUARGA SADAR GIZI (KADARZI) DAN PERILAKU HIDUP BERSIH SEHAT (PHBS) PADA TATANAN RUMAH TANGGA DENGAN STATUS GIZI BALITA USIA 24-59 BULAN

(Studi Di Wilayah Kerja Puskesmas Dirgahayu Kabupaten Kotabaru  
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## ABSTRAK

**Latar Belakang:** Prevalensi gizi kurang pada balita di Kabupaten Kotabaru masih cukup tinggi yaitu 20,86%. Persentase keluarga berperilaku Kadarzi sebesar 56,24% dan persentase rumah tangga berperilaku hidup bersih sehat sebesar 42,48%, masih rendah, belum sesuai target Standar Pelayanan Minimal (SPM) Dinas Kesehatan Kabupaten Kotabaru.

**Tujuan:** Penelitian bertujuan untuk menganalisis hubungan perilaku Keluarga Sadar Gizi (Kadarzi) dan Perilaku Hidup Bersih dan Sehat (PHBS) pada tatanan rumah tangga dengan status gizi balita usia 24-59 bulan.

**Metode:** Desain penelitian adalah observasional dengan rancangan *cross sectional* yang dilaksanakan di wilayah kerja Puskesmas Dirgahayu.. Subyek penelitian adalah balita usia 24-59 bulan dan bertempat tinggal di wilayah kerja Puskesmas Dirgahayu yang memenuhi kriteria inklusi dan eksklusi sebanyak 90 sampel. Pengambilan sampelnya secara *simple random sampling*. Uji yang dilakukan adalah uji *Chi-square* dan *regresi logistik* berganda dengan tingkat kepercayaan 95% (0,05). Instrumen penelitian yang digunakan adalah kuesioner dan asupan energi dan protein balita diukur dengan metode *recall*.

**Hasil:** Hasil penelitian menunjukkan 27,8% balita status gizi kurang, 72,2% keluarga berperilaku Kadarzi dan 70,0% keluarga berkategori rumah sehat. Analisis data menunjukkan ada hubungan secara signifikan antara perilaku Kadarzi dengan status gizi ( $p=0,000$ ,  $OR=31,13$ ). Ada hubungan secara signifikan antara Perilaku Hidup Bersih Sehat perilaku dengan status gizi ( $p=0,000$ ,  $OR=22,56$ ). Analisis uji regresi logistik berganda diperoleh faktor dominan yang berhubungan dengan status gizi adalah perilaku Kadarzi ( $p=0,000$ ,  $OR=0,08$ ).

**Kesimpulan:** Ada hubungan yang signifikan perilaku Kadarzi (Keluarga Sadar Gizi) dan Perilaku Hidup Bersih Sehat (PHBS) tatanan rumah tangga dengan status gizi.

**Kata Kunci :**Perilaku Kadarzi, Perilaku Hidup Bersih Sehat (PHBS), Status Gizi

**THE RELATIONSHIP BETWEEN KADARZI BEHAVIOR (KELUARGA SADAR GIZI) AND HEALTHY AND CLEAN BEHAVIOR (PHBS) OF HOUSEHOLDS WITH NUTRITIONAL STATUS OF THE CHILDREN UNDER FIVE YEARS OLD IN AGE OF 24-59 MONTHS**

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**ABSTRACT**

**Background:** The prevalence of malnutrition among children who are implemeaty Kadarzi program under five in Kotabaru district still qulete high at 20,86 %. The percentage of families behave Kadarzi by 56,24 % and the percentage of households PHBS amounted to 42,48 %, has not reached the target of minimum service standards (SPM) Kotabaru District Health Office.

**Objective:** The study aims was to analyze the relationship between Kadarzi behavior (Keluarga Sadar Gizi) and clean and healthy behavior (PHBS) of households with nutritional status of the children under five years old in age of 24-59 months.

**Methods:** The study design was observational thesis with cross sectional study conducted in Puskesmas Dirgahayu. Subjects were children aged 24-59 months and stayed at Puskesmas Dirgahayu area, who coverese with inclusion and exclusion criteria twose, subjects are 90 respondents. Sampling technical by simple random sampling. Analysis tests whe chi square test and logistic regression with 95% confidence level (0,05). Questionnaire was used as tools reseach conduct, energy and protein intake was measured by recall method.

**Results:** The results showed 27,8 % children malnutrition status , ancestry 72,2 % and 70,0 % Kadarzi behave uncategorised healthy home. Analysis of the data showed no significant relationship between Kadarzi behavior with nutritional status ( $p=0,000$ ,  $OR=31,13$ ). There was a significant relationship between clean and healthy behavior with nutritional status ( $p=0,000$ ,  $OR=22,56$ ). Analysis of multiple logistic regression test obtained dominant factor associated with nutritional status is Kadarzi behavior ( $p=0,000$ ,  $OR=0,08$ ).

**Conclusion:** There was a significant relationship between Kadarzi behavior (Keluarga Sadar Gizi) and clean and healthy behavior (PHBS) of households with nutritional status of the children under five years old in age of 24-59 months.

**Keywords :** Kadarzi Behavior, Clean and Healthy Behavior (PHBS), Nutritional Status.