

Skripsi, Oktober 2016

Farah Mellysa, No. BP. 1210332005

HUBUNGAN POLA KONSUMSI IKAN DAN TINGKAT PENDAPATAN ORANGTUA DENGAN STATUS GIZI ANAK BALITA KELUARGA NELAYAN DI KELURAHAN PASIR NAN TIGO KOTA PADANG TAHUN 2016

ix + 54 halaman, 18 tabel, 2 gambar, 7 lampiran

ABSTRAK

Tujuan

Prevalensi balita pendek di Kota Padang 16,82% sedangkan daerah penelitian kategori pendek sebesar 27.21%. Salah satu zat gizi yang dibutuhkan untuk pertumbuhan adalah protein. Salah satu sumber protein yang berasal dari hewani adalah ikan. Selain kaya protein juga memiliki zat gizi lain. Namun, Konsumsi ikan di Indonesia masih rendah dibandingkan dengan negara lain, padahal Indonesia terdiri dari 2/3 lautan dibandingkan daratan. Tujuan penelitian ini untuk mengetahui hubungan pola konsumsi ikan dan tingkat pendapatan orang tua dengan status gizi anak balita keluarga nelayan.

Metode

Penelitian ini merupakan penelitian analitik dengan menggunakan desain *cross-sectional* yang dilakukan di Kelurahan Pasir Nan Tigo dari Maret 2016-Oktober 2016. Sampel terdiri dari 73 responden. Pengambilan sampel dilakukan dengan teknik *Multistage Random Sampling*. Data diolah menggunakan SPSS melalui uji *Chi-Square* untuk variabel bivariat dengan 95%CI ($\alpha=0,05$).

Hasil

Hasil penelitian menunjukkan bahwa jenis ikan yang paling banyak dikonsumsi adalah ikan tongkol (49.3%), frekuensi makan ikan yang paling banyak adalah kategori sering (49.3%), jumlah protein ikan dengan kategori cukup (56.2%), pendapatan orangtua yang paling banyak adalah kategori miskin (52.1%). Berdasarkan hasil uji statistik diketahui bahwa terdapat hubungan yang bermakna antara jumlah protein ikan ($p=0.03$), pendapatan orangtua ($p=0.00$) dengan status gizi berdasarkan TB/U. Tidak terdapat hubungan yang bermakna antara frekuensi makan ikan dengan status gizi berdasarkan TB/U ($p=0.33$).

Kesimpulan

Jenis ikan yang paling banyak dikonsumsi adalah ikan tongkol. Jumlah protein ikan dan pendapatan orangtua memiliki hubungan yang bermakna dengan status gizi berdasarkan TB/U. Oleh karena itu perlunya variasi pengolahan ikan agar balita tidak bosan mengonsumsi ikan. Perlunya ditingkatkan keterampilan memasak pada ibu dalam pengolahan ikan untuk mendukung perekonomian keluarga.

Daftar Pustaka : 46 (1998-2015)

Kata Kunci : Status Gizi, Pola Konsumsi Ikan, Balita

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, Oktober 2016

Farah Mellysa, No. BP. 1210332005

THE RELATIONSHIP OF FISH CONSUMPTION PATTERNS AND THE LEVEL OF PARENT'S INCOME WITH NUTRITIONAL STATUS OF CHILDREN OF FISHERMAN FAMILY IN THE VILLAGE OF PASIR NAN TIGO IN PADANG CITY IN 2016

ix + 54 pages, 18 tables, 2 figures, 7 appendices

ABSTRACT

Objective

Prevalence short toddler in Padang was 16.82% and in the sample areas the prevalence of short toddler was 27.21%. One of the nutrients needed for growth is protein. One source of protein derived from animal protein is fish. Fish has rich protein and also has other nutrients. However, fish consumption in Indonesia is still low compared to other countries, although Indonesia consists of 2/3 the ocean compared to the mainland. The purpose of this study is to determine the relationship of fish consumption patterns and income level of parents and nutritional status of children under five families of fishermen.

Method

This study was an analytical study using cross-sectional design conducted in the village of Pasir Nan Tigo from March 2016 to October 2016. The sample consisted of 73 respondents. Sampling was taken by Multistage Random Sampling technique. The data were processed using SPSS through Chi-Square test for bivariate variables with 95% CI ($\alpha = 0.05$).

Result

The results showed that the species of fish most consumed is cob (49.3%), frequency of eating fish that most of the categories often is (49.3%), the number of fish protein with enough category is (56.2%), parental income that most of the categories poor is (52.1%). Based on the statistical test known that there is a significant relationship between the amount of fish protein ($p = 0.03$), parental income ($p = 0.00$) to the nutritional status based on TB / U. There was no significant relationship between the frequency of eating fish with nutritional status based on TB / U ($p = 0.33$).

Conclusion

Species of fish most consumed is cob. The amount of fish protein and income of parents have a meaningful relationship with nutritional status based on TB / U. Hence the need for fish processing variations that toddlers do not get tired of eating fish. Need improved cooking skills of mother in the processing of fish to support the family economy.

References : 46 (1998-2016)

Keywords : Nutritional status, Fish Consumption Pattern, Toddler