

INTISARI

Faktor-Faktor yang Berhubungan dengan Status Gizi Balita di Wilayah Kerja HDSS Sleman

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Latar Belakang: Faktor-faktor status gizi balita terbagi dalam dua kategori: faktor langsung (riwayat penyakit infeksi, riwayat berat badan lahir, dan asupan makan) dan tidak langsung (pendapatan rumah tangga, pekerjaan ibu, pendidikan ibu, pekerjaan ayah, jumlah anggota keluarga, dan riwayat ASI eksklusif dan MP-ASI). Pencapaian status gizi baik pada balita di Kabupaten Sleman belum optimal. Sementara itu, lembaga akademik terdekat diharapkan dapat memberikan kontribusi untuk memecahkan masalah tersebut melalui pendekatan berbasis ilmu pengetahuan.

Tujuan: Mengetahui prevalensi status gizi dan faktor-faktor yang berhubungan dengan status gizi balita di wilayah kerja HDSS Sleman.

Metode: Sampel dari penelitian ini berjumlah 103 balita berusia 12-59 bulan yang berdomisili di Kabupaten Sleman dengan teknik pengambilan sampel *purposive sampling*. Desain penelitian ini adalah *cross-sectional*, dengan uji bivariat yang digunakan adalah uji *Fisher's Exact*.

Hasil: Prevalensi gizi lebih yang mencakup overweight dan obesitas sebanyak 4 orang (3,88%), gizi baik sebanyak 95 orang (92,23%), gizi kurang yang mencakup gizi kurang dan gizi buruk sebanyak 4 orang (3,88%). Faktor yang berhubungan dengan status gizi balita adalah riwayat ASI dan MP-ASI ($p=0,008$). Selain itu, baik dari faktor langsung maupun tidak langsung lainnya, tidak ditemukan hubungan yang signifikan dengan status gizi balita di wilayah kerja HDSS Sleman.

Kesimpulan: Sebagian besar balita di wilayah kerja HDSS Sleman berstatus gizi baik (92,23%). Faktor yang berhubungan dengan status gizi balita adalah riwayat ASI dan MP-ASI yang merupakan faktor tidak langsung.

Kata Kunci: faktor langsung, faktor tidak langsung, status gizi, balita, SQ-FFQ

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ABSTRACT

Factors Associated with the Nutritional Status of Children Under Five in the Sleman HDSS Working Area

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Background: *Factors in the nutritional status of children under five are divided into two categories: direct factors (history of infectious diseases, history of birth weight, and food intake) and indirect (household income, mother's occupation, mother's education, father's occupation, number of family members, and history of exclusive breastfeeding and complementary feeding). The achievement of good nutritional status in children under five in Sleman Regency is still considered as suboptimal. Meanwhile, the nearest academic institution is expected to be able to contribute to solving these problems through a science-based approach.*

Aim: *To determine the current prevalence of nutritional status of children under five and factors associated with nutritional status of children under five in the HDSS Sleman working area.*

Method: *The sample of this study amounted to 103 toddlers aged 12-59 months who live in Sleman Regency with purposive sampling technique. The design of this study was cross-sectional, with the bivariate test used was the Fisher's Exact test.*

Result: *Prevalence of children with overweight and obese was 4 individuals (3,88%), children with good nutrition were 95 individuals (92,23%), children with poor nutrition were 4 individuals (3,88%). The factor that is considerably associated with the nutritional status of children under five is the history of exclusive breastfeeding and complementary feeding ($p=0,008$). Other than that, whether direct or indirect factors are not significantly associated with the nutritional status of children of five.*

Summary: *Most of the Sleman HDSS working area toddlers have good nutritional status (92.23%). One factor that is found significantly associated with the nutritional status of toddlers is the history of breastfeeding and complementary feeding which are indirect factors.*

Keywords: *direct factors, indirect factors, nutritional status, children under five, SQ-FFQ*

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