

HUBUNGAN ASI EKSKLUSIF, BBLR, PENYAKIT INFEKSI, DAN ASUPAN MAKAN DENGAN KEJADIAN *UNDERWEIGHT* PADA BALITA (USIA 24-59 BULAN) DI WILAYAH KERJA PUSKESMAS DUREN SERIBU

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Abstrak

Masalah gizi pada balita, termasuk *underweight*, masih menjadi perhatian utama di banyak negara berkembang seperti Indonesia. *Underweight* terjadi ketika berat badan anak jauh di bawah standar usianya. Tujuan penelitian ini untuk mengetahui hubungan ASI eksklusif, BBLR, penyakit infeksi, dan asupan makan dengan kejadian *underweight* pada balita usia 24-59 bulan di wilayah kerja Puskesmas Duren Seribu. Penelitian ini menggunakan desain *cross sectional* dengan sampel sebanyak 101 balita yang diambil menggunakan teknik *purposive sampling*. Analisis dilakukan dengan uji *chi-square* dan regresi logistik berganda. Hasil menunjukkan adanya hubungan penyakit infeksi ($p = 0,018$), asupan energi ($p = 0,037$), dan asupan protein ($p = 0,001$) dengan kejadian *underweight*. Tidak terdapat hubungan ASI eksklusif ($p = 0,633$), BBLR ($p = 0,306$), asupan lemak ($p = 0,112$), dan asupan karbohidrat ($p = 0,496$) dengan kejadian *underweight*. Uji multivariat mengidentifikasi penyakit infeksi dan asupan protein sebagai prediktor utama *underweight* ($p\text{-value} < 0,05$). Disarankan agar ibu secara teratur memantau status gizi anak, memastikan asupan makan yang cukup, dan menjaga kebersihan untuk mencegah penyakit infeksi pada anak.

Kata Kunci: ASI eksklusif, asupan makan, BBLR, penyakit infeksi, *underweight*

THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING, LBW, INFECTIOUS DISEASES, AND FOOD INTAKE WITH THE INCIDENCE OF UNDERWEIGHT IN TODDLERS (AGE 24-59 MONTHS) IN THE WORK AREA OF DUREN SERIBU COMMUNITY HEALTH CENTER

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Abstract

Nutritional problems in toddlers, including underweight, are still a major concern in many developing countries such as Indonesia. Underweight occurs when a child's weight is significantly below the standard for their age. This study aimed to determine the relationship between exclusive breastfeeding, low birth weight (LBW), infectious diseases, and food intake with the incidence of underweight in toddlers aged 24-59 months in the Duren Seribu Health Center work area. This study used a cross-sectional design with a sample of 101 toddlers taken using purposive sampling techniques. The analysis used was the chi-square test and multiple logistic regression tests. The results showed a relationship between infectious diseases ($p = 0.018$), energy intake ($p = 0.037$), and protein intake ($p = 0.001$) with underweight incidence. There was no significant relationship between exclusive breastfeeding ($p = 0.633$), LBW ($p = 0.306$), fat intake ($p = 0.112$), and carbohydrate intake ($p = 0.496$) with underweight. Multivariate analysis identified infectious diseases and protein intake as the main predictors of underweight (p -value < 0.05). Mothers are advised to regularly monitor their children's nutritional status, maintain proper daily food intake, and ensure environmental and personal hygiene to prevent infectious diseases.

Keywords: Exclusive breastfeeding, food intake, low birth weight, infectious diseases, underweight