

ABSTRAK

Fatikha Nahda Sabilillah

HUBUNGAN FREKUENSI KUNJUNGAN POSYANDU DAN ASUPAN MAKAN DENGAN STATUS GIZI BALITA DI POSYANDU BALITA KREATIF WILAYAH KERJA PUSKESMAS KEDURUS SURABAYA.

1x + 73 Halaman + 17 Tabel + 7 Lampiran

Latar Belakang : Masalah gizi pada balita masih menjadi masalah kesehatan masyarakat di Indonesia serta membutuhkan perhatian serius. Faktor yang sering menjadi penyebab antara lain rendahnya asupan gizi serta kurang optimalnya pemanfaatan layanan kesehatan masyarakat seperti posyandu. Penelitian ini dilakukan untuk menganalisis hubungan antara frekuensi kunjungan posyandu dan asupan makan dengan status gizi balita berdasarkan indeks Berat Badan menurut Umur (BB/U) di wilayah kerja Puskesmas Kedurus, Kota Surabaya. **Metode Penelitian :** Jenis penelitian ini adalah kuantitatif analitik dengan desain *cross-sectional*. Sampel terdiri dari 48 balita usia 12–59 bulan yang dipilih dengan teknik *purposive sampling*. Data diperoleh melalui wawancara dengan kuesioner, *recall* makanan 2x24 jam, serta pengukuran antropometri. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. **Hasil Penelitian :** Sebanyak 50% balita rutin berkunjung ke posyandu, sedangkan 50% lainnya tidak rutin. Sebagian besar balita memiliki asupan protein, energi, karbohidrat, dan lemak pada kategori defisit. Mayoritas status gizi balita tergolong normal (58,3%). Uji statistik menunjukkan adanya hubungan signifikan antara frekuensi kunjungan posyandu dengan status gizi balita ($p = 0,033$). Selain itu, status gizi juga berhubungan signifikan dengan asupan energi ($p = 0,000$), protein ($p = 0,000$), lemak ($p = 0,000$), dan karbohidrat ($p = 0,000$). **Kesimpulan :** Terdapat hubungan yang signifikan antara frekuensi kunjungan ke posyandu dengan status gizi balita, yang menunjukkan bahwa posyandu berperan penting dalam pemantauan dan peningkatan status gizi anak. Selain itu, ditemukan pula hubungan signifikan antara status gizi balita dengan asupan lemak, karbohidrat, energi, dan protein. Temuan ini menjelaskan bahwa kecukupan asupan makronutrien sangat memiliki pengaruh terhadap status gizi anak, sehingga diperlukan evaluasi lebih lanjut mengenai kualitas makanan, pola makan, serta faktor lain yang dapat memengaruhi status gizi, seperti riwayat penyakit infeksi serta pola asuh.

Kata Kunci : Frekuensi kunjungan posyandu, asupan makan, gizi balita, Berat Badan Menurut Umur (BB/U), layanan kesehatan masyarakat.

Daftar Bacaan : 8 Buku, 24 Jurnal (2017-2024)

ABSTRACT

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THE RELATIONSHIP BETWEEN VISITATION FREQUENCY OF POSYANDU AND FOOD INTAKE WITH NUTRITIONAL STATUS OF TODDLERS IN THE CREATIVELY POSYANDU OF KEDURUS HEALTH CENTER AREA, SURABAYA.

1x + 73 Pages + 17 Tabels + 7 Appendices

Background : Nutritional problems in toddlers remain a public health challenge in Indonesia and require serious attention. Factors that often contribute to this problem include low nutritional intake and suboptimal utilization of public health services such as integrated health service posts (posyandu). This study was conducted to analyze the relationship between the frequency of posyandu visits and food intake with the nutritional status of toddlers based on the weight-for-age index (BB/U) index in the working area of the Kedurus Community Health Center, Surabaya City.

Reserch Method : This study was a quantitative analytical cross-sectional study. The sample consisted of 48 toddlers aged 12–59 months who were selected using purposive sampling. Data were obtained through interviews with questionnaires, 2x24-hour dietary recall, and anthropometric measurements. Data analysis was performed using univariate and bivariate analysis with the Chi-square test.

Research Findings : Fifty percent of toddlers regularly visit health posts, while the other 50% do not. Most toddlers have energy, protein, fat, and carbohydrate intake in the deficient category. The majority of toddlers' nutritional status is classified as normal (58.3%). Statistical tests show a significant relationship between the frequency of posyandu visits and the nutritional status of toddlers ($p = 0.033$). In addition, nutritional status is also significantly related to energy intake ($p = 0.000$), protein ($p = 0.000$), fat ($p = 0.000$), and carbohydrate ($p = 0.000$) intake.

Conclusion : There is a significant relationship between the frequency of posyandu visits and toddlers' nutritional status, indicating that posyandu plays an important role in monitoring and improving child nutrition. Furthermore, a significant relationship was also found between toddlers' nutritional status and their intake of energy, protein, fat, and carbohydrates. These findings highlight that adequate macronutrient intake has a strong influence on nutritional status. Therefore, further evaluation is required regarding food quality, dietary patterns, and other influencing factors such as infection history and parenting practices.

Keywords : Posyandu visits, dietary intake, toddler nutrition, weight-for-age (BB/U), community health.

References : 8 Books, 24 Journals (2017-2024)