

ABSTRAK

Latar Belakang: Perkembangan kognitif anak usia dini yang terlambat berpotensi mengakibatkan kecacatan intelektual sehingga dapat memiliki capaian pendidikan yang buruk, pengangguran, pengucilan sosial, kondisi kesehatan yang menurun dan angka harapan hidup berkurang. Nutrisi yang baik akan membentuk perkembangan kognitif yang optimal. Penelitian ini bertujuan mengetahui hubungan status gizi kronis-akut dengan perkembangan kognitif anak usia 36-59 bulan di Indonesia.

Metode: Penelitian kuantitatif dengan desain *cross sectional* menggunakan data Riskesdas 2018. Subjek penelitian adalah anak usia 36-59 bulan sebanyak 18.027 anak. Analisis data yaitu analisis deskriptif dalam menjabarkan distribusi karakteristik responden, uji *chi-square* untuk mendapatkan nilai signifikansi dua variabel, dan regresi logistik berganda untuk menguji hubungan multivariabel.

Hasil: Keterlambatan perkembangan kognitif ditemukan pada 61,21% anak yang menjadi sampel penelitian. Anak dengan status gizi kronis-akut (*stunted-underweight*) berpotensi mengalami keterlambatan perkembangan kognitif dibandingkan anak berstatus gizi normal (aOR=1,30; CI 95% 1,12-1,51) setelah dikontrol usia anak, jenis kelamin, pemberian vitamin A, kunjungan *Antenatal Care* (ANC), usia gestasi dan akses air minum dan sanitasi (risiko kombinasi), pendidikan dan kesehatan mental ibu (risiko kombinasi), pekerjaan ibu dan jumlah anggota rumah tangga (risiko kombinasi). Sementara status gizi akut (*wasted*) memiliki peluang 45% lebih rendah mengalami keterlambatan perkembangan kognitif (aOR=0,55; CI 95% 0,49-0,85). Kemudian, risiko kombinasi dari anak yang *stunted* dengan riwayat kunjungan ANC kurang dari 4 kali serta akses air minum dan sanitasi yang tidak layak (OR= 5,41; CI 95% 1,08-27,03; p=0,040) berpeluang lebih tinggi mengalami keterlambatan perkembangan kognitif.

Kesimpulan: Anak dengan status gizi kronis-akut (*stunted-underweight*) merupakan prediktor paling tinggi (memiliki OR paling tinggi) untuk terjadinya keterlambatan perkembangan kognitif. Kekurangan gizi pada anak tidak hanya berdampak negatif pada pertumbuhan fisik, namun berpotensi mengalami keterlambatan perkembangan kognitif.

Kata Kunci: Perkembangan Kognitif, Status Gizi Kronis-Akut, *Underweight*, *Stunting*, *Wasting*, Riskesdas

ABSTRACT

Background: Early childhood cognitive development that is late has the potential to cause intellectual disability so they can have poor educational attainment, responsiveness, social exclusion, declining health conditions and reduced life expectancy. Good nutrition will shape optimal cognitive development. This study aims to determine association between chronic-acute nutritional status and cognitive development of children aged 36-59 months in Indonesia.

Method: Quantitative study with a cross-sectional design using Riskesdas 2018 data. The research subjects were 18,027 children aged 36-59 months. Data analysis, namely descriptive analysis in describing the distribution of respondent characteristics, chi-square test to obtain the significance value of two variables, and multiple logistic regression to test association of multivariable.

Results: Delays in cognitive development were found in 61.21% of the children who were the study sample. Children with chronic-acute nutritional status (stunted-underweight) have the potential to experience delays in cognitive development compared to children with normal nutritional status (aOR=1.30; 95% CI 1.12-1.51) after controlled by age, gender, consumption of vitamin A, Antenatal Care (ANC) visits, gestational age and access to drinking water and sanitation (combined risk), maternal education and mental health (combined risk), maternal work and number of household members (combined risk). While acute nutritional status (wasted) has a 45% lower chance of experiencing cognitive development delays (aOR=0.55; 95% CI 0.49-0.85). Then, the combined risk of stunted children with a history of less than 4 ANC visits and inadequate access to drinking water and sanitation (OR= 5.41; 95% CI 1.08-27.03; p=0.040) was pressured higher experience delays in cognitive development.

Conclusion: Children with chronic-acute nutritional status (stunted-underweight) are the highest predictors (the highest OR) of cognitive development delays. Malnutrition in children not only has a negative impact on physical growth, but has the potential to delay cognitive development.

Keywords: Cognitive Development, Chronic-Acute Nutritional Status, Underweight, Stunting, Wasting, Riskesdas