

## ABSTRAK

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HUBUNGAN STATUS GIZI DENGAN PERKEMBANGAN MOTORIK KASAR  
ANAK PRASEKOLAH USIA 3-6 TAHUN DI TK DHARMA WANITA CANDI  
SIDOARJO

xvi + 71 Halaman + 11 Tabel + 16 Lampiran

Perkembangan motorik kasar pada anak usia prasekolah sangat dipengaruhi oleh kondisi status gizi yang optimal. Anak-anak yang mengalami kekurangan nutrisi umumnya menunjukkan keterlambatan dalam aspek motorik kasar dibandingkan dengan mereka yang memiliki asupan gizi seimbang. Meski demikian, permasalahan gizi masih kerap ditemukan pada kelompok usia prasekolah, khususnya di kawasan Kecamatan Candi, Kabupaten Sidoarjo.

Penelitian ini menerapkan rancangan deskriptif korelasional dengan pendekatan *cross-sectional*. Sebanyak 62 anak dijadikan partisipan yang ditentukan melalui teknik *purposive sampling*. Informasi mengenai status gizi diperoleh melalui pengukuran berat dan tinggi badan berdasarkan standar antropometri. Sementara itu, kemampuan motorik kasar dievaluasi menggunakan instrumen *Denver Developmental Screening Test* (DDST). Proses analisis data dilakukan dengan menggunakan uji statistik *Chi-Square*.

Penelitian ini menunjukkan bahwa 6% anak prasekolah tergolong gizi buruk, 21% gizi kurang, 56% gizi baik, 11% berisiko gizi lebih, dan 5% mengalami gizi lebih. Sebanyak 69% anak memiliki perkembangan motorik kasar normal, sedangkan 31% tidak normal. Uji *Chi-Square* menunjukkan nilai signifikansi  $<0,001$ , yang berarti ada hubungan signifikan antara status gizi dan perkembangan motorik kasar. Oleh karena itu, penting bagi keluarga untuk rutin memantau tumbuh kembang anak dan berkonsultasi dengan tenaga kesehatan mengenai gizi dan pola makan.

Kata kunci : Status gizi, perkembangan motorik kasar, anak prasekolah.

Daftar bacaan : 13/36 buku (2020-2024)

## ABSTRACT

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*THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND GROSS MOTOR DEVELOPMENT OF PRESCHOOL CHILDREN AGED 3-6 YEARS AT TK DHARMA WANITA CANDI SIDOARJO*

xvi + 71 Pages + 11 Tables + 16 Appendices

*Gross motor development in preschool aged children is strongly influenced by optimal nutritional status. Children who experience nutritional deficiencies generally exhibit delays in gross motor skills compared to those with balanced nutritional intake. Nevertheless, nutritional problems are still commonly found among preschool aged groups, particularly in the Candi Subdistrict, Sidoarjo Regency.*

*This study employed a descriptive correlational design with a cross-sectional approach. A total of 62 children were selected as participants using purposive sampling. Information on nutritional status was obtained through measurements of body weight and height based on anthropometric standards. Meanwhile, gross motor skills were assessed using the Denver Developmental Screening Test (DDST). Data analysis was performed using the Chi-Square statistical test.*

*The study revealed that 6% of preschool children were classified as severely malnourished, 21% as undernourished, 56% had normal nutritional status, 11% were at risk of overnutrition, and 5% were overnourished. Additionally, 69% of children exhibited normal gross motor development, while 31% showed abnormal development. The Chi-Square test indicated a significance value of  $<0.001$ , signifying a statistically significant relationship between nutritional status and gross motor development. Therefore, it is crucial for families to regularly monitor their children's growth and development and consult healthcare professionals regarding nutrition and dietary habits.*

*Keywords : Nutritional status, gross motor development, preschool children.*

*References : 13/36 books (2020-2024)*