



UNIVERSITAS ANDALAS

**HUBUNGAN KESULITAN MAKAN DENGAN STATUS GIZI PADA
ANAK 3-5 TAHUN DI KELURAHAN JATI
KOTA PADANG TAHUN 2019**



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FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

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TAHUN DI KELURAHAN JATI KOTA PADANG TAHUN 2019**

X + 96 halaman, 28 tabel, 4 gambar, 9 lampiran

ABSTRAK

Tujuan

Berbagai masalah makan dapat menyebabkan anak kehilangan nafsu makan hingga mengalami kesulitan makan. Kesulitan makan mempengaruhi jumlah asupan nutrisi yang dikonsumsi. Asupan nutrisi yang kurang menyebabkan keadaan status gizi menjadi kurang baik. Penelitian ini bertujuan untuk mengetahui hubungan kesulitan makan dengan status gizi pada anak 3-5 tahun di kelurahan Jati kota Padang tahun 2019.

Metode

Penelitian ini menggunakan desain potong lintang. Populasinya adalah anak usia prasekolah (3-5 tahun) di Kelurahan Jati Kota Padang dengan jumlah sampel 110 anak yang diambil dengan teknik *simple random sampling*. Instrumen penelitian adalah kuesioner kesulitan makan, *food recall* 2x24 jam, FFQ, pengukuran berat badan dan tinggi badan. Analisis data dengan uji statistik Chi-square dan regresi logistik dengan derajat kepercayaan 95%.

Hasil

Hasil penelitian didapatkan bahwa 55,5% responden mengalami sulit makan kategori tinggi, 21,8% status gizi kurang, 25,5% status gizi pendek dan 10% status gizi kurus. Hasil uji statistik menunjukkan adanya hubungan kesulitan makan dengan status gizi BB/U ($p = 0,016$) dan status gizi BB/TB ($p = 0,021$). Tidak terdapat hubungan kesulitan makan dengan status gizi TB/U ($p = 0,651$). Hasil analisis multivariat menunjukkan bahwa variabel jumlah asupan energi dan pengetahuan gizi ibu merupakan *confounding* terhadap status gizi BB/U, TB/U dan BB/TB.

Kesimpulan

Terdapat hubungan kesulitan makan dengan status gizi BB/U dan BB/TB dan tidak terdapat hubungan kesulitan makan dengan status gizi TB/U. Diharapkan kepada orangtua terutama ibu untuk memperhatikan asupan gizi anak agar anak mempunyai status gizi yang optimal.

Daftar Pustaka : 78 (1998-2018)

Kata Kunci : Kesulitan makan, status gizi, anak usia prasekolah (3-5 tahun)

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN EATING DIFFICULTIES WITH
NUTRITIONAL STATUS OF CHILDREN AGED 3-5 YEARS OLD IN JATI
VILLAGE, PADANG CITY IN 2019**

X + 96 sheet, 28 diagram, 4 picture, 9 attachment

ABSTRACT

Objective

Eating problems can caused children to lose their appetite or lack of appetite and impact to the eating difficulties. Eating difficulties affect the amount of nutritional intake consumed. Less nutrient intake leads to poor nutritional status. This research aims to determine the relationship between eating difficulties with nutritional status of children aged 3-5 year old in Jati Village, Padang City in 2019.

Method

This research used cross sectional design. The population were children aged 3-5 years old in Jati Village, Padang City with sample of the research 110 respondents. The sampling method used simple random sampling. The instrument used in this research is eating difficulties questionnaire, weight and height measurement using weight and height scales. Data were analyzed by using Chi-square statistical test and logistic regression with 95% confidence interval.

Results

The results showed that 55,5% of respondents had eating difficulties, 21,8% underweight, 25,5% stunting and 10% wasting. Statistical test results showed there was relationship between eating difficulties with nutritional status based on indicator weight for age (WAZ) ($p = 0,016$) and indicator weight for height (WHZ) ($p = 0,021$). There was no relationship between eating difficulties with nutrition status based on indicator height for age (HAZ) ($p = 0,651$). The results of multivariate analysis showed that the variable amount of energy intake and mother's knowledge of nutrition are the confounding variable of nutritional status weight for age, height for age and weight for height.

Conclusion

There was relationship between eating difficulties with nutritional status based on indicator weight for age and weight for height. There was no relationship between eating difficulties with nutrition status based on indicator height for age. It is expected that parents particularly mothers will pay attention nutrition intake of the children that the children could have optimal nutritional status.

Bibliography : 78 (1998-2018)

Keywords : Eating difficulties, nutritional status, *pre-school age children* (3-5 years old)

