

**KARAKTERISTIK DEMOGRAFI DAN KADAR ZINC
PADA ANAK DENGAN *INFANTILE ANOREXIA* USIA 12-36 BULAN
DI RSUD PROF. DR. MARGONO SOEKARJO**

ABSTRAK

Latar Belakang: *Zinc* merupakan salah satu zat gizi mikro yang dapat mempengaruhi nafsu makan. Balita yang mengalami defisiensi *zinc* sebanyak 32%. Defisiensi *zinc* dapat menyebabkan anak mengalami gangguan makan. Gangguan makan yang ditandai dengan penolakan makan selama 1 bulan lebih disebut *infantile anorexia*.

Tujuan: Mengetahui karakteristik demografi dan kadar *zinc* pada anak dengan *infantile anorexia* usia 12-36 bulan di RSUD Prof. Dr. Margono Soekarjo periode Agustus 2019 - Januari 2020.

Metode: Penelitian ini merupakan penelitian observasional deskriptif. Populasi sampel penelitian diambil dari pasien anak umur 12-36 bulan dengan *infantile anorexia* di RSUD Prof. Dr. Margono Soekarjo. Besar sampel menggunakan teknik *total sampling* sebesar 21 pasien. Data penelitian ini menggunakan data primer yaitu *infantile anorexia* menggunakan diagnosis dokter spesialis anak, karakteristik demografi menggunakan kuesioner, dan mengukur kadar *zinc* serum menggunakan alat spektrofotometri UV-1800 Merk Shimadzu.

Hasil: Anak dengan *infantile anorexia* memiliki ibu dengan tingkat pendidikan SD (2), SMP (9), SMA (6), perguruan tinggi (4), ibu bekerja (9), ibu tidak bekerja (12), pendapatan orangtua <UMK (11), pendapatan orangtua >UMK (10), status gizi (WHZ) yaitu gizi lebih (1), normal (10), kurang (5), buruk (5), perawakan (HAZ) yaitu sangat tinggi (1), normal (12), pendek (3), sangat pendek (5) serta kadar *zinc* rendah (21) dengan rerata 12,67 µg/dL.

Kesimpulan: Anak dengan *infantile anorexia* mayoritas memiliki ibu dengan pendidikan rendah, ibu tidak bekerja, pendapatan orangtua rendah, status gizi normal, serta kadar *zinc* rendah dengan rerata 12,67 µg/dL.

Kata Kunci: Karakteristik Demografi, Kadar *Zinc*, *Infantile Anorexia*

**DEMOGRAPHIC CHARACTERISTICS AND ZINC LEVELS
IN CHILDREN WITH INFANTILE ANOREXIA AT THE AGE OF 12-36 MONTHS
IN RSUD PROF DR. MARGONO SOEKARJO**

ABSTRACT

Background: Zinc is a micronutrient which can affect appetite. Children who experience zinc deficiency as much as 32%. Zinc deficiency can cause children to experience eating disorders. Eating disorders characterized by refusing to eat for 1 month are usually called infantile anorexia.

Objective: To determine the demographic characteristics and zinc levels in children with infantile anorexia levels aged 12-36 months in RSUD Prof. Dr. Margono Soekarjo in the period August 2019 – January 2020.

Methods: This research was a descriptive observational study. The study population was taken from children aged 12-36 months with infantile anorexia in RSUD Prof. Dr. Margono Soekarjo. The sample size used a total sampling technique of 21 patients. This research data used primary data, for example infantile anorexia was using the diagnosis of a pediatrician, demographic characteristics was using questionnaires, and measuring zinc levels with UV-1800 Spectrophotometry Shimadzu brand.

Result: Children with infantile anorexia have mothers with primary education (2), junior high school (9), senior high school (6), college (4), working mothers (9), mothers not working (12), parental income <UMK (11), parental income > UMK (10), nutritional status (WHZ), namely over nutrition (1), normal (10), deficient (5), poor (5), stature (HAZ), which is very high (1), normal (12), short (3), very short (5) and low zinc levels (21) with a mean of 12,67 µg/dL.

Conclusion: The majority of children with infantile anorexia have mothers with low education, mothers not working, low parental income, normal nutritional status, and low zinc levels with an average of 12,67 µg/dL.

Keywords: Demographic Characteristic, Zinc Levels, Infantile Anorexia