

GAMBARAN STATUS GIZI BALITA DI PUSKESMAS PALIYAN GUNUNGKIDUL YOGYAKARTA

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INTISARI

Latar Belakang : Balita yang mengalami kurang asupan gizi maka bisa menyebabkan gizi buruk. Faktor terjadinya masalah status gizi pada balita adalah kemiskinan, rendahnya pendidikan, rendahnya keterampilan, dan lain-lain. Prevalensi masalah status gizi di seluruh dunia meliputi kelebihan berat badan 8%, 23% mengalami stunting (pendek). Prevalensi status gizi balita di DIY mengalami penurunan 0,04% pada tahun 2021 6,92% menjadi 6,88% pada tahun 2022. Balita yang mengalami masalah gizi mungkin akan terjadi dengan tumbuh kembangnya di masa depan. Gangguan fungsi kognitif, penurunan IQ, terhambatnya perkembangan fisik dan mental, serta masalah metabolisme.

Tujuan : Untuk mengetahui gambaran status gizi balita di Puskesmas Paliyan Gunung Kidul Yogyakarta

Metode : Penelitian ini menggunakan deskriptif kuantitatif. Teknik pengambilan sampel dilakukan secara *Proportionate Starfied Random Sampling*. Penelitian ini berlokasi di Puskesmas Paliyan Gunungkidul dengan menggunakan rekam medis pasien, ibu yang tercatat pada bulan Januari-Desember 2023 yang memiliki jumlah balita dengan populasi 299 balita, sampel yang digunakan dengan jumlah 171 balita dan dihitung berat badan menurut umur menggunakan *Z-score*.

Hasil : Hasil penelitian didapatkan gambaran status gizi memiliki gizi baik sebesar 76,0%, status gizi balita berdasarkan kategori jenis kelamin sebagian besar laki-laki 60,2%, gambaran status gizi balita berdasarkan kategori usia terbanyak usia >24-36 bulan 31,6%, gambaran status gizi balita berdasarkan kategori berat badan terbanyak 2,7-9,6 kg 40%, gambaran status gizi balita berdasarkan kategori pekerjaan ibu tidak bekerja 80,7%.

Kesimpulan : Status gizi balita sebagian besar memiliki status gizi baik.

Kata Kunci : Status gizi, Balita, Z-score

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OVERVIEW OF THE NUTRITIONAL STATUS OF TODDLERS AT THE PALIYAN HEALTH CENTER GUNUNGKIDUL YOGYAKARTA

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ABSTRAK

Background : Toddlers who experience inadequate nutritional intake can cause malnutrition. Factors that cause nutritional status problems in toddlers are poverty, low education, low skills, and others. The prevalence of nutritional status problems worldwide includes 8% overweight, 23% experiencing stunting (short). The prevalence of nutritional status of toddlers in DIY decreased by 0.04% in 2021 from 6.92% to 6.88% in 2022. Toddlers who experience nutritional problems may experience growth and development in the future. Impaired cognitive function, decreased IQ, stunted physical and mental development, and metabolic problems.

Objective : To find out the picture of the nutritional status of toddlers at the Paliyan Gunung Kidul Health Center, Yogyakarta

Research Method : This study uses quantitative descriptive. The sampling technique was carried out using Proportionate Starfied Random Sampling. This study was located at the Paliyan Gunungkidul Health Center using RM mothers who had toddlers from January-December 2023, a population of 299 toddlers, the sample used was 171 toddlers and BB/A was calculated using Z-score.

Results : The results of the study obtained a description of the nutritional status of toddlers based on gender category, the majority were male 60.2%, a description of the nutritional status of toddlers based on age category, the most common being >24-36 months 31.6%, a description of the nutritional status of toddlers based on the most common BW category 2.7-9.6 kg 40%, a description of the nutritional status of toddlers based on the category of work of mothers who do not work 80.7%.

Conclusion : Most of the nutritional status of toddlers is good.

Keywords: Nutritional status, toddlers, Z-score

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