HUBUNGAN POLA ASUH GIZI, KEJADIAN INFEKSI, TINGKAT KONSUMSI ENERGI DAN PROTEIN DENGAN STATUS GIZI PADA BAYI USIA 0-12 BULAN DI WILAYAH KERJA PUSKESMAS III MRANGGEN KABUPATEN DEMAK

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Bayi (usia 0-12 bulan) merupakan kelompok yang rentan gizi (paling mudah menderita kelainan gizi), karena pada masa bayi terjadi proses pertumbuhan yang relatif pesat disertai kebutuhan gizi yang relatif besar. kurang gizi disebabkan oleh berbagai faktor, terutama faktor makanan yang tidak memenuhi kebutuhan energi dan protein. kurang gizi dapat menurunkan daya tahan tubuh, sehingga bayi lebih rantan terserang infeksi. penyakit infeksi yang paling sering diderita pada anak kurang gizi adalah infeksi saluran pernafasan akut (ISPA) dan diare. Masalah kurang gizi pada masa bayi dapat diperbaiki jika bayio mendapatkan pola asuh yang baik. tujuan penelitian untuk mengetahui hubungan pola asuh gizi, kejadian infeksi, tingkat konsumsi energi dan protein dengan status gizi pada bayi usia 0-12 bulan di wilayah kerja puskesmas III Mranggen, Demak. Penelitian ini merupakan penelitian penjelasan dengan metode survei dan pendekatan cross sectional. Populasi semua bayi 0-12 bulan yang menetap di wilayah kerja Puskesmas III Mranggen. Jumlah sampel 101 orang, metode pengambilan sampel secara systematical sampling. pengolahan data dengan program Nutrsoft, Microsoft EXcell 2000 dan SPSS for windows versi 11. analisis data berupa analisis univariat dan bivariat menggunakan uji korelasi Pearson Product Moment dan Rank Spearman. Hasil penelitian menunjukkan rata-rata praktik pola asuh gizi bayi 81,03%+/- 10,93%, durasi sakit 4,29 +/- 4,09 hari, tingkat konsumsi energi 130,40%+/-45,93% AKE, tingkat konsumsi protein 177,92%+/-104,02% AKP. Secara statistik, ada hubungan pola asuh gizi dengan status gizi (p-value=0,007 dan r=0,267, ada hubungan kejadian infeksi dengan status gizi (p-value=0,039 dan r=-0,206), tidak ada hubungan tingkat konsumsi energi dengan status gizi (p-value=0,230 dan r=0,120), dan ada hubungan tingkat konsumsi protein dengan status gizi (p-value=0,001 dan r=0,319). Saran bagi Puskesmas III Mranggen agar diadakan peningkatan pengetahuan pada ibu bayi tentang pola asuh gizi, pencegahan penyakit infeksi (ISPA dan diare) dan peningkatan kualitas makanan bayi yang memenuhi kebutuhan energi dan protein bayi melalui kegiatan posyandu atau penyuluhan kesehatan bagi kader.

Kata Kunci: Pola asuh gizi, infeksi, energi, protein, status gizi, bayi 0-12 bulan

CORRELATION BETWEEN NUTRITION CARE PATTERNS, INFECTION OCCURRENCE, CONSUMPTION LEVEL OF ENERGY AND PROTEIN WITH NUTRITION STATUS AT BABY AGE 0-12 MONTHS IN THE WORK AREA PUSKESMAS III MRANGGEN DEMAK REGENCY
baby (age 0-12 months) representing group with gristle niutrition (easiest suffer disparity of nutrition), because at baby hood happened the growth process which fast relative

joined by requirement nutrition which big relative. less nutrition because of various factors, especially the food factor which do not sufficient requirement energy and protein.Less nutrition can degrade body endurance, so that the baby more gristle attacked by an infection. Infection disease which isi often sufferred at chilod is infection of respiratiry acute (IRA) and diarrhoea. Disparity of nutrition problem of baby hood repairable if baby get nutrition care pattern of good. The goal of the reseacrh to know about the correlation between nutrition care pattern, infection occurence, consumption level of energy and protein with nutrition status at bay of age 0-12 months in the work are Puskesmas III Mranggen, Demak. This research is explanatory researh with survey method with cross sectional approach. Population is baby age 0-12 months with remain to region work Puskesmas III Mranggen. The samples are 101 baby, methode of intake samples bya systematical sampling. Data processing with program Nutrsoft, Ms.Excell 2000 and SPSS for windows version 11. Analysis in the form univariat and bivariat use correlation Pearson Product Moment and Rank Spearman. Based on the research, the average of nutrition care pattern 81,03%+/- 10,93%, duration of infection 4,29 +/- 4,09 days, consumption level of enrgy 130,40%+/-45,93% AKE, consumption level of protein 177,92%+/-104,02% AKP. The conclusion based on the statistic test, there is correlation between nutrition care pattern with nutrition status (p-value=0,007 dan r=0,267, there is correlation between infection occurence with nutrition status (p-value=0,039 dan r=-0,206),there is no correlation between consumption level of energy with nutrition status (p-value=0,230 dan r=0,120), and there is correlation between consumption level of protein with nutrition status (p-value=0,001 dan r=0,319). Sugggestion for Puskesmas III Mranggen is in order ti performed knowledge improvement to mother of baby about nutrition care pattern, infection pervention (IRA and diarrhoea) and the food quality improvement at baby fulfilling requirement energy and protein, throught Posyandu or health conselling for volunteers of health

Keyword : nutrition care pattern, infection, energy, protein, nutrition status, baby age 0-12 months.