

**HUBUNGAN PERILAKU KELUARGA SADAR GIZI SAAT PANDEMI
COVID-19 DENGAN STATUS GIZI BALITA DI BANJARASRI
KALIBAWANG**

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INTISARI

Latar Belakang : Pada akhir tahun 2019 muncul virus baru yaitu bernama SARS-COV-2 atau sering disebut sebagai Virus Corona. Hadirnya virus ini membuat banyak industri yang melakukan pemotongan gaji hingga melakukan PHK (Pemutusan Hubungan Kerja). Ini akan berdampak pada daya beli masyarakat dalam rangka pemenuhan gizi. Penerapan Keluarga Sadar Gizi (Kadarzi) perlu dilakukan untuk dapat meningkatkan kesadaran dari keluarga tentang pentingnya pemenuhan gizi seimbang. Sehingga akan didapatkan status gizi yang baik.

Tujuan : Untuk mengetahui hubungan perilaku keluarga sadar gizi saat pandemi COVID-19 dengan status gizi pada balita di Kecamatan Kalibawang.

Metode : Desain penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif. Penelitian ini termasuk dalam penelitian non-eksperimental dengan pendekatan *cross sectional*. Pengambilan sampel dengan cara *stratified random sampling* dengan responden sebanyak 76 responden. Instrumen yang digunakan adalah kuesioner penerapan perilaku KADARZI dan pengukuran berat serta tinggi badan.

Hasil : Sebanyak 69,7% orangtua menerapkan perilaku keluarga sadar gizi dan sebanyak 77,6% anak balita berstatus gizi baik.

Kesimpulan : Terdapat hubungan yang signifikan antara perilaku keluarga sadar gizi dengan status gizi balita ditunjukkan nilai $p = 0,000$ dengan nilai korelasi Gamma 0,849 sehingga menunjukkan kekuatan korelasi yang sangat kuat.

Kata Kunci : Keluarga, Perilaku Sadar Gizi, Status Gizi, Balita

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RELATIONSHIP BETWEEN NUTRITION CONSCIOUS FAMILY BEHAVIOR DURING *COVID-19* PANDEMIC WITH NUTRITIONAL STATUS OF TODDLERS IN BANJARASRI KALIBAWANG

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ABSTRACT

Background : At the end of 2019, a new virus emerged, namely *SARS-COV-2* or often referred to as the Corona Virus. The presence of this virus has caused many industries to cut salaries to layoffs (Termination of Employment). This will have an impact on people's purchasing power in order to fulfill nutrition. The application of Nutrition Awareness Families (Kadarzi) needs to be done to increase family awareness about the importance of fulfilling balanced nutrition. This will result in a good nutritional status.

Objective : This study aims to determine the relationship between nutrition-conscious family behavior during the *COVID-19* pandemic with the nutritional status of toddlers in Kalibawang District.

Research Methodology : The research design used in this research is quantitative research. This research is included in non-experimental research with cross sectional approach. Sampling was done by stratified random sampling with 76 respondents. The instrument used was a questionnaire on the application of KADARZI behavior and measurements of weight and height.

Result : Some parents have implemented nutrition-aware family behavior as much as 69.7% and most children under five are in the good nutritional status category as much as 77.6%.

Conclusion : The analysis showed that there was a significant relationship between the behavior of nutritionally conscious families and the nutritional status of children under five, indicated by the *p value* = 0.000 with a Gamma correlation value of 0.849, indicating a very strong correlation strength.

Keywords : Family, Nutrition Conscious, Nutritional Status, Toddler

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