

ANALISIS FAKTOR RISIKO *UNDERWEIGHT* PADA BALITA DI KELURAHAN GIWANGAN, KECAMATAN UMBULHARJO, KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Gizi berperan penting dalam pertumbuhan manusia. Masalah gizi pada balita, salah satunya *underweight*, masih tergolong tinggi di Indonesia. Hal ini dapat terjadi karena beberapa faktor diantaranya adalah riwayat sosial ekonomi, pendidikan ibu, pengetahuan ibu, ASI eksklusif, penyakit infeksi dan sanitasi lingkungan.

Tujuan: Mengetahui hubungan faktor risiko yang berpengaruh terhadap kejadian *underweight* pada balita di Kelurahan Giwangan, Kecamatan Umbulharjo, Kota Yogyakarta.

Metode: Penelitian ini menggunakan desain penelitian observasional analitik dengan pendekatan *case control*. Penelitian dilakukan pada 30 pasangan ibu dan anak usia 12 – 59 bulan yang hadir pada saat pelaksanaan posyandu di Kelurahan Giwangan, Kecamatan Umbulharjo, Kota Yogyakarta. Sampel penelitian diambil dengan menggunakan metode *cluster random sampling*. Instrumen yang digunakan adalah timbangan berat badan serta kuesioner untuk mengetahui Riwayat sosial ekonomi, pendidikan ibu, pengetahuan ibu, riwayat ASI eksklusif, riwayat penyakit, serta sanitasi lingkungan yang diisi secara mandiri oleh responden. Metode analisis yang digunakan adalah *Fisher's Exact Test* dan uji *Kruskal Wallis* untuk uji bivariat.

Hasil: Berdasarkan hasil penelitian, didapatkan 10 balita untuk kelompok kasus, dan 20 balita untuk kelompok kontrol. Hasil uji bivariat menunjukkan bahwa tidak terdapat perbedaan yang bermakna antara kelompok kasus dengan kelompok kontrol berdasarkan faktor risiko riwayat sosial ekonomi, pendidikan ibu, pengetahuan ibu, ASI eksklusif, penyakit infeksi, serta sanitasi lingkungan (*p-value* > 0,05).

Kesimpulan: Tidak ada hubungan yang signifikan antara faktor risiko riwayat sosial ekonomi, pendidikan ibu, pengetahuan ibu, ASI eksklusif, penyakit infeksi, serta sanitasi lingkungan dengan terjadinya *underweight* pada balita di Kelurahan Giwangan, Kecamatan Umbulharjo, Kota Yogyakarta.

Kata Kunci: *Underweight*, faktor risiko, balita

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ANALYSIS OF UNDERWEIGHT RISK FACTORS IN TODDLERS IN GIWANGAN, UMBULHARJO, YOGYAKARTA

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ABSTRACT

Background: Nutrition plays an important role in human growth. Nutritional problems in toddlers, one of which is underweight, are still relatively high in Indonesia. This can happen due to several factors including history of socioeconomic, mother's education, mother's knowledge, exclusive breastfeeding, infectious diseases and environmental sanitation.

Objective: Knowing the relationship between risk factors with the incidence of underweight in toddlers in Giwangan Village, Umbulharjo District, Yogyakarta City.

Methods: This study used an analytic observational research design with a case control approach. The study was conducted on 30 pairs of mothers and children aged 12 – 59 months who were present at the Posyandu in Giwangan Village, Umbulharjo District, Yogyakarta City. The research sample was taken using cluster random sampling method. The instruments used were weight scales and questionnaires to obtain the data of history of socioeconomic, mother's knowledge, history of exclusive breastfeeding, history of disease, and environmental sanitation which were filled independently by the respondents. Data analysis was conducted using the Fisher's Exact Test and the Kruskal Wallis test for the bivariate test.

Result: Based on the results of the study, there were 10 toddlers for the case group and 20 toddlers for the control group. The results of the bivariate test showed that there were no significant difference between the case group and the control group based on risk factors of history of socioeconomic, mother's education, mother's knowledge, exclusive breastfeeding, infectious diseases, and environmental sanitation (p-value > 0.05).

Conclusion: There were no significant relationship between risk factors of socioeconomic history, mother's education, mother's knowledge, exclusive breastfeeding, infectious diseases, and environmental sanitation with the incidence of underweight in toddlers in Giwangan Village, Umbulharjo District, Yogyakarta City.

Keyword: Underweight, risk factor, toddler

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