



UNIVERSITAS ANDALAS

HUBUNGAN KERAGAMAN PANGAN, RIWAYAT PEMBERIAN ASI

EKSKLUSIF DAN PENGETAHUAN GIZI IBU TERHADAP

KEJADIAN WASTING PADA BALITA USIA 24-59 BULAN

DI WILAYAH KERJA PUSKESMAS ANAK AIR

TAHUN 2025

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Diajukan Sebagai Pemenuhan Syarat Untuk Mendapatkan

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FAKULTAS KESEHATAN MASYARAKAT

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**HUBUNGAN KERAGAMAN PANGAN, RIWAYAT PEMBERIAN ASI
EKSKLUSIF DAN PENGETAHUAN GIZI IBU TERHADAP KEJADIAN
WASTING PADA BALITA USIA 24-59 BULAN DI WILAYAH KERJA
PUSKESMAS ANAK AIR TAHUN 2025**

xiii + 93 halaman + 19 tabel + 3 gambar + 14 lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk mengetahui hubungan keragaman pangan, riwayat pemberian ASI eksklusif, dan pengetahuan gizi ibu terhadap kejadian *wasting* pada balita usia 24-59 bulan di Wilayah Kerja Puskesmas Anak Air Tahun 2025.

Metode

Jenis penelitian kuantitatif desain *cross sectional*. Populasi penelitian yaitu balita usia 24-59 bulan di wilayah kerja Puskesmas Anak Air berjumlah 1.774 balita. Jumlah sampel yaitu 109 balita yang diambil secara *probability sampling* dengan metode *proportional random sampling*. Responden penelitian ialah ibu dari sampel terpilih. Data status gizi balita dikumpulkan melalui penimbangan berat badan dan pengukuran tinggi badan, data keragaman pangan didapatkan melalui *recall* 1 x 24 jam dan dikelompokkan menggunakan IDDS, data riwayat pemberian ASI eksklusif dan pengetahuan gizi ibu diperoleh melalui wawancara kuesioner. Data analisis menggunakan uji *Chi-Square*.

Hasil

Berdasarkan hasil uji *chi-square* didapatkan bahwa ada hubungan signifikan ($p\text{-value} < 0,05$) antara pengetahuan gizi ibu ($p = 0,013$) dengan kejadian *wasting* pada balita usia 24-59 bulan di wilayah kerja Puskesmas Anak Air tahun 2025. Tidak ada hubungan signifikan ($p\text{-value} > 0,05$) antara keragaman pangan ($p = 1,000$) dan riwayat pemberian ASI eksklusif ($p = 1,000$) dengan kejadian *wasting* balita usia 24-59 bulan di wilayah kerja Puskesmas Anak Air tahun 2025.

Kesimpulan

Berdasarkan hasil penelitian dapat diketahui bahwa ada hubungan signifikan antara pengetahuan gizi ibu dengan kejadian *wasting* balita usia 24-59 bulan di wilayah kerja Puskesmas Anak Air tahun 2025. Tidak ada hubungan antara keragaman pangan dan riwayat pemberian ASI eksklusif dengan kejadian *wasting* balita usia 24-59 bulan di wilayah kerja Puskesmas Anak Air tahun 2025.

Daftar Pustaka : 142 (2003-2025)

Kata Kunci
ibu, *wasting*

: ASI eksklusif, balita, keragaman pangan, pengetahuan gizi



**FACULTY OF PUBLIC HEALTH
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THE ASSOCIATION BETWEEN DIETARY DIVERSITY, HISTORY OF EXCLUSIVE BREASTFEEDING, AND MATERNAL NUTRITIONAL KNOWLEDGE WITH THE INCIDENCE OF WASTING AMONG CHILDREN AGED 24-59 MONTHS IN THE WORKING AREA OF ANAK AIR PUBLIC HEALTH CENTER IN 2025

xiii + 93 pages + 19 tables + 3 pictures + 14 appendices

ABSTRACT

Research Objective

This study aims to examine the association between dietary diversity, history of exclusive breastfeeding, and maternal nutritional knowledge with the incidence of wasting of among children aged 24-59 months in the working area of Anak Air Public Health Center in 2025.

Methods

This study employed a quantitative research method with a cross-sectional design. The study population consisted of 1.774 children aged 24-59 months in the working area of Anak Air Public Health Center. A total sample of 109 children was selected using probability sampling with a proportional random sampling technique. The respondents were the mothers of the selected children. Nutritional status data of the children were collected through weight and height measurements. Dietary diversity data were obtained using a 24-hour recall and categorized using the IDDS. Data on exclusive breastfeeding history and maternal nutritional knowledge were collected through structured questionnaire interviews. Data were analyzed using the Chi-Square test.

Results

Based on the Chi-Square test results, there was a significant association (p -value $<0,05$) between maternal nutritional knowledge ($p=0,013$) and the incidence of wasting among children aged 24-59 months in the working area of Anak Air Public Health Center in 2025. Meanwhile, no significant association (p -value $>0,05$) was found between dietary diversity ($p=1,000$) and exclusive breastfeeding history ($p=1,000$) with the incidence of wasting among children aged 24-59 months in the same area and period.

Conclusion

Based on the study results, there was a significant association between maternal nutritional knowledge and the incidence of wasting among children aged 24-59

months in the working area of the Anak Air Public Health Center in 2025. However, no association was found between dietary diversity and exclusive breastfeeding history with the incidence of wasting among children aged 24-59 months in the same area and period.

References : 142 (2003-2025)

Keywords : *dietary diversity, exclusive breastfeeding, maternal nutritional knowledge, toddlers, wasting*

