

ABSTRAK

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HUBUNGAN STATUS GIZI DENGAN PERKEMBANGAN BALITA DI
WILAYAH KERJA PUSKESMAS WONOKUSUMO KOTA SURABAYA

xv + 71 Halaman + 5 Tabel + 15 Lampiran

Latar Belakang: Tumbuh kembang balita mencakup peningkatan kapasitas motorik, verbal, serta kemandirian sosial, yang salah satu faktor penentunya adalah status gizi. Ketidaknormalan status gizi dapat mengganggu tahapan pertumbuhan dan perkembangan anak. Studi ini dirancang untuk mengidentifikasi korelasi antara status gizi dengan perkembangan balita di area layanan Puskesmas Wonokusumo.

Metode: Studi deskriptif analitik observasional menggunakan design potong lintang melibatkan 84 balita berusia 48–59 bulan, dipilih melalui purposive sampling. Status gizi dinilai berdasarkan indeks berat badan menurut tinggi badan (BB/TB), sementara perkembangan dievaluasi melalui Kuesioner Pra Skrining Perkembangan (KPSP). Analisis statistik dilakukan dengan uji Fisher-Freeman-Halton ($\alpha=0,05$). **Hasil:** Mayoritas anak usia balita menunjukkan status gizi yang baik (79,8%) serta perkembangan sesuai (73,8%). Analisis data mengindikasikan adanya korelasi yang bermakna secara statistik antara status gizi dengan perkembangan balita (nilai $p < 0,05$). Balita dengan status gizi baik cenderung menunjukkan perkembangan yang sesuai. Fenomena ini mengindikasikan bahwa status gizi berperan penting dalam menunjang perkembangan balita dengan memastikan pemenuhan kebutuhan energi dan nutrisi esensial. **Kesimpulan:** Terdapat hubungan antara status gizi dengan perkembangan balita di wilayah kerja Puskesmas Wonokusumo Kota Surabaya. Balita dengan status gizi baik memiliki kecenderungan untuk mencapai perkembangan yang lebih optimal dibandingkan dengan balita dengan status gizi kurang atau berlebih. Faktor pendidikan dan pekerjaan ibu juga berkontribusi positif dalam pemenuhan asupan gizi serta perkembangan balita. **Saran:** Orang tua diimbau untuk mencukupi kebutuhan nutrisi seimbang serta memberikan stimulasi perkembangan secara berkala. Tenaga kesehatan disarankan mempromosikan sosialisasi dan pengawasan terhadap kondisi nutrisi dan pertumbuhan balita.

Kata Kunci: status gizi, perkembangan balita

Daftar Bacaan: 33 referensi (2016-2026)

ABSTRACT

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THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND TODDLER DEVELOPMENT IN THE WORKING AREA OF WONOKUSUMO PUBLIC HEALTH CENTER, SURABAYA

xv + 71 Pages + 5 Tables + 15 Appendices

Background: The progression of motor and verbal abilities, alongside social autonomy, characterizes toddler development. Nutritional status plays a crucial role in influencing these developmental trajectories. Deviations from optimal nutritional status can impede a child's progress in achieving developmental milestones. This research aimed to investigate the relationship between nutritional status and toddler development within the catchment area of the Wonokusumo Community Health Center. **Methods:** A cross-sectional analytical observational study was conducted. The study included 84 toddlers aged between 48 and 59 months, who were recruited using purposive sampling techniques. Nutritional status was determined by evaluating the weight-for-height index, and developmental assessment was performed utilizing the Developmental Prescreening Questionnaire (KPSP). Statistical analysis of the gathered data was executed employing the Fisher-Freeman-Halton test, with a significance level set at $\alpha=0.05$. **Results:** A substantial proportion of the toddlers assessed demonstrated favorable nutritional standing, with 79.8% falling into this category. Similarly, 73.8% of the children displayed development that was considered appropriate for their age. Statistical examination revealed a significant association between the nutritional condition of the toddlers and their developmental progress, as indicated by a p-value less than 0.05. Specifically, toddlers who were well-nourished were more likely to exhibit appropriate development. This finding suggests that nutritional status plays a crucial role in supporting toddler development by ensuring that energy and essential nutrient needs are met. **Conclusion:** There is a relationship between nutritional status and toddler development in the working area of the Wonokusumo Community Health Center, Surabaya. Toddlers with good nutritional status tend to achieve more optimal development compared to toddlers with under or over nutrition. Maternal education and employment status also contribute to adequate nutritional intake and toddler development. **Suggestion:** Parents are urged to ensure their children receive a balanced diet and to provide regular developmental stimulation. Health care workers are advised to step up outreach efforts and monitoring of toddlers' nutritional status and growth.

Keywords: nutritional status, toddler development

References: 33 references (2016-2026)