

HUBUNGAN POLA MAKAN DENGAN STATUS GIZI PADA BATITA DI PADUKUHAN NOGOSAREN, NOGOTIRTO, GAMPING, SLEMAN, YOGYAKARTA

INTISARI

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Latar Belakang: Pola makan batita yang tidak baik memiliki resiko status gizi kurang 17 kali lebih tinggi dari pada pola makan batita yang baik. Status gizi dipengaruhi oleh status sosial ekonomi keluarga, ketersediaan pangan, pendidikan ibu, pola makan, pola asuh, penyakit infeksi. Di Padukuhan Nogosaren terdapat 2 batita yang mempunyai status gizi garis kuning.

Tujuan: Diketuinya hubungan antara pola makan dan status gizi pada batita di Padukuhan Nogosaren.

Metode: Penelitian ini menggunakan metode *diskriptif corelational* dengan rancangan penelitian *cross sectional*. Lokasi penelitian pada penelitian ini dilakukan di Padukuhan Nogosaren, Nogotirto, Gamping, Sleman, Yogyakarta. Teknik pengambilan sampel dalam penelitian ini adalah *total sampling*. Dengan responden sebanyak 47. Data diolah menggunakan uji *Fisher exact*.

Hasil : status gizi anak normal sebanyak 33 batita (70,2%), dengan pola makan batita sesuai dengan anjuran sebanyak 30 (63,8%) dan tidak sesuai dengan anjuran 3 (6,4%). Batita dengan status gizi gemuk sebanyak 5 (10,6%) dengan pola makan batita tidak sesuai dengan anjuran 3 batita (6,4%). Batita dengan status gizi kurus sebanyak 8 batita (17%) dengan pola makan batita tidak sesuai dengan anjuran. Hasil analisis pengujian hipotesis dengan uji *Fisher exact* diperoleh nilai signifikansi p-value sebesar 0,000 ($p < 0,05$), yang artinya ada hubungan pola makan dengan status gizi pada batita di Padukuhan Nogosaren, Nogotirto, Gamping Sleman, Yogyakarta.

Kesimpulan : ada hubungan pola makan dengan status gizi pada batita di Padukuhan Nogosaren, Nogotirto, Gamping Sleman, Yogyakarta.

Kata Kunci: Pola Makan, Status Gizi, Batita.

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RELATIONSHIP EATING PATTERNS WITH UNDER THREE YEARS CHILDREN NUTRIENT STATUS IN PADUKUHAN NOGOSAREN, NOGOTIRTO, GAMPING, SLEMAN, YOGYAKARTA

ABSTRACT

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Background: Eating patterns that is not good to have the risk of malnutrition status 17 fold higher than in the eating pattern of under three years children are good. Nutritional status is influenced by socio-economic status, food availability, maternal education, eating patterns, parenting, infectious diseases. In Padukuhan Nogosaren there are two under three years children who have the nutritional status of the yellow line.

Objective: Knowing the relationship between Eating patterns and nutritional status of under three years children in Padukuhan Nogosaren.

Methods: This research uses method of descriptive correlational with research design cross sectional. The location of research in this research conducted in Padukuhan Nogosaren, Nogotirto, Gamping, Sleman, Yogyakarta. The sampling technique in this research is total sampling. By respondents as many as 47. Data was processed using the *Fisher exact* test.

Results: normal nutritional status of under three years children as much as 33 (70.2%), with a under three years children eating patterns as prescribed by 30 (63.8%) and not in accordance with the recommendation of 3 (6.4%). under three years children with fat nutritional status by 5 (10.6%) with eating patterns under three years children do not conform with the recommendation 3 (6.4%). under three years children with thin nutritional status of as many as 8 (17%) with eating patterns under three years children do not conform with the recommendation. The results of the analysis of hypothesis testing with the *Fisher exact* test significance value p-value of 0.000 ($p < 0.05$), the meaning that there is a relationship eating patterns and nutritional status of under three years children in Padukuhan Nogosaren, Nogotirto, Gamping Sleman, Yogyakarta.

Conclusion: there is relationship eating patterns and nutritional status of under three years children in Padukuhan Nogosaren, Nogotirto, Gamping Sleman, Yogyakarta.

Keywords: eating patterns, Nutrition Status, under three years children

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