

# ANALISIS FAKTOR-FAKTOR YANG MEMPENGARUHI *UNDERWEIGHT* PADA BADUTA 6 – 23 BULAN DI NUSA TENGGARA TIMUR (ANALISIS DATA SSGI 2021)

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## Abstrak

Berdasarkan hasil SSGI 2021, Nusa Tenggara Timur memiliki prevalensi *underweight* baduta yang terbilang tinggi, yaitu sebesar 23,74%. Tujuan dari penelitian ini adalah menganalisis faktor-faktor yang mempengaruhi *underweight* pada baduta 6 – 23 bulan di Nusa Tenggara Timur. Metode pada penelitian ini adalah observasional analitik dengan desain studi *cross-sectional* menggunakan data sekunder SSGI 2021. Hasil analisis bivariat menunjukkan bahwa variabel yang memiliki hubungan yang signifikan dengan kejadian *underweight* pada baduta 6 – 23 bulan, yaitu BBLR ( $p < 0,001$ ; OR 2,645; 95% CI 1,600-4,373), sanitasi lingkungan ( $p < 0,045$ ; OR 1,556; 95% CI 1,009-2,400), dan sarana air minum ( $p = 0,007$ ; OR 1,850; 95% CI 1,179-2,902). Sedangkan hasil analisis multivariat menunjukkan bahwa variabel yang paling mempengaruhi *underweight* pada baduta di Nusa Tenggara Timur adalah BBLR ( $p < 0,001$ ; AOR 2,976; 95% CI 1,773-4,4996) lalu diikuti oleh sarana air minum ( $p = 0,012$ ; AOR 1,828; 95% CI 1,141-2,928), usia ( $p = 0,026$ ; AOR 1,639; 95% CI 1,060-2,535), dan pekerjaan ibu ( $p = 0,045$ ; AOR 1,466; 95% CI 1,008-2,132) dengan variabel sanitasi ( $p = 0,071$ ; AOR 1,517; 95% CI 0,966-2,384) sebagai variabel perancu. Disarankan kepada masyarakat untuk lebih memperhatikan kesehatan saat hamil agar menurunkan resiko bayi dengan BBLR sehingga dapat menurunkan resiko terjadinya *underweight* pada baduta. Selain itu, disarankan juga bagi penelitian selanjutnya untuk memperhatikan penyebab dari BBLR itu sendiri.

**Kata Kunci:** Baduta, BBLR, Pekerjaan Ibu, Sarana Air Minum, *Underweight*

# **ANALYSIS FACTORS AFFECTING UNDERWEIGHT IN TODDLERS AGED 6 – 23 MONTHS IN EAST NUSA TENGGARA (DATA ANALYSIS OF SSGI 2021)**

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## **Abstract**

Based on the 2021 SSGI results, East Nusa Tenggara has a fairly high prevalence of underweight toddlers, namely 23.74%. The aim of this research is to analyze the factors that influence underweight in toddlers 6 - 23 months in East Nusa Tenggara. The method in this research is observational analytic with a cross-sectional study design using secondary SSGI 2021 data. The results of bivariate analysis show that the variable that has a significant relationship with the incidence of underweight in toddlers 6 - 23 months, namely LBW ( $p < 0.001$ ; OR 2.645; 95% CI 1.600-4.373), environmental sanitation ( $p < 0.045$ ; OR 1.556; 95% CI 1.009-2.400), and drinking water facilities ( $p = 0.007$ ; OR 1.850; 95% CI 1.179-2.902). Meanwhile, the results of multivariate analysis show that the variable that most influences underweight among young people in East Nusa Tenggara is LBW ( $p < 0.001$ ; AOR 2.976; 95% CI 1.773-4.4996) followed by drinking water facilities ( $p = 0.012$ ; AOR 1.828 ; 95% CI 1.141-2.928), age ( $p = 0.026$ ; AOR 1.639; 95% CI 1.060-2.535), and maternal occupation ( $p = 0.045$ ; AOR 1.466; 95% CI 1.008-2.132) with sanitation variables ( $p = 0.071$ ; AOR 1.517; 95% CI 0.966-2.384) as a confounding variable. It is recommended that the public pay more attention to health during pregnancy in order to reduce the risk of babies with LBW so as to reduce the risk of underweight in toddlers. Apart from that, it is also recommended for further research to pay attention to the causes of LBW itself.

**Keywords:** Drinking Water Facilities, LBW, Maternal Occupation, Toddlers, Underweight