

RELATIONSHIP WEIGHTING WEIGHT ROUTINELY WITH NUTRITIONAL STATUS OF CHILDREN IN WEST PADANG'S DISTRICT

By

Rayhan Abi Mayzan

ABSTRACT

Nutritional status is a state body as a result of food consumption and utilization of nutrients. Nutritional problems are influenced by many factors affect each other in complex ways. Household level, nutritional state is influenced by the ability of households to provide food in sufficient quantity and types as well as parenting is influenced by factors of education, behavior and state of health of the household.

This research is an analytic observational with cross sectional study design. This research was conducted in October 2015 - February 2016 using the primary data questionnaire distributed to mothers who had infants aged 12-60 months in the district of West Padang. The total sample was 146 people, divided into 10 villages in the district of West Padang. Samples were taken using simple random sampling technique. The data obtained were tested using Chi Square analysis.

Based on this study, 16.4% children have malnutrition, 83.6% children have good nutrition, 51.4% of respondents did not routinely weighing in at Posyandu and 48.6% of respondents routinely weighing in Posyandu. The results of the bivariate analysis is that there is a relationship between the weighing routinely with the nutritional status of children in the district of West Padang with $p < 0.05$.

Conclusion of the study is that there is a significant relationship between the weighing routinely with the nutritional status of children in the district of West Padang. Therefore, routine weighing must be improved.

Keywords: nutritional status of children, the weighing.

HUBUNGAN PENIMBANGAN BERAT BADAN SECARA RUTIN DENGAN STATUS GIZI BALITA DI KECAMATAN PADANG BARAT

Oleh

Rayhan Abi Mayzan

ABSTRAK

Status gizi adalah keadaan tubuh sebagai akibat konsumsi makanan dan penggunaan zat-zat gizi. Masalah gizi dipengaruhi oleh banyak faktor yang saling mempengaruhi secara kompleks. Ditingkat rumah tangga, keadaan gizi dipengaruhi oleh kemampuan rumah tangga menyediakan pangan di dalam jumlah dan jenis yang cukup serta pola asuh yang dipengaruhi oleh faktor pendidikan, perilaku dan keadaan kesehatan rumah tangga.

Penelitian ini bersifat analitik observasional dengan desain penelitian *cross sectional study*. Penelitian ini dilakukan pada bulan Oktober 2015 – Februari 2016 menggunakan data primer yakni kuisioner yang ditanyakan kepada ibu-ibu yang mempunyai balita berusia 12-60 bulan di kecamatan Padang Barat. Jumlah sampel adalah 146 orang yang terbagi dalam 10 kelurahan di kecamatan Padang Barat. Sampel diambil dengan menggunakan teknik *simple random sampling*. Data yang diperoleh diuji menggunakan analisis *Chi Square*.

Berdasarkan penelitian ini didapatkan 16,4% balita mempunyai gizi kurang, 83,6% balita mempunyai gizi baik, 51,4% responden tidak rutin dalam menimbang berat badan di posyandu dan 48,6% responden rutin menimbang berat badan di posyandu. Hasil analisis bivariat adalah terdapat hubungan penimbangan berat badan secara rutin dengan status gizi balita di kecamatan Padang Barat dengan $p < 0,05$.

Kesimpulan penelitian adalah terdapat hubungan bermakna antara penimbangan berat badan secara rutin dengan status gizi balita di kecamatan Padang Barat. Oleh karena itu, rutinitas penimbangan berat badan harus ditingkatkan.

Kata kunci: status gizi balita, penimbangan berat badan.