

INTISARI

Latar belakang: Gizi buruk merupakan penyebab utama kematian anak di seluruh dunia. Balita status gizi buruk secara tidak langsung menggambarkan perilaku kesehatan ibu. Ibu tidak rutin membawa balita ke posyandu, terutama pada balita status gizi buruk, pengobatan tradisional masih dilakukan. Data penilaian status gizi di Kota Kendari menunjukkan prevalensi gizi buruk tertinggi terdapat di wilayah kerja Puskesmas Puuwatu sebesar 4,1% .

Tujuan penelitian: Mengeksplorasi persepsi ibu tentang gizi buruk pada balita di Kecamatan Puuwatu Kota Kendari.

Metode Penelitian: Penelitian ini menggunakan pendekatan kualitatif disain studi kasus eksploratoris. Informan penelitian berjumlah 34 orang yang dipilih secara *purposive sampling*. Pengumpulan data dengan wawancara mendalam, diskusi kelompok terarah, dan pengamatan.

Hasil: Menurut informan, gizi buruk adalah kondisi kurang gizi, berat badan tidak sesuai dengan umur, berat badan tidak sesuai dengan tinggi badan, dan menunjukkan tanda-tanda balita gizi buruk, seperti perut besar atau buncit, kurus, badan kecil, dan lemah. Ibu memiliki persepsi bahwa balita rentan gizi buruk, rentannya balita terhadap gizi buruk menyebabkan ibu harus membatasi asupan makan ikan, karena dapat menyebabkan cacingan. Bahaya gizi buruk adalah kematian dan kelumpuhan, sehingga ibu perlu melakukan perawatan kesehatan pada balita gizi buruk atau yang sedang sakit, agar berat badan balita tidak semakin menurun. Masih ada ibu yang mengobati penyakit balita secara tradisional, yaitu menggunakan air dan ragi. Ada ibu balita gizi buruk yang tidak mau memanfaatkan pelayanan puskesmas, sebab balita tetap sakit-sakitan. Kondisi ekonomi keluarga menjadi hambatan ibu membawa balita ke puskesmas ketika sakit dan tidak dapat memenuhi beberapa kebutuhan asupan gizi balita.

Kesimpulan: Gizi buruk dianggap sebagai ancaman bagi balita, sehingga ibu melakukan berbagai upaya kesehatan untuk mengatasi dan mencegah terjadinya gizi buruk.

Kata Kunci: persepsi ibu, gizi buruk, balita, status gizi, Kota Kendari, Kecamatan Puuwatu

ABSTRACT

Background: Malnutrition is a primary cause of child mortality over the world. Children under five with severe malnutrition indirectly reflect mothers' health practice. Mothers especially having malnutrition children do not routinely take them to the integrated health care. Meanwhile, traditional care is still carried out. Data of nutritional assesment in Kendari show that there is four percent of child malnutrition, the highest prevalence found in working area of Puuwatu's community health center.

Objective: To investigate mothers' perception of malnutrition children in Puuwatu Subdistrict Kendari City.

Method: The research was taken by a qualitative study where the design was exploration case study. The number of interviewees was 34 people and purposively selected. The data were collected by indepth interviews, focussed group discussions and observations.

Result: According to the informants, malnutrition as a condition of low intake of nutrition, weight loss is not in accordance with the age, body weight does not correspond with height, and showed signs of malnutrition children, such as a big stomach or belly, thin, small body, and weak. The mothers considered that children under five are susceptible to malnutrition. It subsequently compelled the mothers to restrict intake of fish, that can consequently cause worm investment. The worst effect of malnutrition is mortality and paralysis. Hence, the mothers need to make effort in health care of child malnutrition or pediatric patients to prevent the decrease of body weight. There were still mothers who take care of their children traditionally using water and yeast. In addition, mothers having children with malnutrition shall not use primary care in health center because children under five keep on illness. On the other hand, economic condition of family becomes barrier of mothers to take along their children to the community health center when they are getting sick or could not consume food adequately.

Conclusion: Malnutrition is consider as the threat for children under five. Therefore, it is essential for mothers to take various health efforts to overcome and prevent malnutrition.

Keywords: mothers' perception, malnutrition, children under five, nutritional status, Kendari City, Puuwatu Subdistrict