

ABSTRAK

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HUBUNGAN PENERAPAN *FEEDING RULES* DENGAN STATUS GIZI PADA BALITA

xv + 81 Halaman +11 Tabel +3 Gambar + 17 Lampiran

Feeding Rules merupakan aturan pemberian makan yang meliputi jadwal, lingkungan, dan prosedur makan. Pada praktik penerapan *feeding rules* orang tua menghadapi berbagai masalah seperti kesulitan makan pada anak, termasuk picky eating, kurang nafsu makan, hingga anak menolak makan. Hal tersebut disebabkan oleh kurang konsisten dalam pemberian jadwal makan, porsi makan yang tidak sesuai adanya distraksi saat makan, serta prosedur makan yang tidak benar. Kesalahan dalam penerapan *feeding rules* ini berdampak pada status gizi anak. Penelitian ini bertujuan menganalisis hubungan antara penerapan *feeding rules* dengan status gizi pada balita

Peneliti menggunakan metode analitik korelasi dengan rancangan *cross-sectional*. Populasi dalam penelitian ini seluruh balita yang ditimbang di 4 Posyandu, dengan teknik sampling *purposive sampling* diperoleh jumlah sampel sebanyak 113 responden. Instrumen penelitian data independent menggunakan kuesioner penerapan *feeding rules*, untuk data dependen yaitu status gizi menggunakan klasifikasi BB/TB. Metode analisis data dalam penelitian ini menggunakan uji *Chi-Square*.

Hasil penelitian menunjukkan sebagian besar ibu balita sudah tepat dalam penerapan *feeding rules* sebanyak 78 (69%) responden, dan status gizi pada balita di 4 posyandu berada dalam kategori gizi baik. Hasil uji Chi-Square dengan nilai *p-value* sebesar 0,000 ($<0,05$) menunjukkan bahwa ada hubungan penerapan *feeding rules* dengan status gizi balita.

Perbaikan status gizi balita dapat dicapai melalui penerapan *feeding rules* yang tepat. Oleh karena itu, memberikan instruksi kepada orang tua tentang penerapan aturan makanan dapat menjadi sumber evaluasi dan strategi dalam menangani masalah gizi balita.

Kata Kunci : Status gizi, *Feeding rules*, Balita

Daftar bacaan : 16 buku (2016-2024)

ABSTRACT

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THE RELATIONSHIP BETWEEN THE IMPLEMENTATION OF FEEDING RULES AND NUTRITIONAL STATUS IN TODDLERS

Xv + 81 Pages + 11 Tables + 3 Image + 17 Appendices

Feeding Rules refer to guidelines for feeding that include schedule, environment, and feeding procedures. Parents often face challenges in applying feeding rules, such as children having difficulty eating, picky eating, low appetite, or refusal to eat. These issues are caused by inconsistent meal schedules, inappropriate portion sizes, distractions during meals, and incorrect feeding procedures. If food rules aren't followed correctly, it can affect a child's diet. The goal of this study is to look into the link between babies' nutritional state and how strictly eating rules are followed.

The study uses a cross-sectional analysis correlation method. All children who were weighed at 4 Posyandu centres are in the population, and 113 responders were chosen on purpose. A eating rules questionnaire was used to collect data for the independent variable, and weight-for-height (BB/TB) was used to classify nutritional state as the dependent variable. The Chi-Square test was used to look at the data.

Most mums 78(69%) of those surveyed) follow the rules for feeding their kids properly, and most of the toddlers at the 4 Posyandu centres had good diet. There was a significant link between following food rules and kids' nutritional state, as shown by the Chi-Square test's p-value of 0.000 (<0.05).

Proper implementation of feeding rules can contribute to improving toddlers' nutritional status. Therefore, educating parents about feeding rules can be an effective strategy for addressing nutritional problems in toddlers.

Keywords: *nutritional status, feeding rules, toddlers*

References : *16 books (2016-2024)*