

Faktor-Faktor Yang Berhubungan Dengan Berat Badan Kurang (Underweight) Pada Anak Usia 6-59 Bulan Di Sulawesi Selatan (Analisis Data Riskesdas 2018) = Factors Associated with Underweight in Children aged 6-59 Months in South Sulawesi (Data Analysis of Riskesdas 2018)

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Abstrak

Berat badan kurang didefinisikan sebagai berat badan yang rendah akibat konsumsi zat gizi yang tidak mencukupi kebutuhan dalam waktu tertentu. Tujuan penelitian mengetahui faktor-faktor yang berhubungan dengan status gizi anak. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain penelitian cross sectional, dengan jumlah sampel sebesar 356 sampel. Analisis yang digunakan univariat dan bivariat. Variabel bebas yang diteliti dalam penelitian ini adalah penyakit infeksi, kebersihan lingkungan, pemberian ASI eksklusif, umur ibu, pemantauan pertumbuhan, penggunaan pelayanan kesehatan, jumlah anggota keluarga dan kebiasaan merokok dalam keluarga. Variabel terikat yang diteliti adalah berat badan kurang. Berdasarkan hasil analisis status gizi pada anak diperoleh anak yang memiliki status gizi berat badan kurang yaitu 25,5 persen (93 orang). Hasil uji statistik dengan uji chi-square diperoleh analisis variabel penyakit infeksi ($p\text{-value} = 1,000$), sanitasi lingkungan ($p\text{-value} = 0,157$), pemberian ASI eksklusif ($p\text{-value} = 0,491$), umur ibu ($p\text{-value} = 1,000$), jumlah balita di dalam satu keluarga ($p\text{-value} = 0,396$), jumlah anggota keluarga ($p\text{-value} = 0,330$), pemantauan pertumbuhan ($p\text{-value} = 0,815$), pemanfaatan fasilitas kesehatan ($p\text{-value} = 0,723$) dan kebiasaan merokok dalam keluarga diperoleh ($p\text{-value} = 0,491$) kesimpulan bahwa tidak terdapat hubungan yang bermakna dengan berat badan kurang. Disarankan untuk meningkatkan kesadaran dalam upaya pencegahan masalah gizi anak, untuk memantau pertumbuhan anak secara teratur serta meningkatkan program penyuluhan dan edukasi perilaku hidup bersih dan sehat dan pentingnya makanan yang beragam dan bergizi seimbang.

.....Underweight can be defined as low body weight due to consumption of nutrients that are not sufficient for a certain time. The purpose of the study was to determine the factors related to the nutritional status of children. This research is a quantitative research using a cross sectional research design, with a total sample of 356 samples. The analysis used univariate and bivariate. The independent variables studied in this study were infectious diseases, environmental hygiene, exclusive breastfeeding, maternal age, growth monitoring, use of health services, number of family members and smoking habits in the family. The dependent variable studied was underweight. Based on the results of the analysis of the nutritional status of children, it was found that children who had nutritional status were underweight, namely 25.5 percent (93 people). The results of statistical tests with chi-square test obtained analysis of infectious disease variables ($p\text{-value} = 1,000$), environmental sanitation ($p\text{-value} = 0,157$), exclusive breastfeeding ($p\text{-value} = 0,491$), maternal age ($p\text{-value} = 1,000$), number of children under five in one family ($p\text{-value} = 0,396$), number of family members ($p\text{-value} = 0,330$), growth monitoring ($p\text{-value} = 0,815$), utilization of health facilities ($p\text{-value} = 0,723$) and smoking habits in the family obtained ($p\text{-value} = 0,491$) the conclusion that there is no significant relationship with underweight. It is recommended to increase awareness in efforts to prevent child nutrition problems, to monitor children's growth regularly through weighing and the use of health

services and to increase counseling and education programs on clean and healthy living behavior and the importance of a diverse and balanced diet.