

INTISARI

HUBUNGAN KEAKTIFAN KE POSYANDU DENGAN PENINGKATAN STATUS GIZI PADA BALITA *STUNTING* 6-59 BULAN DI WILAYAH KERJA PUSKESMAS SEYEGAN

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Latar Belakang : *Stunting* (gizi pendek) masih menjadi permasalahan gizi yang dialami oleh dunia, termasuk Indonesia. *Stunting* tidak hanya menghalangi seseorang memperoleh potensi pertumbuhan fisik, namun juga kemampuan intelektual, bahkan kesejahteraan. Berbagai upaya penanggulangan sudah dilakukan namun belum membuahkan hasil membanggakan. Memantau pertumbuhan balita di posyandu merupakan salah satu upaya strategis untuk mendeteksi dini terjadinya gangguan pertumbuhan.

Tujuan : Mengetahui hubungan keaktifan ke posyandu dengan peningkatan status gizi pada balita *stunting* selama 6 bulan di wilayah kerja Puskesmas Seyegan, Kabupaten Sleman.

Metode Penelitian : Jenis penelitian observasional dengan desain kohort retrospektif. Responden merupakan balita berusia 6-59 bulan yang tercatat *stunting* pada Agustus 2016, tinggal di wilayah kerja Puskesmas Seyegan dan termonitoring tinggi badannya setiap bulan. *Screening* responden dilakukan berdasarkan data PSG puskesmas, keaktifan ke posyandu dan peningkatan status gizi diperoleh dari data posyandu, sementara, identitas dan lainnya dengan pengisian kuesioner.

Hasil Penelitian : Responden dikelompokkan menjadi aktif (32 balita) dan tidak aktif (53 balita). Hasil uji *fisher* menunjukkan hubungan bermakna antara keaktifan ke posyandu dengan peningkatan status gizi balita *stunting* pada bulan ke-6 dibandingkan dengan bulan pertama ($p=0,004$ RR =1,918 (1,248-2,946)), dan pada bulan pertama ($p=0,002$, RR =3,128), sementara pada bulan ke 2 hingga bulan ke enam hasilnya tidak signifikan. Riwayat penyakit infeksi, riwayat ASI Eksklusif, BBLR, dan PBLR tidak menunjukkan hasil signifikan.

Kesimpulan : Terdapat hubungan bermakna antara keaktifan ke posyandu dengan peningkatan status gizi pada balita *stunting* 6-59 bulan di wilayah kerja Puskesmas Seyegan. Balita yang aktif ke posyandu memiliki peluang lebih besar meningkat status gizinya.

Kata Kunci : Keaktifan ke Posyandu, Peningkatan Status Gizi, *Stunting*

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ABSTRACT

ASSOCIATION BETWEEN THE FREQUENT ATTENDANCE TO HEALTH CARE CENTER (POSYANDU) AND THE IMPROVEMENT OF NUTRITIONAL STATUS ON STUNTING CHILDREN UNDER FIVE YEARS OLD (6-59 MONTHS OLD) IN WORKING AREA OF PUSKESMAS SEYEGAN

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Background : Stunting still becomes the most problematic nutritional matter experienced by the world, including Indonesia. Stunting not only prevents a person from gaining physical growth potential, but also intellectual ability, even prosperity. Various efforts have been done to overcome this problem without any significant result. Monitoring the growth of children under five years old in Posyandu is one of the strategic efforts to do early detection of growth disorder.

Objective : To find out the association between the frequent attendance to Posyandu and the improvement of nutritional status on stunting children under five years old during a 6 month observation in working area of Puskesmas Seyegan.

Method : Observational study with cohort retrospective design. Respondents were children aged 6-59 months who were recorded stunting in August 2016, living in the work area of Seyegan Health Center and having height- monitoring every month. Screening of respondents was conducted based on assessment of nutritional status data of puskesmas, the frequent attendance to posyandu and improvement of nutritional status obtained from Posyandu data, while for identity and other information were conducted by filling questioner.

Result : The result of fisher exact test showed that there was a significant association between the frequent attendance to Posyandu with the increase of nutritional status of children under five years old stunting at month 6 compared to first month ($p = 0,004$ $RR = 1,918$ (1,248-2,946)), and in the first month ($p = 0,002$, $RR = 3,128$), while in the second to the sixth month the results are not significant. History of infectious diseases, exclusive breast feeding, low birth weight, and low birth height do not show significant results.

Conclusion : There is a significant association between the frequent attendance to Posyandu and the improvement of nutritional status of children under 5 years old stunting at age 6 – 59 months old in the working area of Puskesmas Seyegan. The active children have bigger opportunity to improve their nutritional status.

Keywords : Frequent Attendance to Posyandu, Improvement of Nutritional Status, Stunting

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