

**HUBUNGAN POLA MAKAN ANAK DI MASA PANDEMI
COVID-19 DENGAN STATUS GIZI ANAK USIA
PRASEKOLAH DI KECAMATAN
KALIBAWANG KABUPATEN
KULON PROGO**

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INTISARI

Latar Belakang: Masalah gizi masih sering dialami oleh anak-anak. Berdasarkan Riset Kesehatan Dasar Indonesia 2018 persentase gizi buruk anak usia 0-59 bulan mencapai 3,9% dan gizi kurang mencapai 13,8%. Berdasarkan Departemen Kesehatan DIY 2019 status gizi kurang tertinggi di Kabupaten Kulon Progo 9,89%. Faktor yang dapat mempengaruhi permasalahan gizi pada anak salah satunya adalah pola makan. Pola makan yang baik tentunya penting oleh anak selama masa perkembangan. Menjaga pola makan yang baik pada masa pandemi juga sangat penting dilakukan, terutama pada anak-anak yang masih rentan mengalami masalah kesehatan.

Tujuan Penelitian: Mengetahui hubungan antara pola makan anak di masa pandemi COVID-19 dengan status gizi anak usia prasekolah Kecamatan Kalibawang Kabupaten Kulon Progo.

Metode: Jenis penelitian yang digunakan dalam penelitian ini adalah secara kuantitatif dengan metode pendekatan *Longitudinal Designs*. Subjek yang diambil dalam penelitian ini adalah anak usia prasekolah Dusun Nglebeng dan Boro yang jumlah populasi 67 pada tahun 2021 yang ditetapkan dengan teknik total sampling. Pengumpulan data menggunakan rumus *Z-score* untuk mengetahui status gizi dan kuesioner pola makan.

Hasil: Hasil menunjukkan mayoritas status gizi anak prasekolah Kecamatan Kalibawang Kabupaten Kulon Progo mengalami gizi normal 70,1% dan pola makan cukup 65,7%. Pengolahan data menggunakan uji *gamma* yang didapatkan *p value* 0,001 sehingga dapat diartikan terdapat hubungan yang bermakna antara pola makan anak dengan status gizi, dengan tingkat keerratan kedua variabel 0,756.

Kesimpulan: Semakin baik pola makan anak prasekolah maka anak memiliki status gizi normal.

Kata kunci: Pola makan, Status gizi, COVID 19

THE CORRELATION OF CHILDREN'S EATING PATTERNS DURING THE COVID-19 PANDEMIC WITH THE NUTRITIONAL STATUS OF PRESCHOOL-AGED CHILDREN IN KALIBAWANG DISTRICT, KULON PROGO REGENCY

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ABSTRACT

Background: Nutritional problems are still often experienced by children. Based on the 2018 Indonesian Basic Health Research, the percentage of malnutrition in children aged 0-59 months reached 3.9%, and less nutrition reached 13.8%. Based on the 2019 Special Region of Yogyakarta's Health Department, the highest malnutrition status in Kulon Progo Regency was 9.89%. One of the factors that can affect nutritional problems in children is eating patterns. A good eating pattern is certainly important for children during the developmental period. Maintaining a good eating pattern during the pandemic is also very important, especially for children still vulnerable to health problems.

Research purposes: This research is aimed to know the correlation between children's eating patterns during the COVID-19 pandemic and the nutritional status of preschool-aged children in Kalibawang District, Kulon Progo Regency.

Method: The type of research used in this study was quantitative with the Longitudinal Designs approach. The subjects taken in this study were preschool-aged children from Nglebeng and Boro Hamlets with a total population of 67 in 2021, which was determined by the total sampling technique. Data collection used the Z-score formula to determine nutritional status and eating pattern questionnaire.

Results: The results show that the majority of the nutritional status of preschool-aged children in Kalibawang District, Kulon Progo Regency experienced normal nutrition of 70.1% and adequate eating patterns of 65.7%. Data processing using the gamma test obtained a p-value of 0.001 so that it can be interpreted that there is a significant correlation between children's eating patterns and nutritional status, with the level of correlation of the two variables 0.756.

Conclusion: The better the eating pattern of preschool-aged children, the children have normal nutritional status.

Keywords: Eating pattern, nutritional status, COVID 19