

HUBUNGAN STATUS GIZI DENGAN PERKEMBANGAN BALITA DI KELURAHAN DEMANGREJO KULON PROGO

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INTISARI

Latar Belakang: Masa balita, khususnya 1.000 hari pertama kehidupan, merupakan fase krusial yang menentukan pertumbuhan dan perkembangan balita secara jangka panjang. Asupan gizi yang cukup dan seimbang sangat penting untuk mendukung perkembangan fisik, motorik, kognitif, bahasa, dan sosialisasi balita. Namun, kekurangan gizi pada masa ini dapat menyebabkan berbagai gangguan perkembangan, termasuk keterlambatan bicara dan bahasa, gangguan motorik, serta sosialisasi dan kemandirian.

Tujuan: Mengetahui hubungan status gizi dengan perkembangan balita di Kelurahan Demangrejo Kulon Progo.

Metode: Metode penelitian yang digunakan adalah penelitian kuantitatif menggunakan desain korelasional dengan pendekatan *cross sectional*. Penelitian ini menggunakan sampel 63 balita. Analisis data menggunakan uji statistik *Spearman-Rho*.

Hasil: Penelitian ini melibatkan 63 balita sebagai responden. Berdasarkan karakteristik usia, sebagian besar pada usia 4 tahun yaitu sebanyak 20 balita (31,7%). Berdasarkan jenis kelamin, mayoritas balita adalah perempuan sebanyak 33 balita (52,4%). Berdasarkan tingkat pendidikan orang tua, sebagian besar berpendidikan terakhir SMA sebanyak 50 orang (79,4%). Berdasarkan pekerjaan orang tua, sebagian besar yaitu sebagai petani sebanyak 23 orang (36,5%). Selain itu, sebagian besar orang tua memiliki pendapatan < UMR (2.351.239,85) sebanyak 54 orang (85,7%). Status gizi balita menunjukkan sebanyak 48 balita (76,2%) memiliki status gizi baik. Dari aspek perkembangan, sebanyak 46 balita (73,0%) memiliki perkembangan sesuai. Hasil uji statistik *Spearman-Rho* diperoleh dengan nilai *p value* = 0,000 ($p < 0,05$).

Kesimpulan: Ada hubungan status gizi dengan perkembangan balita di Kelurahan Demangrejo Kulon Progo.

Kata Kunci: *Status Gizi, Perkembangan, Balita.*

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RELATIONSHIP BETWEEN NUTRITION STATUS AND TODDLER DEVELOPMENT IN DEMANGREJO VILLAGE KULON PROGO

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ABSTRACT

Background: Toddlerhood, especially the first 1,000 days of life, is a crucial phase that determines the growth and development of toddlers in the long term. Adequate and balanced nutritional intake is very important to support the physical, motor, cognitive, language, and social development of toddlers. However, malnutrition during this period can cause various developmental disorders, including speech and language delays, motor disorders, and socialization and independence.

Objective: To determine the relationship between nutritional status and toddler development in Demangrejo Village, Kulon Progo.

Method: The research method used was quantitative research using a correlational design with a *cross-sectional* approach. This study used a sample of 63 toddlers. Data analysis used the *Spearman-Rho* statistical test.

Result: This study involved 63 toddlers as respondents. Based on age characteristics, most were 4 years old, namely 20 toddlers (31.7%). Based on gender, the majority of toddlers were female, namely 33 toddlers (52.4%). Based on parental education level, most had a high school education, namely 50 people (79.4%). Based on parental occupation, most were farmers, namely 23 people (36.5%). In addition, most parents had an income < UMR (2.351.239,85) as many as 54 people (85.7%). The nutritional status of toddlers showed that 48 toddlers (76.2%) had good nutritional status. From the developmental aspect, 46 toddlers (73.0%) had appropriate development. The results of the *Spearman-Rho* statistical test were obtained with a *p value* = 0.000 ($p < 0.05$).

Conclusion: There is a relationship between nutritional status and toddler development in Demangrejo Village, Kulon Progo.

Keywords: *Nutritional Status, Development, Toddlers.*

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