



UNIVERSITAS ANDALAS

**HUBUNGAN KETAHANAN PANGAN RUMAH TANGGA, ASUPAN
ZAT GIZI MAKRO DAN *SELF EFFICACY* IBU DENGAN STATUS
GIZI BADUTA DI WILAYAH KERJA PUSKESMAS PANINJAUAN
KABUPATEN SOLOK TAHUN 2023**

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**FAKULTAS KESEHATAN MASYARAKAT
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Skripsi, Agustus 2023

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xi + 92 halaman, 17 tabel, 2 gambar, 14 lampiran

ABSTRAK

Tujuan

Permasalahan gizi pada masa periode emas yaitu berat badan kurang, pendek dan gizi kurang yang disebabkan oleh faktor langsung maupun tidak langsung. Penelitian ini bertujuan untuk mengetahui hubungan ketahanan pangan rumah tangga, asupan zat gizi makro dan *self efficacy* ibu dengan status gizi baduta di wilayah kerja Puskesmas Paninjauan Kabupaten Solok.

Metode

Penelitian ini menggunakan desain *cross sectional*. Jumlah sampel penelitian ini yaitu 104 responden. Pengambilan sampel menggunakan teknik *propotional random sampling*. Data dikumpulkan menggunakan kuesioner HDDS dan CFSE, *food recall* 2x24 jam dan pengukuran antropometri. Analisis data dilakukan dengan uji statistik uji korelasi *Pearson* dan *Spearman*.

Hasil

Hasil penelitian menunjukkan prevalensi berat badan kurang sebesar 16,3%, pendek sebesar 29,8% dan gizi kurang sebesar 13,5%. Terdapat hubungan yang bermakna antara asupan energi dengan BB/U ($p=0,001$), PB/U ($p=0,032$), BB/PB ($p=0,012$), asupan protein BB/U ($p=0,003$), PB/U ($p=0,029$), BB/PB ($p=0,048$), asupan karbohidrat BB/U ($p=0,008$), PB/U ($p=0,044$), BB/PB ($p=0,043$), asupan lemak dengan BB/U ($p=0,038$) dan BB/PB ($p=0,024$), *self efficacy* ibu dengan BB/U ($p=0,001$) dan PB/U ($p=0,001$). Tidak terdapat hubungan ketahanan pangan rumah tangga dengan status gizi, asupan lemak dengan status gizi PB/U, *self efficacy* ibu dengan status gizi BB/PB.

Kesimpulan

Status gizi baduta berhubungan dengan asupan energi, asupan protein dan asupan karbohidrat. Diharapkan kepada Puskesmas dapat memberikan edukasi dan motivasi kepada para ibu yang memiliki baduta terkait pentingnya memantau tumbuh kembang anak agar mencegah permasalahan gizi.

Daftar Pustaka : 94 (1994-2023)

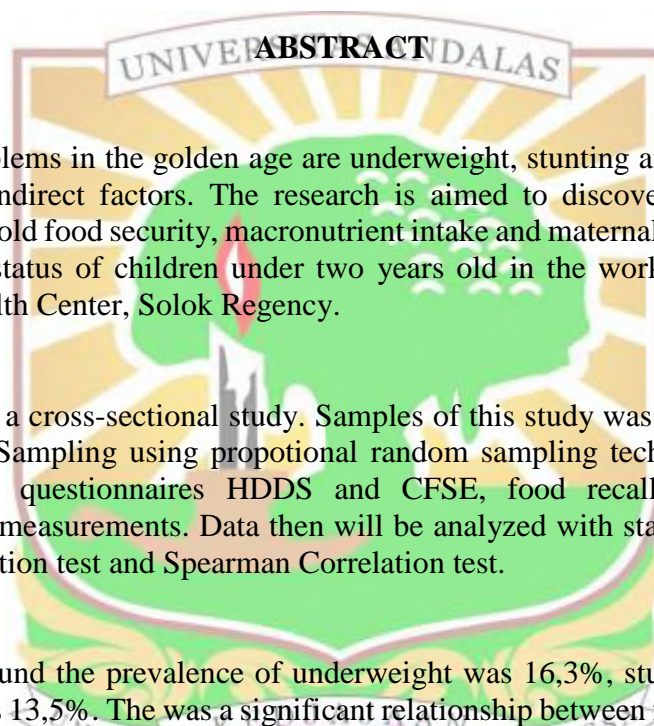
Kata Kunci : Status gizi, ketahanan pangan rumah tangga, asupan zat gizi makro, *self efficacy* ibu

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN HOUSEHOLD FOOD SECURITY,
MACRO NUTRITION INTAKE, AND MOTHER'S SELF EFFICACY WITH
NUTRITIONAL STATUS OF CHILDREN UNDER TWO YEARS OLD IN
THE WORKING AREA OF PUSKESMAS PANINJAUAN SOLOK REGENCY
2023**

xi + 92 Pages, 17 tables, 2 pictures, 14 attachments



Objective

Nutritional problems in the golden age are underweight, stunting and wasting caused by direct and indirect factors. The research is aimed to discover the relationship between household food security, macronutrient intake and maternal self-efficacy with the nutritional status of children under two years old in the working region of the Paninjauan Health Center, Solok Regency.

Method

This study used a cross-sectional study. Samples of this study was 104 children under two years old. Sampling using proportional random sampling technique. Data were collected using questionnaires HDDS and CFSE, food recall 2x24 hour and anthropometric measurements. Data then will be analyzed with statistical tests using Pearson Correlation test and Spearman Correlation test.

Result

The research found the prevalence of underweight was 16,3%, stunting was 29,8%, and wasting was 13,5%. There was a significant relationship between food intake energy with BB/U ($p=0,001$), PB/U ($p=0,032$), BB/PB ($p=0,012$), protein intake with BB/U ($p=0,003$), PB/U ($p=0,029$), BB/PB ($p=0,048$), carbohydrates with BB/U ($p=0,008$), PB/U ($p=0,044$), BB/PB ($p=0,043$), intake fat with BB/U ($p=0,038$) BB/PB ($p=0,024$), maternal self efficacy with BB/U ($p=0,001$) PB/U ($p=0,001$). There is no significant between household food security with nutritional status, intake fat PB/U, maternal self efficacy with BB/PB.

Conclusion

Nutritional status of children under two years old is significant relationship between food intake energy, intake protein and intake carbohydrate. It is hoped that health center can provide education and motivation to mother who have children regarding monitoring the growth of children to prevent nutritional problems.

References : 94 (1994-2023)

Keywords : Nutritional status, household food security, food intake, maternal self efficacy