

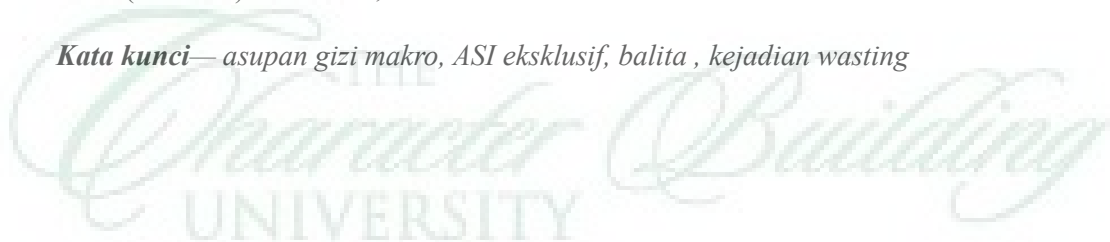
ABSTRAK

Ruth Olga Fanela Situmorang. Hubungan Asupan Zat Gizi Makro dan Riwayat ASI Eksklusif Dengan Kejadian *Wasting* Pada Balita Usia 1-3 Tahun Di Puskesmas Pintu Angin Kota Sibolga. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2023

Tujuan penelitian ini untuk mengetahui: 1) Karakteristik responden. 2) Asupan zat gizi makro. 3) Riwayat ASI eksklusif. 4) Kejadian *wasting* pada balita. 5) Hubungan asupan zat gizi makro dengan kejadian *wasting* pada balita. 6) Hubungan riwayat ASI eksklusif dengan kejadian *wasting* pada balita. 7) Hubungan asupan zat gizi makro dan riwayat ASI eksklusif dengan kejadian *wasting* pada balita. Tempat penelitian di Puskesmas Pintu Angin Kota Sibolga. Populasi pada penelitian ini yaitu seluruh balita usia 1-3 tahun di wilayah kerja Puskesmas Pintu Angin berjumlah 294 orang. Teknik pengambilan subjek penelitian menggunakan *simple random sampling*, dengan 73 orang balita. Penelitian ini menggunakan desain *cross sectional*. Teknik pengumpulan data menggunakan kuesioner dan formulir *recall 3x24 hours*. Teknik analisis data secara deskriptif, uji *chi-square*, dan uji regresi logistik.

Berdasarkan hasil penelitian, asupan zat gizi makro, meliputi, asupan energi balita *wasting* termasuk kategori kurang sebesar 30,1% dan asupan energi balita tidak *wasting* termasuk kategori cukup sebesar 41,1%. Asupan karbohidrat balita *wasting* termasuk kategori kurang sebesar 39,8% dan asupan karbohidrat balita tidak *wasting* termasuk kategori cukup sebesar 26%. Asupan protein balita *wasting* termasuk kategori kurang sebesar 20,5% dan asupan protein balita tidak *wasting* termasuk kategori lebih sebesar 35,6%. Asupan lemak balita *wasting* termasuk kategori kurang sebesar 23,3% dan asupan lemak balita tidak *wasting* termasuk kategori cukup sebesar 27,3. Riwayat ASI eksklusif, termasuk kategori tidak eksklusif sebesar 74%. Kejadian *wasting* pada balita sebesar 42,5% dan tidak *wasting* sebesar 57,5%. Hasil analisis uji *chi-square* menunjukkan terdapat hubungan yang positif dan signifikan antara asupan zat gizi makro, energi ($p=0,001$), karbohidrat ($p=0,001$), protein ($p=0,000$), lemak ($p=0,000$) dengan kejadian *wasting* pada balita dengan taraf signifikan $\alpha = 0,05$ artinya semakin baik asupan zat gizi makro (energi, karbohidrat, protein, lemak) maka semakin rendah kejadian *wasting*. Hasil analisis uji regresi logistik menunjukkan bahwa asupan energi, karbohidrat, protein, dan riwayat ASI eksklusif berpengaruh signifikan dengan kejadian *wasting*. Asupan karbohidrat memiliki pengaruh signifikan paling besar dengan kejadian *wasting* dibandingkan variabel lainnya dengan nilai OR= 20,49. Nilai R-square sebesar 0,718 maka dapat disimpulkan asupan zat gizi makro dan riwayat ASI eksklusif mempengaruhi kejadian *wasting* secara bersama-sama (simultan) sebesar 71,8%.

Kata kunci— asupan gizi makro, ASI eksklusif, balita, kejadian *wasting*



ABSTRACT

Ruth Olga Fanela Situmorang. The relationship between macronutrient intake and history of exclusive breastfeeding with the incidence of wasting in toddlers aged 1-3 years at the Pintu Angin Health Center in Sibolga City. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2023

The purpose of this study is to find out: 1) Characteristics of respondents. 2) Intake of macronutrients. 3) History of exclusive breastfeeding. 4) The incidence of wasting in toddlers. 5) The relationship between macronutrient intake and the incidence of wasting in toddlers. 6) The relationship between the history of exclusive breastfeeding and the incidence of wasting in toddlers. 7) The relationship between macronutrient intake and history of exclusive breastfeeding with the incidence of wasting in toddlers. Research place at Pintu Angin Health Center in Sibolga City. The population in this study was all toddlers aged 1-3 years in the working area of the Pintu Angin Health Center amounting to 294 people. The technique of taking research subjects used simple random sampling, with 73 toddlers. This study used a cross sectional design. Data collection techniques using questionnaires and recall forms 3x24 hours. Descriptive data analysis techniques, chi-square tests, and logistic regression tests.

Based on the results of the study, macronutrient intake, including, energy intake of wasting toddlers included in the category of less by 30.1% and energy intake of non-wasting toddlers included in the sufficient category of 41.1%. Carbohydrate intake of wasting toddlers is included in the less category by 39.8% and carbohydrate intake of non-wasting toddlers is included in the sufficient category by 26%. Protein intake of wasting toddlers was included in the less category of 20.5% and protein intake of non-wasting toddlers was included in the more category of 35.6%. Fat intake of wasting toddlers was included in the category of less by 23.3% and fat intake of non-wasting toddlers was included in the category of sufficient by 27.3. History of exclusive breastfeeding, including the non-exclusive category at 74%. The incidence of wasting in toddlers was 42.5% and non-wasting was 57.5%. The results of the chi-square test analysis showed a positive and significant relationship between the intake of macronutrients, energy ($p = 0.001$), carbohydrates ($p = 0.001$), protein ($p = 0.000$), fat ($p = 0.000$) with the incidence of wasting in toddlers with a significant level $\alpha = 0.05$ meaning that the better the intake of macronutrients (energy, carbohydrates, proteins, fats) the lower the incidence of wasting. The results of logistic regression test analysis showed that energy intake, carbohydrates, protein, and exclusive breastfeeding history had a significant effect on the incidence of wasting. Carbohydrate intake had the greatest significant effect on wasting events compared to other variables with an OR= 20.49 value. The R-square value of 0.718 can be concluded that macronutrient intake and exclusive breastfeeding history affect the incidence of wasting together (simultaneously) by 71.8%.

Keywords— macronutrient intake, exclusive breastfeeding, toddler, incidence of wasting