

ASUHAN KEBIDANAN PADA BALITA An.B UMUR 26 BULAN DENGAN GIZI KURANG DI PUSKESMAS TEMON 1 KULON PROGO

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RINGKASAN

Latar Belakang : Gizi kurang pada balita adalah kondisi akibat asupan nutrisi yang tidak cukup, menyebabkan gangguan pertumbuhan dan perkembangan. Penyebabnya multifaktorial, dengan prevalensi tinggi secara global, nasional, dan di Puskesmas Temon 1 yang mencatat 105 kasus dalam tiga bulan terakhir.

Tujuan : Memberikan asuhan kebidanan pada balita gizi kurang di Puskesmas Temon 1 dengan pendekatan manajemen kebidanan, serta melatih mahasiswa melakukan pengkajian, analisis, perencanaan, tindakan, dan evaluasi sesuai standar pelayanan kebidanan.

Metode : Dengan pendekatan tujuh langkah asuhan kebidanan menurut Varney yaitu pengkajian, analisis, diagnosa, perencanaan, implementasi, evaluasi, dan dokumentasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan antropometri.

Hasil : Asuhan kebidanan pada balita An.B umur 26 bulan menunjukkan keluhan anak makan sedikit dan pilih-pilih makan. Hasil pengkajian status gizi menunjukkan BB/U dan TB/U dalam kategori normal, sedangkan BB/PB dan IMT/U termasuk dalam kategori gizi kurang. Intervensi yang diberikan meliputi edukasi gizi, PMT, dan ashan komplementer yaitu yoga balita. Evaluasi menunjukkan peningkatan berat badan dari 9,8 kg menjadi 10,3 kg.

Kesimpulan: Penerapan asuhan kebidanan terbukti efektif dalam memperbaiki status gizi balita ditunjukkan dengan peningkatan berat badan dari 9,8 kg menjadi 10,3 kg. Hasil ini menekankan pentingnya kolaborasi tenaga kesehatan, mahasiswa, institusi, dan orangtua dalam mencegah gizi kurang.

Kata Kunci: *Asuhan Kebidanan, Balita, Gizi Kurang*

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**MIDWIFERY CARE FOR A 26-MONTH-OLD TODDLER, An.B WITH
UNDERNUT IN TEMON 1 PUBLIC HEALTH CENTER, KULON PROGO**

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ABSTRACT

Background: Malnutrition in toddlers is a condition resulting from inadequate nutritional intake, leading to impaired growth and development. The causes are multifactorial, with a high prevalence globally, nationally, and at Temon 1 Community Health Center, which recorded 105 cases in the last three months.

Objective: To provide midwifery care for undernourished toddlers at Temon 1 Community Health Center using a midwifery management approach, and to train students in assessment, analysis, planning, action, and evaluation in accordance with midwifery service standards.

Method: Using the seven-step approach to midwifery care according to Varney: assessment, analysis, diagnosis, planning, implementation, evaluation, and documentation. Data collection was conducted through interviews, observations, physical examinations, and anthropometric measurements.

Results: Midwifery care for a 26-month-old toddler, An.B, showed complaints of little appetite and picky eating. Nutritional status assessment results indicated that weight for age and height for age were within the normal range, while weight for height and body mass index (BMI) for age were considered malnourished. Interventions provided included nutrition education, PMT (Food and Nutritional Balance), and complementary activities, such as toddler yoga. Evaluation showed an increase in weight from 9.8 kg to 10.3 kg.

Conclusion: The implementation of midwifery care was proven effective in improving the nutritional status of the toddler, as indicated by an increase in weight from 9.8 kg to 10.3 kg. These results emphasize the importance of collaboration between healthcare professionals, students, institutions, and parents in preventing malnutrition.

Keywords: *Midwifery Care, Toddlers, Malnutrition*

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