

ABSTRAK

Mega Aulia Rizki Munte: *Hubungan Sosial Ekonomi Dan Pola Makan Dengan Status Gizi Balita Di Desa Tanjung Pasir, Kecamatan Kualuh Selatan, Kabupaten Labuhanbatu Utara*. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Berdasarkan data puskesmas desa Tanjung Pasir tahun 2023 mempunyai masalah gizi yaitu stunting dengan persentase 7,8%, 5,5% persentase balita yang mengalami status gizi kurang dan 2,3% persentase balita yang mengalami status gizi sangat kurang. Tujuan penelitian ini untuk mengetahui: (1) Sosial ekonomi. (2) Pola makan. (3) Status gizi balita. (4) Hubungan sosial ekonomi dengan status gizi balita. (5) Hubungan pola makan dengan status gizi balita. (6) Hubungan sosial ekonomi dan pola makan dengan status gizi balita. Waktu penelitian dilaksanakan mulai Juni-Desember 2024. Lokasi penelitian di Desa Tanjung Pasir. Teknik pengambilan sampel *Convenience Sampling* dengan jumlah 64 balita. Desain penelitian *cross sectional*. Data karakteristik responden, sosial ekonomi dan data pola makan dikumpulkan menggunakan kuesioner. Data status gizi dikumpulkan melalui penimbangan berat badan dan pengukuran tinggi badan. Teknik analisis data secara deskriptif, yaitu uji *Chi-square* dan Uji Regresi Logistik.

Berdasarkan hasil penelitian ini menunjukkan bahwa karakteristik yang mendominasi di Desa Tanjung Pasir yaitu jenis kelamin balita perempuan sebesar (60,9%) 39 orang, usia termasuk kategori balita (37-60 bulan) sebesar (56,2%) 36 orang, besaran keluarga termasuk kategori keluarga sedang dengan rerata 5 – 6 orang sebesar (43,7%), pendidikan ayah termasuk kategori tamatan SMA/SMK sebesar (60,9%), pendidikan ibu termasuk kategori SMA/SMK sebesar (60,9%), pendapatan keluarga dalam kategori sedang sebesar (48,4%), pekerjaan ayah sebagai petani sebesar (45,3%) dan pekerjaan ibu sebagai IRT sebesar (31,3%). Sosial ekonomi dikategori tidak miskin sebesar (85,9%), pola makan dikategori pola makan baik sebesar (90,6%) dan status gizi balita termasuk kategori status gizi baik sebesar (75%). Hasil uji *Chi-square* terdapat hubungan yang positif dan signifikan yaitu sosial ekonomi ($p=0,006$) dan pola makan ($p=0,003$) dengan status gizi pada balita dan berdasarkan hasil penelitian ini, dapat dilihat hasil uji regresi logistik bahwa sosial ekonomi dan pola makan tidak memiliki hubungan yang signifikan dengan status gizi balita di Desa Tanjung Pasir, Kecamatan Kualuh Selatan, Kabupaten Labuhanbatu Utara.

Kata Kunci: Sosial Ekonomi, Pola Makan, Status Gizi Balita

ABSTRACT

Mega Aulia Rizki Munte: *The Relationship between Socio-Economic and Dietary Patterns with the Nutritional Status of Toddlers in Tanjung Pasir Village, South Kualuh District, North Labuhanbatu Regency*. Thesis. Medan State University Faculty of Engineering. 2024.

Based on data from the Tanjung Pasir village health center in 2023, there were nutritional problems, namely stunting with a percentage of 7,8%, 5,5% of the percentage of toddlers who experienced poor nutritional status and 2,3% of the percentage of toddlers who experienced very poor nutritional status. The aim of this research is to find out: (1) Socioeconomic. (2) Diet. (3) Nutritional status of toddlers. (4) Socioeconomic relationship with the nutritional status of toddlers. (5) Relationship between eating patterns and nutritional status of toddlers. (6) The relationship between socio-economic and dietary patterns and the nutritional status of toddlers. The research period will be carried out from June-December 2024. The research location is Tanjung Pasir Village. Convenience Sampling sampling technique with a total of 64 toddlers. Cross sectional research design. Data on respondent characteristics, socio-economic and dietary pattern data were collected using a questionnaire. Data on nutritional status was collected through weighing and measuring height. Descriptive data analysis techniques, namely the Chi-square test and Logistic Regression Test.

Based on the results of this study, it shows that the dominant characteristics in Tanjung Pasir Village are the gender of female toddlers (60.9%) 39 people, age included in the toddler category (37-60 months) amounting to (56.2%) 36 people, family size included in the medium family category with an average of 5-6 people amounting to (43.7%), father's education included in the high school/vocational high school graduate category amounting to (60.9%), mother's education included in the high school/vocational high school category amounting to (60.9%), family income in the medium category amounting to (48.4%), father's job as a farmer amounting to (45.3%) and mother's job as a housewife amounting to (31.3%). Socio-economic in the non-poor category amounting to (85.9%), diet in the good diet category amounting to (90.6%) and toddler nutritional status included in the good nutritional status category amounting to (75%). The results of the Chi-square test showed a positive and significant relationship, namely socio-economic ($p = 0.006$) and dietary patterns ($p = 0.003$) with nutritional status in toddlers and based on the results of this study, it can be seen from the results of the logistic regression test that socio-economic and dietary patterns do not have a significant relationship with the nutritional status of toddlers in Tanjung Pasir Village, Kualuh Selatan District, North Labuhanbatu Regency.

Keywords: Socio-Economic, Diet, Nutritional Status of Toddlers