

## HUBUNGAN PRAKTIK PENGASUHAN IBU TERHADAP STATUS GIZI ANAK TODDLER DENGAN PENYAKIT JANTUNG BAWAAN DI POLIKLINIK JANTUNG ANAK RSUP DR. SARDJITO

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### INTISARI

**Latar Belakang:** Penyakit jantung bawaan (PJB) merupakan kelainan kongenital yang sering menyebabkan gangguan makan, peningkatan kebutuhan energi, dan status gizi yang buruk pada anak. Ibu sebagai pengasuh utama memiliki peran penting dalam pemenuhan nutrisi dan kesehatan anak, namun belum banyak penelitian yang mengkaji hubungan antara praktik pengasuhan ibu dan status gizi anak *toddler* dengan PJB.

**Tujuan Penelitian:** Mengetahui hubungan antara praktik pengasuhan ibu dengan status gizi anak *toddler* penderita PJB di Poliklinik Jantung Anak RSUP Dr. Sardjito.

**Metode:** Penelitian ini menggunakan desain deskriptif korelatif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 73 ibu dan anak *toddler* dengan PJB yang menjalani rawat jalan di Poliklinik Jantung Anak RSUP Dr. Sardjito, dipilih melalui *purposive sampling*. Instrumen penelitian berupa kuesioner praktik Nurturing Care dan pengukuran status gizi berdasarkan BB/TB menggunakan Z-score. Analisis bivariat dilakukan menggunakan uji Spearman.

**Hasil:** Mayoritas ibu memiliki praktik pengasuhan yang cukup baik (rerata skor  $50,07 \pm 6,39$ ), dan 57,5% anak memiliki status gizi baik. Namun, hasil uji Spearman menunjukkan tidak terdapat hubungan yang signifikan antara praktik pengasuhan ibu dan status gizi anak ( $p=0,75$ ).

**Kesimpulan:** Tidak ditemukan hubungan yang signifikan antara praktik pengasuhan ibu dan status gizi anak *toddler* dengan PJB. Namun demikian, pengasuhan tetap penting dalam mendukung aspek non-gizi seperti dukungan emosional dan kepatuhan terhadap terapi.

**Kata kunci:** pengasuhan orang tua, status gizi, penyakit jantung bawaan, *toddler*

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## RELATIONSHIP BETWEEN PARENTAL CARE PRACTICES AND THE NUTRITIONAL STATUS OF CHILDREN WITH CONGENITAL HEART DISEASE (CHD) IN THE TODDLER AGE GROUP AT RSUP DR SARDJITO

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### ABSTRACT

**Background:** Congenital heart disease (CHD) is a structural heart defect present at birth, often causing feeding difficulties, increased energy requirements, and impaired nutritional status in toddlers. Mothers play a key role in child care, particularly in nutritional fulfillment and health maintenance. However, few studies have explored the relationship between maternal parenting practices and the nutritional status of toddlers with CHD in Indonesia.

**Research Objective:** To determine the relationship between maternal parenting practices and the nutritional status of toddlers with CHD at the Pediatric Cardiology Clinic of Dr. Sardjito General Hospital.

**Method:** This study used a descriptive correlational design with a cross-sectional approach. The study sample consisted of 73 mothers and toddlers with CHD who were undergoing outpatient treatment at the Pediatric Cardiology Clinic of Dr. Sardjito Hospital, selected through purposive sampling. Research instruments included the Nurturing Care parenting questionnaire and nutritional status assessment based on weight-for-age Z-scores. Bivariate analysis was conducted using Spearman's test.

**Results:** Most mothers demonstrated adequate parenting practices (mean score  $50.07 \pm 6.39$ ). The majority of toddlers had normal nutritional status (57.5%). Spearman's test indicated no significant relationship between overall maternal parenting practices and children's nutritional status ( $p=0.75$ ). However, subdomain scores suggested variability, with the "responsive caregiving" domain scoring highest, and "early learning stimulation" lowest.

**Conclusion:** There is no significant correlation between maternal parenting practices and the nutritional status of toddlers with CHD. Nonetheless, responsive parenting remains essential in supporting psychosocial development and promoting treatment adherence in children with chronic conditions.

**Keywords:** parenting practices, nutritional status, congenital heart disease, toddlers

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