

GAMBARAN STATUS GIZI BALITA YANG MENGALAMI DIARE DI PUSKESMAS SENTOLO 1 KULON PROGO YOGYAKARTA

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INTISARI

Latar Belakang: Status gizi menjadi indikator ketiga dalam menentukan derajat kesehatan anak. Menurut Adriani Status gizi di Indonesia dipengaruhi oleh konsumsi makanan, keturunan, sosial-ekonomi, dan juga penyakit yang menyertai atau infeksi. Apabila kondisi gizi kurang berlangsung lama, maka akan berakibat semakin berat tingkat kekurangannya. Pada keadaan ini dapat menyebabkan timbulnya penyakit lain seperti diare. Penyakit diare masih menjadi masalah kesehatan masyarakat di Indonesia. Hal tersebut dapat dilihat dari angka kesakitan diare dari tahun ke tahun. Di Indonesia sendiri setiap tahun 100.000 anak meninggal karena diare.

Tujuan: Mengetahui gambaran status gizi balita yang mengalami diare di puskesmas Sentolo 1 Kulon Progo

Metode: Penelitian ini merupakan jenis penelitian deskriptif kuantitatif. Pengambilan sampel menggunakan metode *purposive sampling*. Besar sampel sebanyak 79 balita yang mengalami diare di Puskesmas Sentolo 1 sesuai dengan kriteria inklusi dan eksklusi. Pengumpulan data dilakukan dengan cara mengambil data yang berasal dari rekam medis pasien dan analisa data yang digunakan adalah analisa *univariat*.

Hasil: Balita yang mengalami diare dehidrasi berat memiliki gizi buruk sebanyak 1 responden (100%). Balita yang mengalami diare dehidrasi ringan keseluruhan memiliki gizi baik yaitu sebanyak 5 responden (100%). Balita yang mengalami diare tanpa dehidrasi memiliki gizi buruk sebanyak 4 responden (5,5%), gizi kurang sebanyak 26 responden (35,6%), gizi baik sebanyak 39 responden (53,4%), dan gizi lebih sebanyak 4 responden (5,5%).

Kesimpulan: Balita yang mengalami diare sebagian besar mengalami diare tanpa dehidrasi dengan status gizi baik yaitu sebanyak 39 responden (53,4%). Dan terdapat balita yang mengalami diare dehidrasi berat sebanyak 1 responden (100%) dan balita tersebut memiliki gizi buruk.

Kata Kunci: *Status gizi, balita diare*

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THE OVERVIEW OF TODDLER'S NUTRITIONAL STATUS WITH DIARRHEA AT HEALTH PUBLIC CENTER OF SENTOLO 1 KULON PROGO YOGYAKARTA

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ABSTRACT

Background: Nutritional status becomes the third indicator in determining children's health level. According to Adriani, nutritional status in Indonesia is influenced by food consumption, descendant, social-economy, and accompanying diseases and infections. If the nutrition condition is less persists, then it will impact heavier the level of malnutrition. In the situation, it can cause other diseases such as diarrhea. Diarrhea still becomes health problem of the Indonesian society. The matter can be seen by rate of diarrhea sufferer from year to year. In Indonesia, each year there are 100.000 children death because of diarrhea.

Goal: To know the overview of toddler's nutritional status with diarrhea at Health Public Center of Sentolo 1 Kulon Progo Yogyakarta

Method: The research is descriptive quantitative. Sampling used purposive sampling method. Number of sample was as many 79 toddlers with diarrhea at health public center of Sentolo I according to inclusion and exclusion criteria. Data collecting was conducted by gathering data from medical record of the patients and data analysis used univariate analysis.

Result: The toddlers that have heavy dehydration diarrhea have malnutrition as many 1 respondents (100%). The toddlers that have light dehydration diarrhea overall have good nutrition as many 5 respondents (100%). The toddlers that have diarrhea without dehydration have malnutrition as many 4 respondents (5,5%), malnutrition as many 26 respondents (35,6%), good nutrition as many 39 respondents (53,4%), and over nutrition as many 4 respondents (5,5%).

Conclusion: The toddlers that have diarrhea mostly have diarrhea without dehydration with good nutrition as many 39 respondents (53,4%). Along with there is the toddler that has heavy dehydration diarrhea as many 1 respondent (100%) and the toddler has malnutrition.

Key of terms: *Nutritional status, diarrhea toddler*

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