

HUBUNGAN KADAR HEMOGLOBIN DENGAN PERTUMBUHAN BALITA DI KELURAHAN NGALANG, KABUPATEN GUNUNGKIDUL

Hestiasih Nirwanto¹, Tri Sunarsih², Yuli Astuti³

INTISARI

Latar Belakang : Permasalahan gizi yang tidak terpenuhi merupakan kasus yang masih ditemukan di Indonesia, balita merupakan kelompok yang rentan mengalami kurang gizi salah satunya yaitu balita mengalami *stunting*. Salah satu asupan zat gizi yang diperlukan adalah zat besi, zat ini berperan penting dalam proses sintesis neurotransmitter dan mielinisasi neuron. Oleh karena itu anak yang mengalami *stunting* beresiko 2,7 kali lebih besar mengalami anemia.

Tujuan Penelitian : Menganalisis adakah hubungan antara kejadian kadar terhadap pertumbuhan balita di Kelurahan Ngalang, Kabupaten Gunungkidul.

Metode Penelitian : Metode yang digunakan kuantitatif analitik, dengan desain *cross sectional*. Sampel berjumlah 25 balita dengan menggunakan teknik non probability sampling. *Instrument* berupa angket. Data yang diperoleh data primer dan berdasarkan variabel skala pengukuran menggunakan interval, ordinal, dan nominal, maka analisis data yang digunakan adalah analisis univariat dan bivariat dengan menggunakan uji Chi-square yang diolah menggunakan SPSS 25.

Hasil : Hasil yang diperoleh dari 25 sampel, golongan darah paling banyak golongan darah A+ sebanyak 9 sampel dengan (36%). Jenis kelamin laki-laki sebanyak 19 sampel (76%). Tinggi badan pendek 14 sampel (56%). Berat badan normal sebanyak 18 sampel (72%). Kelompok umur > 35 bulan sebanyak 12 balita (48%). Status pendidikan orang tua paling banyak pendidikan menengah sebanyak 14 sampel (56%). Status pekerjaan ayah paling banyak buruh sebanyak 10 orang (40%) sedangkan pekerjaan ibu responden paling banyak ibu rumah tangga sebanyak 23 orang (92%). Berdasarkan pendapatan keluarga perbulan pendapatan di bawah UMK yaitu < Rp1.900.000 perbulan sebanyak 20 orang (80%). Hasil yang di peroleh diketahui bahwa keseluruhan sampel memiliki kadar hemoglobin normal, didapatkan kadar Hb >11 gr/dl dengan nilai persentase (100 %) . Pada uji *Chi Square Test* nilai *P* sebesar 0,0891 dengan nilai $p < 0,005$.

Kesimpulan : Dapat disimpulkan bahwa kejadian balita *stunting* dengan kadar hemoglobin tidak terdapat hubungan yang signifikan.

Kata Kunci : Balita, Kadar Hemoglobin Balita, Pertumbuhan Balita, *Stunting* Balita.

¹Mahasiswa Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

³Dosen Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

RELATIONSHIP BETWEEN HEMOGLOBIN LEVELS WITH GROWTH OF TODDLERS IN NGALANG VILLAGE, GUNUNGKIDUL REGENCY

Hestiasih Nirwanto¹, Tri Sunarsih², Yuli Astuti³

ABSTRACT

Background : Unmet nutritional problems are cases that are still found in Indonesia, toddlers are a group that is vulnerable to malnutrition, one of which is toddlers experiencing stunting. One of the nutrients needed is iron, this substance plays an important role in the process of neurotransmitter synthesis and myelination of neurons. Therefore, children who experience stunting have a 2.7 times greater risk of experiencing anemia.

Objective : To analyze whether there is a relationship between the incidence of levels on the growth of toddlers under five in Ngalang Village, Gunungkidul Regency

Method : The method used is quantitative analytic, with a cross sectional design. The sample is 25 toddlers using non-probability sampling technique. Instrument in the form of a questionnaire. The data obtained are primary data and based on measurement scale variables using interval, ordinal, and nominal, the data analysis used was univariate and bivariate analysis using the Chi-square test which was processed using SPSS 25.

Result : The results obtained from 25 samples, the most blood type is A+ blood group as many as 9 samples with (36%). Male sex as many as 19 samples (76%). Shorter height 14 samples (56%). Normal body weight as many as 18 samples (72%). Age group > 35 months as many as 12 toddlers (48%). The educational status of the parents with the most secondary education was 14 samples (56%). The work status of the father is the most laboring as many as 10 people (40%) while the occupation of the respondent's mother is mostly housewives as many as 23 people (92%). Based on family income per month, the income is below the minimum wage, which is < IDR 1,900,000 per month as many as 20 people (80%). The results obtained are known that all samples have normal hemoglobin levels, obtained Hb levels > 11 g/dl with a percentage value (100%). In the Chi Square Test the P value is 0.0891 with a p value < 0.005.

Conclusion : It can be concluded that the incidence of stunting under five with hemoglobin levels does not have a significant relationship.

Keywords : Toddler, Hemoglobin Level Toddler, Toddler Growth, Toddler Stunting

¹Student of Blood Bank Technology at Jenderal Achmad Yani University, Yogyakarta

²Lecturer of Blood Bank Technology, Universitas Jenderal Achmad Yani Yogyakarta

³Lecturer of Blood Bank Technology, Universitas Jenderal Achmad Yani Yogyakarta