ABSTRAK

Yudia Wulandari. Hubungan Asupan Zat Gizi Makro Dengan Kejadian *Underweight* Pada Balita Di Posyandu Bangun Sari Indah 6. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025

Penelitian ini bertujuan untuk mengetahui : (1) Karakteristik responden, (2) asupan zat gizi makro, (3) kejadian *underweight*, (4) hubungan asupan zat gizi makro dengan kejadian *underweight*, (5) regresi logistik hubungan asupan energi karbohidrat, protein, dan lemak dengan kejadian *underweight*. Tempat penelitian di Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa. Waktu penelitian Mei-Agustus 2024. Penelitian ini menggunakan desain *cross sectional*. Populasi dalam penelitian ini yaitu 135 balita. Teknik pengambilan sampel menggunakan *purposive sampling* dengan sampel 48 balita. Teknik pengumpulan data asupan makanan menggunakan formulir *food recall* 2x24 jam dan data *underweight* menggunakan pengukuran antropometri. Teknik analisis data secara deskriptif, uji korelasi *rank spearman*, dan uji regresi logistik.

Berdasarkan hasil penelitian, asupan zat gizi makro, asupan energi balita termasuk kategori sangat kurang sebesar 56,20 persen, asupan protein termasuk kategori asupan lebih sebesar 50,00 persen, asupan karbohidrat dan lemak termasuk kategori asupan kurang masing-masing sebesar 58,30 persen dan 68,80 persen. Kejadian *underweight* pada balita hanya sebesar 18,80 persen dan yang tidak *underweight* lebih banyak sebesar 81,30 persen. Hasil analisis uji korelasi *rank spearman* menunjukkan terdapat hubungan yang positif dan signifikan antara asupan energi (p=0,003), asupan karbohidrat (p=0,004), asupan protein (p=0,005), dan asupan lemak (p=0,025) dengan kejadian *underweight* pada balita dengan taraf signifikan $\alpha = 0{,}05$ yang artinya semakin baik asupan zat gizi makro (energi, karbohidrat, protein, lemak) maka angka kejadian *underweight* akan semakin rendah. Hasil analisis uji regresi logistik menunjukkan bahwa asupan energi, karbohidrat, protein, dan lemak tidak berhubungan dengan kejadian *underweight*.

ABSTRACT

Yudia Wulandari. The Relationship Between Macronutrient Intake and Underweight Incidents in Toddlers at Bangun Sari Indah 6 Health Post. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2025

This study aims to determine: (1) characteristics of respondents, (2) macronutrient intake, (3) the incidence of underweight, (4) the relationship between macronutrient intake and the incidence of underweight, (5) logistic regression of the relationship between carbohydrate, protein and energy intake. and fat with the incidence of underweight. The research site is Posyandu Bangun Sari Indah 6, Kec. Cape Morawa. The time of this research was May-August 2024. The population of this research was 135 toddlers. This research used a cross sectional design. The research subject sampling technique used a purposive sample with 48 toddlers. The food intake data collection technique uses a 2x24 hour food recall form and underweight data uses anthropometric measurements. Descriptive data analysis techniques, Spearman rank correlation test, and logistic regression test.

Based on the research results, macronutrient intake, energy intake of toddlers is in the very low category at 56.20 percent, protein intake is in the over intake category at 50.00 percent, carbohydrate and fat intake is in the under intake category at 58.30 percent respectively. and 68.80 percent. The incidence of underweight among toddlers is only 18.80 percent and those who are not underweight are more at 81.30 percent. The results of the Spearman rank correlation test analysis showed that there was a positive and significant relationship between energy intake (p=0.003), carbohydrate intake (p=0.004), protein intake (p=0.005), and fat intake (p=0.025) with the incidence of underweight in toddlers with a significant level of $\alpha = 0.05$, which means that the better the intake of macronutrients (energy, carbohydrates, protein, fat), the lower the incidence of underweight. The results of the logistic regression test analysis showed that energy, carbohydrate, protein and fat intake was not related to the incidence of underweight.