

GAMBARAN KEJADIAN GIZI KURANG PADA ANAK BALITA
DI WILAYAH KERJA PUSKESMAS SIOMPU BARAT KABUPATEN
BUTON SELATAN

RINGKASAN

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Latar Belakang : Status gizi pada balita dipengaruhi oleh banyak faktor yaitu faktor langsung dan faktor tidak langsung. Faktor langsung berupa asupan makanan itu sendiri dan kondisi kesehatan anak misalnya infeksi. Sedangkan faktor tidak langsung adalah faktor sosial ekonomi keluarga yang dipengaruhi oleh pendapatan keluarga, tingkat pengetahuan Ibu tentang gizi dan pendidikan Ibu (Anggraeni, 2013). Gizi kurang dan gizi buruk masih merupakan masalah kesehatan masyarakat di negara berkembang dan dapat menjadi penyebab kematian terutama pada kelompok resiko tinggi bayi dan balita. Penelitian ini bertujuan untuk mengetahui gambaran kejadian status gizi kurang pada anak balita.

Metode: Penelitian ini merupakan metode penelitian deskriptif dengan pendekatan kuantitatif. Penelitian ini dilaksanakan di wilayah Puskesmas Siompu Barat Kabupaten Buton Selatan dilaksanakan pada bulan April 2019, Sampel dalam penelitian ini diambil secara total sampling sebanyak 65 anak balita status gizi kurang.

Hasil : Penelitian ini memperoleh gambaran tingkat pendidikan ibu anak balita mayoritas berpendidikan dasar sebanyak 40 responden (61,5%), kemudian berpendidikan menengah sebanyak 22 responden (33,8%) dan berpendidikan tinggi sebanyak 3 (4,6%)., gambaran tentang pendapatan keluarga kategori sedang Rp 2.315.000 – Rp. 5.000.000/bulan sebanyak 48 orang (73,8%) dan sebanyak 17 orang (26,8%) berada pada kategori rendah < Rp.2.315.000 sedangkan gambaran tingkat pengetahuan gizi ibu kategori baik sebanyak 63 orang (96,9%) sedangkan yang memiliki tingkat pengetahuan kurang sebanyak 2 orang (3,10%).

Penelitian ini menyarankan perlunya selalu memperhatikan pola makan yang seimbang serta rutin membawa anaknya untuk melakukan posyandu, dan menambah pengetahuan tentang status gizi balita agar nantinya terpantau apabila terdapat balita yang mengalami gizi kurang.

Kata kunci : status gizi kurang, pendidikan ibu, pendapatan ibu, pengetahuan gizi ibu, balita

Daftar bacaan : 41 (1989 – 2018)

**DESCRIPTION UNDERWEIGHT INCIDENT OF UNDER FIVE YEARS
AT PUBLIC HEALTH CENTRE WESTSIOMPU
IN DISCTRICT SOUTH BUTON**

ABSTRACT

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Background: Nutritional status of under five years is influenced by many factors, is direct and indirect factors. Direct factors include food intake and children's health conditions such as infection. While indirect factors are family socio-economic factors that are influenced by family income, knowledge about nutrition and mother education (Anggraeni, 2013). Underweight and wasting are still a public health problem in developing countries and can be a cause of death especially in high risk groups of infants and toddlers. This study aims to determine the description of underweight the incidence in children under five years.

Methods : This research is a descriptive method with a quantitative approach. This research was conducted in the area of West Siompu Health Center, South Buton District, conducted in April 2019. Samples in this study were taken in total sampling of 65 children under five with underweight status.

Result : This research obtained an overview of the level of education of mothers of children under five with a majority of basic education as many as 40 respondents (61.5%), then secondary education as many as 22 respondents (33.8%) and as much as 3 highly educated (4.6%)., A description of income moderate category family Rp 2,315,000 - Rp. 5,000,000 / month as many as 48 people (73.8%) and as many as 17 people (26.8%) were in the low category <Rp.2,315,000 while the description of the level of maternal nutrition knowledge in the good category was 63 people (96.9%) while those who lack knowledge are 2 people (3.10%).

This research recommendation the need to always pay attention to balanced eating patterns and routinely bring their children to do posyandu, and increase knowledge about the nutritional status of toddlers so that later they will be monitored if there are underweight incident of under five years.

Keyword: underweight, mother education, mother income, maternal nutrition knowledge, under five years