

ABSTRAK

Cindra Emelia Pane: Hubungan Pola Makan dan Riwayat Penyakit Infeksi dengan Status Gizi Kurang pada Anak Sekolah Dasar di Desa Tornagodang, Kabupaten Toba. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Anak usia sekolah dasar adalah anak yang sangat membutuhkan asupan makanan yang bergizi untuk menunjang pertumbuhan dan perkembangan anak. Berdasarkan observasi yang dilakukan di Desa Tornagodang, Kabupaten Toba, prevalensi status gizi kurang pada anak sekolah dasar sebesar 19,6% dan diatas rata-rata nasional (tergolong masalah gizi tinggi). Penelitian ini bertujuan untuk untuk mengetahui: (1) Karakteristik responden yaitu usia responden, jenis kelamin, pekerjaan ayah, pekerjaan ibu, pendapatan ayah, pendapatan ibu, pendidikan ayah, pendidikan ibu dan besaran keluarga. (2) Pola Makan ; (3) Riwayat penyakit infeksi ; (4) Status Gizi ; (5) Hubungan pola makan dengan status gizi anak sekolah dasar ; (6) Hubungan riwayat penyakit infeksi dengan status gizi anak sekolah dasar ; (7) Hubungan pola makan dan riwayat penyakit infeksi dengan status gizi anak sekolah dasar.

Metode penelitian adalah kuantitatif observasional dengan pendekatan *cross sectional*. Pelaksanaan penelitian dilakukan di Desa Tornagodang Kabupaten Toba. Teknik pengambilan sampel menggunakan *Proportionate Stratified Random Sampling*, sampel sebanyak 48 orang. Teknik pengumpulan data pola makan menggunakan formulir FFQ, riwayat penyakit infeksi menggunakan kuisioner sedangkan status gizi dengan melakukan pengukuran tinggi badan dan berat badan. Teknik analisis data menggunakan deskriptif data uji korelasi *Chi Square* dan analisis *regresi logistik berganda*.

Hasil penelitian menunjukkan pola makan anak yang terbentuk adalah pola makan *healthy* dan pola makan kombinasi. Riwayat penyakit infeksi pada anak juga tergolong tinggi yaitu sebanyak 52,1%. Sebanyak 39,6% anak memiliki status gizi kurang. Hasil analisis uji *Chi Square* menunjukkan terdapat hubungan yang positif dan signifikan antara pola makan *healthy* ($p=0,000$), pola makan kombinasi ($p=0,000$), riwayat penyakit infeksi ($p=0,000$) dengan status gizi anak sekolah dasar. Hasil analisis uji *regresi logistik berganda* menunjukkan bahwa pola makan kombinasi dan riwayat penyakit infeksi berhubungan signifikan dengan status gizi kurang. Riwayat penyakit infeksi memiliki pengaruh yang paling besar dengan status gizi kurang dibandingkan variabel lainnya dengan nilai $OR= 14,75$. Koefisien determinasi atau nilai *R-Square* sebesar 0,700 menunjukkan bahwa terdapat hubungan pola makan dan riwayat penyakit infeksi dengan status gizi kurang sebesar 70%.

Kata kunci : Pola Makan, Riwayat Penyakit Infeksi, Status Gizi Kurang

ABSTRACT

Cindra Emelia Pane: Relationship between Diet and History of Infectious Diseases with Undernutrition Status among Elementary School Children in Tornagodang Village, Toba Regency. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2024.

Elementary school-age children are children who need nutritious food intake to support their growth and development. Based on observations made in Tornagodang Village, Toba Regency, the prevalence of malnutrition in primary school children is 19.6% and above the national average (classified as a high nutritional problem). This study aims to determine: (1) Respondents' characteristics, namely respondents' age, gender, father's occupation, mother's occupation, father's income, mother's income, father's education, mother's education and family size. (2) Diet; (3) History of infectious disease; (4) Nutritional Status; (5) Relationship between diet and nutritional status of elementary school children; (6) Relationship between history of infectious disease and nutritional status of elementary school children; (7) Relationship between diet and history of infectious disease with nutritional status of elementary school children.

The research method is quantitative observational with a cross sectional approach. The research was conducted in Tornagodang Village, Toba Regency. The sampling technique used Proportionate Stratified Random Sampling, a sample of 48 people. The technique of collecting data on diet using FFQ formulars, history of infectious diseases using questionnaires while nutritional status by measuring height and weight. Data analysis techniques using descriptive data Chi Square correlation test and multiple logistic regression analysis.

The results showed that the children's eating patterns formed were healthy dietary patterns and combination dietary patterns. The history of infectious diseases in children is also high, as many as 52.1%. As many as 39.6% of children have poor nutritional status. The results of the *Chi Square* test analysis show that there is a positive and significant relationship between healthy dietary patterns ($p = 0.000$), combined dietary patterns ($p = 0.000$), history of infectious diseases ($p = 0.000$) with the nutritional status of elementary school children. The results of multiple logistic regression test analysis showed that a combination dietary pattern and a history of infectious disease were significantly associated with nutritional status. A history of infectious disease has the greatest influence on nutritional status compared to other variables with an OR = 14.75. The coefficient of determination or R-Square value of 0.700 indicates that there is a relationship between diet and history of infectious disease with undernutrition status by 70%.

Keywords: Dietary Pattern, History of Infectious Disease, Undernutrition Status