DETERMINAN STATUS GIZI BALITADI RW 005 KELURAHAN CILANDAK TIMUR JAKARTA SELATAN TAHUN 2016

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ABSTRAK

Balita merupakan kelompok umur yang rawan terhadap masalah gizi. Gizi kurang pada balita berdampak negative terhadap perkembangan fisik dan mentalnya, penurunan daya tahan, menyebabkan hilangnya masa hidup sehat balita, serta dampak yang lebih serius adalah timbulnya kecacatan, tingginya angka kesakitan bahkan percepatan kematian. Berdasarkan hasil penelitian terhadap 90 balita diketahui bahwa 27.8% balita berstatus gizi kurang. Penelitian ini bertujuan untuk mengidentifikasi determinan status gizi balita usia 12-59 bulan di Kelurahan Cilandak Timur. Penelitian ini menggunakan desain *cross sectional* dengan metode *simple random sampling*. Pengambilan data melalui pengukuran antrophometri, wawancara, kuesioner dan *food recall* 2x24 jam. Dalam penlitian ini diketahui bahwa ada hubungan anatara asupan energi balita (p=0.003), riwayat ASI eksklusif (p=0.041), pengetahuan ibu tentang gizi seimbang (p=0.016) dan perilaku ibu tentang gizi seimbang (p=0.027). Oleh karena itu,diperlukan adanya penyuluhan kepada ibu balita mengenai gizi balita secara rutin.

Kata Kunci : Balita, status gizi, asupan makanan, ASI eksklusif, faktor ibu

DETERMINE OF NUTRITIONAL STATUS OF TODDLER IN THE RW 005 VILLAGES EST CILANDAK SOUTH JAKARTA YEAR 2016

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ABSTRACT

Toddlers are the age group that is prone to nutritional problems .Malnutrition in toddler negative impact on the physical and mental development, decreased endurance, causing the loss of healthy life span of toddler, as well as more seious impact is the onset of disability, substantial morbidity and even mortality. According to data from the 2007 Riskesdas national prevalence malnutrition toddler is 13%, 2010 is 13% and 2013 is 13.9%. This study aims to identify the determine of nutritional status of toddler age 12-59 month in RW 005 Village East Cilandak. This study is using cross sectional design and simple random sampling. Collecting data through measurement antrophometri, interviews, questionnairs and *food recall* 2x24 hours.From the research of 90 samples, 27.8% samples are malnutrition.In this research was dicovered that the relationship between energy intake of infants (p=0.003), exclusive breastfeeding history(p=0.041), knowledge behavior of mothers about balanced nutrition with nutritional status of toddler(p=0.016) and behavior of mothers about balanced nutrition with nutritional status of toddler (0.027). Terefore, it is necessary to educate the mothers about infant nutritional routine.

Keywords : toddler, nutritional status, food intake , exclusive breastfeeding , mother factor