

ABSTRAK

Mulaini Hutajulu: Hubungan Asupan Vitamin A dan Seng dengan Kejadian Underweight Pada Balita di Posyandu Bangun Sari Indah 6 Kecamatan Tanjung Morawa. Skripsi. Fakultas Teknik Universitas Negeri Medan, 2024

Masih terdapat 18,8% balita yang mengalami kejadian *underweight* di Posyandu Bangun Sari Indah 6 Kecamatan Tanjung Morawa pada tahun 2024. Tujuan penelitian untuk mengetahui gambaran karakteristik sampel, tingkat asupan vitamin A dan seng balita, prevalensi kejadian *underweight* balita, hubungan antara asupan vitamin A dengan kejadian *underweight* pada balita, hubungan antara asupan seng dengan kejadian *underweight* pada balita serta hubungan antara asupan vitamin A dan seng dengan kejadian *underweight* pada balita.

Metode penelitian ini menggunakan desain *cross sectional*. Penelitian dilakukan pada bulan Mei – Agustus 2024. Populasi dalam penelitian ini yaitu balita yang berusia 6-59 bulan di Posyandu Bangun Sari Indah 6 Kecamatan Tanjung Morawa sebanyak 135 balita. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah 48 balita. Teknik pengumpulan data untuk data asupan vitamin A dan seng menggunakan kuesioner FFQ semi-kuantitatif sedangkan data kejadian *underweight* dengan pengukuran antropometri. Teknik analisis data secara deskriptif, uji *fisher exact* serta regresi logistik untuk menganalisis hubungan asupan vitamin A dan seng dengan kejadian *underweight*.

Hasil penelitian ini menunjukkan mayoritas balita berjenis kelamin perempuan sebanyak 25 responden (52,1%) dan berusia 12-23 bulan sebanyak 17 responden (35,4%). Mayoritas ibu balita kelompok usia 25-29 tahun sebanyak 20 responden (41,7%), pendidikan terakhir ibu tamat SLTA/MA sebanyak 38 responden (79,2%), pekerjaan ibu kategori tidak bekerja sebanyak 36 responden (75%). Mayoritas pendapatan keluarga kategori sedang sebanyak 33 responden (68,8%) dan jumlah keluarga kategori kecil sebanyak 32 responden (66,7%). Mayoritas asupan vitamin A kategori cukup sebanyak 38 responden (79,2%), sementara asupan seng kategori cukup sebanyak 31 responden (64,6%). Prevalensi kejadian *underweight* sebanyak 9 responden (18,8%). Berdasarkan uji *fisher exact* asupan vitamin A berhubungan terhadap kejadian *underweight* $p=0,012<(0,05)$. Asupan seng tidak berhubungan dengan kejadian *underweight* $p=0,051>(0,05)$. Berdasarkan uji regresi logistik terdapat hubungan antara asupan vitamin A dengan kejadian *underweight* $p=0,046<(0,05)$. Sementara itu, asupan seng ($p=0,202>(0,05)$) tidak terdapat hubungan dengan kejadian *underweight*.

Kata kunci : seng, *underweight*, vitamin A.

ABSTRACT

Mulaini Hutajulu: The Relationship Between Vitamin A and Zinc Intake with Underweight Incidence in Toddlers at Posyandu Bangun Sari Indah 6, Tanjung Morawa District. Thesis. Faculty of Engineering, State University of Medan, 2024

In Posyandu Bangun Sari Indah 6, Tanjung Morawa District, 18.8% of toddlers experienced underweight in 2024. This study aims to describe the characteristics of the sample, the intake levels of vitamin A and zinc in toddlers, the prevalence of underweight among toddlers, and the relationships between vitamin A intake and underweight, zinc intake and underweight, as well as the combined effects of vitamin A and zinc intake on underweight in toddlers.

This research employs a cross-sectional design, conducted from May to August 2024. The population comprises toddlers aged 6-59 months in Posyandu Bangun Sari Indah 6, totaling 135 individuals. A purposive sampling technique was used, resulting in 48 participants. Data collection for vitamin A and zinc intake was done using a semi-quantitative FFQ questionnaire, while underweight incidence data were gathered through anthropometric measurements. Descriptive analysis, Fisher's Exact test, and logistic regression were used to analyze the relationship between vitamin A and zinc intake and underweight incidence.

The results show that the majority of toddlers were female (52,1%, n=25) and aged 12-23 months (35,4%, n=17). Most mothers were aged 25-29 years (41,7%, n=20), with the highest education level being high school (79,2%, n=38). The majority of mothers were unemployed (75%, n=36), and family income was predominantly in the medium category (68,8%, n=33), with small family size (1-4 members) being most common (66,7%, n=32). Vitamin A intake was sufficient for 79,2% (n=38), while zinc intake was sufficient for 64,6% (n=31). The prevalence of underweight was 18,8% (n=9). *Fisher exact* analysis indicated vitamin A intake was significantly related to underweight incidence ($p=0,012 < 0,05$), while zinc intake showed no significant relationship ($p=0,051 > 0,05$). Logistic regression analysis indicated that vitamin A intake was significantly related to underweight ($p=0,046 < 0,05$), whereas zinc intake was not ($p=0,202 > 0,05$).

Keywords: zinc, underweight, vitamin A.