

ABSTRAK

Denna Marelita Sinambela: Hubungan Perilaku Keluarga Sadar Gizi (KADARZI) dengan Status Gizi Baduta di Kelurahan Hamdan Kecamatan Medan Maimun. Skripsi. Program Studi Gizi. Fakultas Teknik Universitas Negeri Medan. 2026

Dua tahun pertama kehidupan yang disebut periode emas dapat terwujud apabila kebutuhan gizi anak terpenuhi secara optimal namun bila sebaliknya dilakukan maka dapat menyebabkan gangguan pertumbuhan dan perkembangan saat ini maupun masa selanjutnya. Berdasarkan data pada Survei Status Gizi Indonesia (SSGI) prevalensi nasional masalah status gizi (BB/U) pada balita tahun 2024 diperoleh berat badan sangat kurang sebesar 3,6%, berat badan kurang sebesar 13,9% dan risiko berat badan lebih sebesar 6,8%. Tingginya prevalensi baduta yang mengalami masalah gizi menjadi masalah utama bagi pemerintah dan keluarga. Upaya pemerintah dalam menanggulangi permasalahan ini melalui program Keluarga Sadar Gizi (KADARZI) dan setiap anggota keluarga terlibat dalam menjaga kesehatan keluarga dalam pemenuhan kebutuhan gizi, sehingga berpotensi dalam mengurangi permasalahan gizi. Tujuan penelitian ini untuk mengetahui hubungan perilaku keluarga sadar gizi (KADARZI) dengan status gizi baduta di Kelurahan Hamdan Kecamatan Medan Maimun

Penelitian ini menggunakan desain *cross sectional*. Populasi penelitian ini adalah baduta dengan rentang usia 6-23 bulan dan responden dalam penelitian ini sebanyak 61 baduta yang diambil dengan *purposive sampling*. Penelitian ini dilakukan pada bulan September-Desember 2025. Teknik pengumpulan data perilaku KADARZI meliputi pengisian kuesioner, tetes yodium dan *Food Frequency Questionnaire* serta status gizi dengan melakukan penimbangan berat badan menggunakan timbangan digital. Teknik analisis data menggunakan *rank spearman*.

Hasil penelitian menunjukkan bahwa sebanyak 28 keluarga belum baik dalam melakukan perilaku KADARZI (45,9%). Keluarga yang belum baik dalam menerapkan indikator antara lain menimbang berat badan secara teratur (24,6%), makanan beraneka ragam (32,5%) dan minum suplemen (vitamin A) (14,8%). Sebanyak 9 baduta (14,8%) memiliki berat badan kurang, 3 baduta (4,9%) memiliki berat badan lebih dan 1 baduta (1,6%) memiliki status gizi berat badan sangat kurang. Berdasarkan uji *rank spearman* diperoleh nilai *p-value* sebesar 0,025 ($p < 0,05$) menunjukkan terdapat hubungan yang signifikan antara perilaku KADARZI dengan status gizi baduta di Kelurahan Hamdan Kecamatan Medan Maimun.

Kata Kunci: Baduta, perilaku KADARZI, Status Gizi

ABSTRACT

Denna Marelita Sinambela: The Relationship between Nutrition Awareness Family Behavior (KADARZI), and the Nutritional Status of Toddlers in Hamdan Village, Medan Maimun District. Thesis. Nutrition Study Program, Faculty of Engineering, State University of Medan 2026

The first two years of life, called the golden period, can be realized if the child's nutritional needs are met optimally, but if the opposite is done, it can cause disruptions in growth and development now and in the future. Based on data from the Indonesian Nutrition Status Survey (SSGI), the national prevalence of nutritional status problems (BB/U) in toddlers in 2024 was obtained at a very low body weight of 3.6%, underweight by 13.9% and the risk of overweight by 6.8%. The high prevalence of toddlers who experience nutritional problems is a major problem for the government and families. The government's efforts to overcome this problem through the Nutrition Aware Family (KADARZI) program and every family member is involved in maintaining family health in fulfilling nutritional needs, so that it has the potential to reduce nutritional problems. The purpose of this study is to determine the relationship between the behavior of nutrition-conscious families (KADARZI) and the nutritional status of toddlers in Hamdan Village, Medan Maimun District

This study uses a cross sectional design. The population of this study is toddlers with an age range of 6-23 months and the respondents in this study are 61 toddlers taken by purposive sampling. This research was conducted in September-December 2025. KADARZI's behavioral data collection techniques include filling out questionnaires, iodine drops and Food Frequency Questionnaire as well as nutritional status by weighing weight using digital scales. The data analysis technique uses spearman rank.

The results of the study showed that as many as 28 families were not good at performing KADARZI behavior (45.9%). Families who are not good at implementing the indicators include weighing their weight regularly (24.6%), eating a variety of foods (32.5%) and taking supplements (vitamin A) (14.8%). A total of 9 toddlers (14.8%) were underweight, 3 toddlers (4.9%) were overweight and 1 toddler (1.6%) had a severely underweight nutritional status. Based on the spearman rank test, a p-value of 0.025 ($p < 0.05$) was obtained, indicating that there was a significant relationship between KADARZI's behavior and the nutritional status of toddlers in Hamdan Village, Medan Maimun District.

Keywords: *Toddlers, KADARZI behavior, Nutritional Status*