

ABSTRAK

Juni Cahaya Simanullang : Hubungan Pola Pemberian Makan Anak Balita dan Asupan Energi dengan Status Gizi Balita Di Desa Kuta Saga Kabupaten Pakpak Bharat. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2024

Penelitian ini bertujuan untuk mengetahui : 1) Karakteristik keluarga responden; pekerjaan ayah, pekerjaan ibu, pendidikan ayah, pendidikan ibu, penghasilan ayah, penghasilan ibu, dan besar keluarga; 2) Pola pemberian makan balita; 3) Asupan energi balita; 4) Status gizi balita; 5) Hubungan pola pemberian makan balita dengan status gizi; 6) Hubungan asupan energi dengan status gizi; 7) Hubungan pola pemberian makan dan asupan energi dengan status gizi balita. Lokasi penelitian di Desa Kuta Saga Kabupaten Pakpak Bharat. Waktu Penelitian November 2023. Teknik pengambilan sampel secara *Total sampling*, dengan jumlah 59 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data menggunakan kuesioner dan pengukuran antropometri. Teknik analisis data menggunakan deskriptif data, uji *Rank Spearman* dan Uji *Regresi Linier Berganda*.

Berdasarkan hasil penelitian ini pola pemberian makan balita termasuk dalam kategori kurang sebesar 76,27 persen dengan rerata 119,254 kkal. Asupan energi balita termasuk kategori cukup sebesar 64,41 persen dengan rerata 1.173,51 kkal. Status gizi balita termasuk kategori gizi lebih sebesar 40,68 persen. Hasil analisis uji *Rank Spearman* terdapat hubungan positif dan signifikan antara pola pemberian makan dengan status gizi balita dengan korelasi 0,398 dengan nilai *P-value* (0,002) pada taraf signifikan 0,005. Artinya semakin baik pola pemberian makan maka semakin baik status gizi balita. Hasil analisis *rank spearman* terdapat hubungan yang positif dan signifikan antara asupan energi dengan status gizi balita dengan nilai korelasi sebesar 0,363 dengan nilai *p-value* (0,005) pada taraf signifikan 0,005. Artinya semakin baik asupan energi maka semakin baik status gizi balita. Hasil analisis uji *regresi linier berganda* terdapat hubungan negatif dan signifikan antara pola pemberian makan dan asupan energi dengan status gizi dengan nilai *p-value* (0,000) dan nilai $Y = -5,581 + 0,066 X_1 + 0,021 X_2$. Nilai konstanta (a) yang bertanda negatif, yaitu : -5,581 artinya apabila pola pemberian makan dan asupan energi sama dengan nol (0) maka status gizi mengalami penurunan. Nilai koefisien regresi variabel pola pemberian makan (X_1) yaitu sebesar 0,066 artinya pola pemberian makan berhubungan positif dengan status gizi. Nilai koefisien regresi variabel asupan energi (X_2) yaitu sebesar 0,021 artinya asupan energi berhubungan positif dengan status gizi. Hasil penelitian menunjukkan pola pemberian makan dan asupan energi berhubungan dengan status gizi karena nilai koefisien regresinya 0,066; lebih besar daripada asupan energi (0,021). Kesimpulan terdapat hubungan antara pola pemberian makan dan asupan energi dengan status gizi balita di Desa Kuta Saga Kabupaten Pakpak Bharat.

ABSTRACT

Juni Cahaya Simanullang: The Relationship between Feeding Patterns of Toddlers and Energy Intake with the Nutritional Status of Toddlers in Desa Kuta Saga , Kabupaten Pakpak Bharat. Thesis. Faculty of Engineering. Medan State University. 2024

This study aims to find out: 1) Family characteristics of respondents; (father's occupation, mother's occupation, father's education, mother's education, father's income, mother's income, and family size); 2) Feeding patterns of toddlers; 3) Energy intake of toddlers; 4) Nutritional status of toddlers; 5) The relationship of infant feeding patterns with nutritional status; 6) The relationship of energy intake with nutritional status; 7) The relationship between feeding patterns and energy intake with the nutritional status of toddlers. The research location is in Kuta Saga Village, Pakpak Bharat Regency. Research Time November 2023. *Total sampling technique*, with a total of 59 people. *Cross sectional* research design. Data collection techniques using questionnaires and anthropometric measurements. Data analysis techniques use descriptive data, *Spearman Rank* test and Multiple Linear Regression Test.

Based on the results of this study, the feeding pattern of toddlers was included in the not enough category of 76,27 percent with an average of 119,254. Energy intake of toddlers is enough in the category of less by 64,41 percent with an average of 1.173,51 kcal. The nutritional status of toddlers is included in the category of nutritional of more than 40,68 percent. The results of the *Spearman Rank* test analysis showed a positive and significant relationship between feeding patterns and the nutritional status of toddlers with a correlation of 0.398 with *P-value* (0.002) at a significant level of 0.005. This means that the better the feeding pattern, the better the nutritional status of toddlers. The results of the *spearman rank* analysis showed a positive and significant relationship between energy intake and nutritional status of toddlers with a correlation value of 0.363 with a *p-value* (0.005) at a significant level of 0.005. This means that the better the energy intake, the better the nutritional status of toddlers. The results of multiple *linear regression* test analysis showed a negative and significant relationship between feeding patterns and energy intake with nutritional status with *p-value* (0.000) and *Y* value = $-5,581 + 0.066 X_1 + 0.021 X_2$. The value of constant (*a*) which is marked negative, namely: -4.645 means that if the feeding pattern and energy intake are equal to zero (0) then the nutritional status decreases. The value of the regression coefficient of the feeding pattern variable (X_1) of 0.066 means that the feeding pattern is positively related to nutritional status. The value of the regression coefficient of the variable energy intake (X_2) of 0.021 means that energy intake is positively related to nutritional status. The results showed that feeding patterns and energy intake were related to nutritional status because the regression coefficient value was 0.066; greater than energy intake (0.021). Conclusion, there is a relationship between feeding patterns and energy intake with the nutritional status of toddlers in Desa Kuta Saga, Kabupaten Pakpak Bharat.