

Abstrak

HUBUNGAN ANTARA ASUPAN GIZI, SOSIAL EKONOMI, KETERSEDIAAN DAN KERAGAMAN PANGAN TERHADAP BB/U BALITA USIA 24–59 BULAN DI PUSKESMAS SEI–SELINCAH PALEMBANG

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Latar Belakang : Salah satu masalah kesehatan di Indonesia yang berkontribusi dalam rendahnya kualitas SDM adalah gizi kurang. Berbagai faktor yang menyebabkan masalah gizi pada balita yaitu asupan makanan, sosial-ekonomi, keragaman pangan, tingginya angka kemiskinan, terbatasnya akses pangan keluarga miskin. Penelitian ini bertujuan untuk mengetahui hubungan asupan gizi, sosial ekonomi, ketersediaan dan keragaman pangan terhadap BB/U pada balita pada usia 24-59 bulan.

Metode : Penelitian ini menggunakan metode *cross sectional*. Jumlah sampel 76 balita yang diambil secara *purposive sampling* di wilayah kerja Puskesmas Sei-Selincih Palembang. Analisis data menggunakan uji *chi-square*.

Hasil Penelitian : Hasil uji chi-square menunjukkan terdapat hubungan antara asupan energi, sosial ekonomi (tingkat pendidikan orang tua, pendapatan dan pangsa pengeluaran pangan) dengan status gizi ($p=0,000$), jumlah anggota rumah tangga ($p=0,002$). Tidak ada hubungan antara asupan protein dengan status gizi ($p=0,074$).

Kesimpulan : Terdapat hubungan antara tingkat asupan energi, sosial ekonomi, ketersediaan pangan dan keragaman pangan dengan status gizi balita dan tidak terdapat hubungan antara tingkat asupan protein dengan status gizi balita

Kata kunci : Asupan gizi, sosial ekonomi, ketersediaan pangan, keragaman pangan, status gizi.

Abstract

THE RELATIONSHIP BETWEEN NUTRITIONAL INTAKE, SOCIO-ECONOMIC, FOOD AVAILABILITY AND FOOD DIVERSITY TO THE WEIGHT FOR AGE OF UNDER FIVE YEARS AGE 24-59 MONTHS IN HEALTH CENTER OF SEI-SELINCAH PALEMBANG

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Background :One of health problems in Indonesia that contribute to the low quality of human resources is malnutrition. Various factors that cause malnutrition in children under five years old are food intake, infections, knowledge aspect, parenting, socio-economic, food diversity, high rate of poverty, and limited food for poor families. This study aimed to determine the relationship of nutritional intake, socio-economic, food availability and food diversity to the Weight for Age of children under five years the age of 24-59 months.

Methods: This research using a cross sectional method, the number of samples 76 children under five years, taken by purposive sampling. The data are analysed by chi-square test.

Results : The result of chi-square test showed that there was correlation between energy consumption level, socio-economic (education level of parents, family income, food expenses), food availability and food diversity with nutritional status ($p=0.000$), number of household members ($p=0,002$). There was no relationship between protein intake and nutritional status($p=0.074$).

Conclusion: There was a relationship between energy consumption level, socio-economic, food availability and food diversity with nutritional status. There was no relationship between protein intake and nutritional status.

Keywords : Nutritional intake, socio-economic, food availability, food diversity, nutritional status.