HUBUNGAN PERILAKU KADARZI DENGAN STATUS GIZI BALITA PADA USIA 6 – 59 BULAN DI WILAYAH UPT PUSKESMAS SUKMAJAYA KOTA DEPOK TAHUN 2017

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Abstrak

KEP merupakan salah satu masalah gizi kurang akibat konsumsi makanan yang tidak cukup mengandung energi dan protein serta gangguan kesehatan dan infeksi yang berdampak pada penurunan status gizi. Salah satu upaya yang dilakukan pemerintah yakni mengeluarkan program Kadarzi. Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku Kadarzi terhadap status gizi balita pada usai 6 – 59 bulan. Penelitian *Cross Sectional* ini diikuti oleh 123 responden yang dipilih secara *cluster random sampling* di wilayah kerja UPT Puskesmas Sukmajaya Depok. Status gizi yang diperoleh dari pengukuran antropometri berat badan dan tinggi badan balita. Perilaku ibu yang diperoleh dari hasil pengisian kuesioner. Hasil analisis menunjukkan ada hubungan antara menimbang berat badan secara teratur ($p = 0.000$), pemberian ASI Eksklusif ($p = 0.043$) dan makan beranekaragam ($p = 0.002$) dengan status gizi.

Kata Kunci: Kadarzi, Status Gizi, Perilaku

THE RELATIONSHIP OF KADARZI BEHAVIOR TO NUTRITION STATUS OF THE CHILDREN IN AGE OF 6 – 59 MONTHS IN REGION OF UPT PUSKESMAS SUKMAKAYA DEPOK 2017

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Abstract

KEP is one of the malnutrition problems due to the consumption of foods that do not contain enough energy and protein and health problems and infections that affect the decline in nutritional status. One of the efforts made by the government is to issue Kadarzi program. This study aims to determine the relationship between behavior Kadarzi to nutritional status of children under 6-59 months. Cross Sectional study was followed by 123 respondents selected by cluster random sampling in the working area of UPT Puskesmas Sukmajaya Depok. Nutritional status obtained from anthropometric measurement of body weight and height of toddlers. Behavior Kadarzi mother obtained from the results of filling questionnaire. The results showed that there was a relationship between weighing weight regularly (p = 0.000), exclusive breast feeding (p = 0.043) and eating diverse (p = 0.002) with nutritional status and showed no significant relationship between use of iodized salt (p = 1.00), vitamin A supplementation (p = 0.162) with nutritional status.

Keywords: Kadarzi, Nutritional Status, Behavior