

# HUBUNGAN POLA MAKAN DENGAN KEJADIAN *UNDERWEIGHT* PADA BALITA DI WILAYAH KERJA PUSKESMAS CIMPAEUN KOTA DEPOK

Najiyatul Luthfiyah

## Abstrak

Balita merupakan kelompok usia yang berisiko tinggi mengalami gangguan Kesehatan, terutama status gizi seperti *underweight*. Di Indonesia, prevalensi *underweight* pada balita mencapai 17,1% pada tahun 2021, dengan prevalensi di Jawa Barat sebesar 14,2%. Berdasarkan data Dinas Kesehatan Kota Depok, prevalensi *underweight* pada balita di Puskesmas Cimpaeun mencapai 9,89%. Salah satu faktor yang mempengaruhi kejadian *underweight* adalah pola makan, yang berperan penting dalam status gizi balita. Penelitian ini bertujuan untuk mengetahui hubungan pola makan dengan kejadian *underweight* pada balita di Wilayah Kerja Puskesmas Cimpaeun, Kota Depok. Metode penelitian yang digunakan adalah kuantitatif dengan desain korelasional menggunakan pendekatan *cross-sectional*. Populasi penelitian adalah balita usia 24-60 bulan sebanyak 1.120 anak, dengan sampel 135 balita yang diambil menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan dengan menggunakan kuesioner *Food Frequency Questionnaire* (FFQ) dan pengukuran langsung berat badan. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara pola makan dengan kejadian *underweight* pada balita di Wilayah Kerja Puskesmas Cimpaeun Kota Depok dengan p-value 0,044 ( $<0,05$ ). Penelitian ini diharapkan dapat memberikan wawasan lebih dalam tentang pentingnya pola makan yang seimbang untuk mendukung status gizi balita. Peneliti selanjutnya diharapkan dapat mengeksplorasi faktor-faktor lain yang dapat mempengaruhi kejadian *underweight* pada balita.

**Kata Kunci:** Balita; Pola Makan; *Underweight*

**THE RELATIONSHIP BETWEEN EATING PATTERNS AND THE  
INCIDENCE OF UNDERWEIGHT IN CHILDREN UNDER FIVE  
IN THE WORKING AREA OF CIMPAEUN HEALTH CENTER,  
DEPOK CITY**

**Najiyatul Luthfiyah**

***Abstract***

*Children under five are a high-risk group for health problems, particularly nutritional status such as underweight. In Indonesia, the prevalence of underweight in children under five reached 17.1% in 2021, with the prevalence in West Java at 14.2%. According to the Health Office of Depok City, the prevalence of underweight in children under five at Puskesmas Cimpaeun is 9.89%. One of the factors contributing to underweight is eating patterns, which play a crucial role in the nutritional status of children under five. This study aims to determine the relationship between eating patterns and underweight in children under five in the working area of Puskesmas Cimpaeun, Depok City. The research method used is quantitative with a correlational design using a cross-sectional approach. The study population consists of 1,120 children aged 24-60 months, with a sample of 135 children under five selected using purposive sampling technique. Data was collected using the Food Frequency Questionnaire (FFQ) and direct weight measurements. The results showed a significant relationship between eating patterns and the occurrence of underweight in children under five in the working area of Puskesmas Cimpaeun, Depok City, with a p-value of 0.044 (<0.05). This study is expected to provide deeper insights into the importance of a balanced diet in supporting the nutritional status of children under five. Future research is expected to explore other factors that may influence the occurrence of underweight in children under five.*

**Keywords:** *Children Under Five; Eating Patterns; Underweight*