

Hubungan antara Praktik *Personal Hygiene* dan Riwayat ASI Eksklusif terhadap Status Gizi Anak Balita di Wilayah Kerja Puskesmas Seyegan Kabupaten Sleman DI Yogyakarta

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INTISARI

Latar Belakang: Status gizi menjadi indikator kesehatan balita yang secara umum dipengaruhi oleh faktor langsung maupun tidak langsung, seperti pemberian ASI eksklusif, *personal hygiene* dalam pemberian makan, dan sanitasi lingkungan. Praktik *personal hygiene* dan kondisi sanitasi lingkungan yang buruk serta riwayat ASI tidak eksklusif dapat menurunkan status gizi balita.

Tujuan: Mengetahui hubungan antara praktik *personal hygiene* dan riwayat ASI eksklusif.

Metode: Metode yang digunakan *cross sectional* dengan *purposive sampling* pada 93 pasangan ibu dan anak di wilayah kerja Puskesmas Seyegan. Analisis yang digunakan dalam penelitian ini yaitu uji *Fisher's Exact* dan uji *Mantel Haenszel*.

Hasil: Praktik *personal hygiene* ($p = 0,192$) dan riwayat ASI eksklusif ($p = 0,280$) tidak berhubungan secara signifikan terhadap status gizi balita ($p > 0,05$). Analisis deskriptik menunjukkan sebanyak 67,3% ibu memiliki praktik *personal hygiene* yang baik, 78,5% ibu memberikan ASI eksklusif kepada anaknya dan kondisi sanitasi lingkungan rumah yang kurang memenuhi kriteria rumah sehat sebanyak 18,3%.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara praktik *personal hygiene*, riwayat ASI eksklusif dan sanitasi lingkungan terhadap status gizi anak balita.

Kata Kunci: *personal hygiene*, riwayat ASI eksklusif, sanitasi lingkungan, status gizi, balita

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The Association between Personal Hygiene Practices and History of Exclusive Breastfeeding on the Nutritional Status of Toddlers in the Work Area of the Seyegan Health Center, Sleman Regency, DI Yogyakarta

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ABSTRACT

Background: Nutritional status is an indicator of under-five health which is generally influenced by direct and indirect factors, such as exclusive breastfeeding, personal hygiene in feeding, and environmental sanitation. Personal hygiene practices and poor environmental sanitation conditions as well as a history of non-exclusive breastfeeding can reduce the nutritional status of toddlers.

Purpose: To determine the relationship between personal hygiene practices and history of exclusive breastfeeding.

Methods: The method used was cross sectional with purposive sampling on 93 pairs of mothers and children in the working area of the Seyegan Health Center. The analysis used in this research is Fisher's Exact test and Haenszel's Mantle test.

Results: Personal hygiene practices ($p = 0,192$) and history of exclusive breastfeeding ($p = 0,280$) were not significantly related to the nutritional status of children under five ($p > 0,05$). The descriptive analysis showed that 67,3% of mothers had good personal hygiene practices, 78,5% of mothers gave exclusive breastfeeding to their children and the sanitation conditions of the home environment that did not meet the criteria for healthy homes were 18,3%.

Conclusion: There was no significant relationship between personal hygiene practices, history of exclusive breastfeeding and environmental sanitation on the nutritional status of children under five.

Keywords: personal hygiene, history of exclusive breastfeeding, environmental sanitation, nutritional status, toddlers

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