

GAMBARAN FAKTOR YANG MEMENGARUHI STATUS GIZI KURANG DAN GIZI BURUK PADA BALITA DI RUMAH PEMULIHAN GIZI KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Masalah gizi merupakan akibat ketidakseimbangan antara asupan dengan zat gizi yang dikeluarkan oleh tubuh (*nutritional imbalance*). Masalah gizi dipengaruhi beberapa faktor yaitu asupan makanan, penyakit infeksi, ketersediaan pangan, pelayanan kesehatan, pendidikan ibu, pekerjaan ibu, pola pengasuhan, usia ibu, jumlah anggota keluarga, tingkat pengetahuan ibu, sosial ekonomi dan jumlah anak. Dampak masalah gizi meliputi kegagalan pertumbuhan fisik, tidak optimalnya perkembangan dan kecerdasan, menurunnya daya tahan tubuh hingga meningkatkan resiko kesakitan dan kematian.

Tujuan Penelitian: Mengetahui faktor yang memengaruhi status gizi kurang dan gizi buruk pada balita di Rumah Pemulihan Gizi Kota Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan rancangan *deskriptif kuantitatif* dengan pendekatan waktu *retrospektif*. Populasi penelitian ini yaitu seluruh balita yang mengalami gizi kurang dan gizi buruk di Rumah pemulihan Gizi Kota Yogyakarta dari data rekam medik. Teknik pengambilan sampel yaitu *total sampling* dengan jumlah 73 responden. Analisa data yang digunakan *analisa univariat*.

Hasil Penelitian: sebagian besar balita mengalami status gizi buruk sebanyak 45 responden (61,6%), balita tidak ada riwayat penyakit infeksi sebanyak 56 responden (76,6%), sosial ekonomi keluarga rendah sebanyak 45 responden (61,6%), ibu berpendidikan tinggi sebanyak 57 responden (78,1%), ibu tidak bekerja sebanyak 57 responden (58,9%), ibu berumur 20-35 tahun sebanyak 60 responden (82,2%), jumlah anggota keluarga dalam kategori besar sebanyak 38 responden (52,1%), jumlah anak kategori sedikit sebanyak 61 responden (83,6%).

Kesimpulan: tidak ada riwayat penyakit infeksi, sosial ekonomi rendah, pendidikan ibu tinggi, ibu tidak bekerja, umu ibu 20-35 tahun, jumlah anggota keluarga kategori besar, jumlah anak kategori sedikit.

Kata Kunci: Gizi kurang, Gizi buruk, Balita.

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**THE DESCRIPTION OF FACTORS WHICH AFFECT
UNDERNOURISHED AND MALNUTRITION STATUS ON UNDER-FIVE
CHILDREN IN NUTRITION REHABILITATION HOUSE
YOGYAKARTA CITY**

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ABSTRACT

Background of Study: Nutritional problems are due to imbalance between the nutrition and nutritional issue from the body (nutritional imbalance). Nutritional problems is affected by several factors such as food supply, infectious diseases, food security, health services, mother's education, mother's occupation, parenting, mother's age, number of family members, mother's level of knowledge, social, economic, and number of children. The impact of nutritional problems include physical growth, not optimal development and intelligence, immune deficiencies that increases the risk of morbidity and mortality.

Objective of Study: This study aims to describe factors that influence undernourished and malnutrition status on under five children in the Nutritional Rehabilitation House Yogyakarta.

Research Methods: This study used quantitative descriptive design with retrospective approach. The population is all 73 mothers who have under five children that get undernourished and malnutrition status in House of Nutritional Rehabilitation Yogyakarta. The data was taken from medical records. This used total sampling. The data was analyzed using univariate analysis.

Results: The majority of under five children that suffered malnutrition were 45 respondents (61.6%), the under five children that no history of infectious diseases was 56 respondents (76.6%), lower socioeconomic families was 45 respondents (61.6%), highly educated mothers were 57 respondents (78.1%), mothers do not work were 57 respondents (58.9%), the mothers in the age of 20-35 year-old were 60 respondents (82.2%), the number of family members in large categories were 38 respondents (52.1%), the number of children in small category were 61 respondents (83.6%).

Conclusions: no history of infectious disease, low socioeconomic, higher mother's education, mothers do not work, mothers in the age of 20-35 years old, large family member, the number of children in little categories.

Keywords: Undernourished status, Malnutrition Status, Under Five of Age Children

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