

ABSTRAK

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HUBUNGAN ANTARA POLA PEMBERIAN MAKAN

DENGAN STATUS GIZI PADA BALITA USIA 12-23 BULAN

xv + 44 Halaman + 10 Tabel + 9 Lampiran

Status gizi berperan penting dalam menentukan kesehatan, dan mendapatkan dampak dari pola pemberian makan. Studi ini dilakukan untuk menelaah apakah terdapat hubungan antara kebiasaan makan sehari-hari dan status gizi pada anak usia 12-23 bulan di daerah Puskesmas Mejuwet, Bojonegoro.

Metode penelitian yang digunakan observasional analitik dengan pendekatan *cross-sectional*. Populasi mencakup seluruh balita yang usianya berada dalam cakupan 12–23 bulan yang berdomisili di Desa Banjarejo dan Desa Wotan. Sebanyak 50 balita dijadikan sampel lewat teknik *purposive sampling*. Data didapatkan dari pengisian kuesioner terkait pola pemberian makan serta pengukuran status gizi menggunakan indikator BB/TB. Data dianalisis dengan uji *Chi-Square*.

Dihasilkan bahwa sebagian besar (68%) balita menunjukkan ketepatan pola pemberian makan, sebagian besar (62%) balita menunjukkan gizi yang tergolong baik, dan terdapat hubungan pada pola pemberian makan dengan status gizi balita ($p\text{-value} = 0,0001$).

Kesimpulannya berupa ketepatan pada pola pemberian makan mampu berperan penting pada peningkatan status gizi balita.

Kata Kunci: Pola pemberian makan, Status gizi balita.

ABSTRACT

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THE RELATIONSHIP BETWEEN FEEDING PATTERNS AND NUTRITIONAL STATUS IN CHILDREN AGED 12–23 MONTHS

xv + 44 Pages + 10 Tables + 9 Appendices

Nutritional status is an indicators of child health and development, and it is closely linked to dietary habits, particularly feeding practices in early childhood. Inadequate or inappropriate feeding patterns can lead to nutritional deficiencies that affect growth, immune function, and overall well-being. This study aims to analyze the relationship between feeding practices and the nutritional status of children, according to 12–23 months of age, in the working area of Mejuwet Public Health Center, Bojonegoro.

This research applied an analytical observational design with a cross-sectional approach. The population included all children aged 12–23 months residing in Banjarejo and Wotan villages. A total of 50 toddlers were selected as samples using purposive sampling. Data collection was conducted using a structured questionnaire to assess feeding practices and anthropometric measurements to determine nutritional status, specifically using the weight-for-height (W/H) index. Statistical analysis was performed using the Chi-Square test to evaluate the relationship between variables.

The findings revealed that 68% of the children had appropriate feeding practices, while 62% were found to have good nutritional status. Furthermore, the statistical test showed a significant association between feeding patterns and nutritional status ($p\text{-value} = 0.0001$).

In conclusion, the study confirms that proper feeding practices are significantly associated with better nutritional outcomes in toddlers. Promoting appropriate feeding behaviors among caregivers is essential to support optimal growth and reduce the risk of malnutrition in early childhood.

Keywords: Feeding patterns, Nutritional status of toddlers.