

**POLA MAKAN BALITA DI WILAYAH POSYANDU FLAMBOYAN II
DESA GARONGAN KECAMATAN PANJATAN KABUPATEN
KULON PROGO YOGYAKARTA**

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INTISARI

Latar Belakang : Pola makan merupakan pengaturan asupan nutrisi yang akan di konsumsi setiap kali kita akan makan dalam memenuhi kebutuhan makan yang meliputi sikap, kepercayaan dan pilihan makanan, budaya dan sosial. Hasil studi pendahuluan di lakukan di wilayah Posyandu Flamboyan II Desa Garongan melalui data dari Posyandu jumlah seluruh balita sebanyak 45 balita.

Tujuan : Untuk mengetahui Pola makan balita di wilayah posyandu Flamboyan II Desa Garongan, Kecamatan Panjatan, Kabupaten kulon Progo.

Metode Penelitian : Penelitian yang di gunakan bersifat *deskriptif kuantitatif* pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu yang mempunyai balita umur sampai 5 tahun di wilayah Posyandu Flamboyan II Desa Garongan, Kecamatan Panjatan sebanyak 45 balita. Teknik sampling menggunakan metode *sampling jenuh*. Teknik pengumpulan data menggunakan kuesioner. Analisis data menggunakan analisa *univariat*.

Hasil Penelitian : Hasil Penelitian menunjukkan bahwa pola makan balita di Posyandu wilayah Flamboyan II Desa Garongan, Kecamatan Panjatan, Kabupaten Kulon Progo dalam kategori baik sebanyak 34 responden (75,6%), cukup sebanyak 7 responden (15,6%), dan kurang sebanyak 4 responden (8,9%).

Kesimpulan : Pola makan balita di wilayah Posyandu Flamboyan II Desa Garongan, Kecamatan Panjatan, Kabupaten Kulon Progo, Yogyakarta sebagian besar dalam kategori baik sebanyak 34 responden (75,6%).

Kata kunci : Balita dan ibu yang memiliki Balita di Posyandu.

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THE DIET OF UNDER FIVE CHILDREN IN FLAMBOYAN II INTEGRATED
HEALTH CARE POST, GARONGAN VILLAGE, PANJATAN SUB
DISTRICT, KULON PROGO REGION, YOGYAKARTA

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ABSTRACT

Background : Diet is a management of nutrition intake each time we are about to eat in fulfilling need of meal which includes behavior, belief, meal choice, cultural and social aspects. A preliminary study was conducted in Flamboyan II Integrated Health Care Post, Garongan village. Data from Integrated Health Care Post figured out the total number of babies as many as 45 under five children.

Objective : To find out the diet of under five children in Flamboyan II Integrated Health Care Post, Garongan village, Panjatan sub district, Kulon progo region.

Method : This was a quantitative descriptive study with cross sectional approach. Population in this study were mothers who were raising 0-5 year old babies in Flamboyan II Integrated Health Care Post, Garongan village, Panjatan sub district, as many as 45 under five children. Sampling technique applied total sampling method. Data collecting instrument were questionnaires. Data analysis applied multi variable analysis.

Result : The diet of under five children in flamboyan II integrated health care post, Garongan village, Panjatan sub district Kulon progo region, was in good category as 34 respondents (75,6%), sufficient category as 7 (15,6%) and poor category as many as 4 respondents (8,9%)

Conclusion : The diet of under five children in flamboyan II integrated health care post, Garongan village, Panjatan sub district Kulon progo region, was in good category as 34 respondents (75,6%).

Keywords : The diet of under and children

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