ABSTRAK

Mega Wati Putri Sitanggang: Faktor-Faktor Yang Berhubungan Dengan Status Gizi Balita Di Wilayah Kerja Puskesmas Sentosa Baru

Tujuan penelitian ini untuk mengetahui: 1) Karakteristik responden yaitu jenis kelamin balita, besar keluarga, pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu, dan pendapatan keluarga; 2) Faktor- faktor penyebab status gizi balita; 3) Status gizi balita; 4) Faktor-faktor yang berhubungan dengan status gizi balita Waktu penelitian dilaksanakan mulai Juni-Juli 2022. Lokasi penelitian di Wilayah Kerja Puskesmas Sentosa Baru. Teknik pengambilan sampel, *Purposive Sampling* dengan jumlah 65 balita. Desain penelitian *cross sectional*. Data karakteristik responden dan data faktor-faktor penyebab status gizi (penyakit infeksi, pola asuh kesehatan, akses pelayanan kesehatan, pengetahuan gizi ibu, higiene sanitasi dan pola makan) dikumpulkan menggunakan kuesioner. Data status gizi dikumpulkan melalui penimbangan berat badan. Teknik analisis data menggunakan deskriptif data, uji *chi-square* dan uji *regresi logistic*.

Berdasarkan hasil penelitian ini karakteristik responden berdasarkan jenis kelamin sebagian besar laki-laki (53,84%), usia termasuk kategori balita (37-60 bulan), besaran keluarga termasuk kategori keluarga kecil dengan rerata 4 orang, pendidikan ayah termasuk kategori akademi/perguruan tinggi, pendidikan ibu termasuk kategori Tamat/tidak tamat SMP/SMA, pekerjaan ayah bervariasi yaitu PNS/TNI/POLRI, wiraswasta, pegawai swasta, dan lain-lain, pekerjaan ibu bervariasi yaitu PNS/TNI/POLRI, wiraswasta, pegawai swasta, IRT dan lain-lain dan besar pendapatan keluarga termasuk kategori sedang. Faktor-faktor penyebab status gizi balita yaitu penyakit infeksi, pola asuh kesehatan, akses pelayanan kesehatan, pengetahuan gizi ibu, higiene sanitasi dan pola makan. Status gizi balita termasuk kategori status gizi kurang sebesar 40 persen. Hasil uji analisis *Chi-square* terdapat hubungan yang positif dan signifikan yaitu penyakit infeksi (p=0,013), pola asuh kesehatan (p=0,001), pola makan (p=0,005), dan pengetahuan gizi (p=0,009) dengan status gizi pada balita dan Berdasarkan hasil penelitian ini, dapat dilihat hasil uji regresi logistik faktor yang paling dominan yang berhubungan dengan status gizi pada balita adalah pola makan dengan nilai (p= <0,010;OR= 6,991 95%CI 1,602-30,508) pada taraf signifikan 5 persen, artinya balita yang pola makannya kurang baik memiliki peluang berisiko 6,991 kali lebih besar mengalamigizi kurang dibanding dengan balita yang pola makannya baik.

ABSTRACT

Mega Wati Putri Sitanggang: Factors Related to the Nutritional Status of Toddlers in the Working Area of the Sentosa Baru Health Center.

The purpose of this study was to find out: 1) The characteristics of the respondents, namely the gender of the toddler, family size, parents' education, parents' occupation, and family income; 2) Toddler nutritional status; 3) Factors related to the nutritional status of children under five. When the research was carried out from June to July 2022. The research location was in the Working Area of the Sentosa Baru Health Center. The sampling technique was carried out by purposive sampling with a total of 65 toddlers. Cross sectional research design. Data on respondent characteristics and data on factors causing nutritional status (infectious diseases, parenting styles, access to health services, knowledge of maternal nutrition, sanitation hygiene and diet) were collected using a questionnaire. Nutritional status data was collected through weighing. data analysis technique using descriptive data chi-square test and logistic regression test

Based on the results of this study, the characteristics of respondents based on gender were mostly male (53.84%), age included in the toddler category (37-60 months), family size was included in the small family category with an average of 4 people, father's education was included in the academy / college category high, mother's education is in the category of graduated/didn't finish junior high school/high school, father's job varies, namely civil servant/army/polri, self-employed, private employee, and others, mother's job varies, namely civil servant/army/polri, self-employed, private employee, IRT and others and the size of the family income is in the moderate category. The factors that cause the nutritional status of children under five are infectious diseases, health parenting, access to health services, knowledge of maternal nutrition, sanitation hygiene and eating patterns. The nutritional status of toddlers is included in the category of undernutrition status by 40 percent. The results of the Chi-square analysis test showed a positive and significant relationship, namely infectious diseases (p=0.013), health care patterns (p=0.001), eating patterns (p=0.005), and nutritional knowledge (p=0.009) with nutritional status in Based on the results of this study, it can be seen from the results of the logistic regression test that the most dominant factor related to nutritional status in toddlers is diet with a value (p= <0.010; OR= 6.991 95%CI 1.602-30.508) at a significant level of 5 percent , meaning that toddlers whose eating patterns are not good have a risk of 6.991 times greater risk of experiencing malnutrition compared to toddlers whose eating patterns are good.