

Status gizi dan kesehatan anak-anak Panti Asuhan usia 0-59 bulan di Jakarta = Nutritional status and feeding practice of children aged 0-59 months living in orphanage in Jakarta

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Abstrak

Secara umum studi cross sectional ini bertujuan untuk mengetahui status gizi dan praktik pemberian makan yang diterima oleh anak usia 0-59 bulan yang tinggal di panti asuhan di Jakarta. Penelitian dilakukan di tiga panti asuhan yang dikhususkan untuk menampung anak usia balita. Sebanyak 144 anak usia balita di panti dilibatkan dalam penelitian ini. Berdasarkan hasil studi, sebesar 21.9% anak termasuk dalam kategori gizi kurang, 35.2% pendek, dan 6,5% kurus. Hampir 90% anak yang kebutuhan protein dan vitamin A nya terpenuhi, namun lebih dari 90% anak yang kebutuhan zinc nya tidak terpenuhi. Pada kenyataannya, kandungan gizi pada makanan yang disajikan oleh panti pun tidak memenuhi kebutuhan anak untuk zinc. Penelitian ini menemukan beberapa praktik pemberian makan yang tidak tepat seperti, tipe makanan dan respond pengasuh yang tidak tepat, juga praktik pemberian makan saat anak sakit dan dalam masa pemulihan. 71,5% anak menderita ISPA dan 22,2% menderita diare, sementara 18.8% anak menderita ISPA dan diare. Penelitian ini menemukan beberapa praktik yang tidak tepat seperti dalam hal penanganan makanan, penggunaan botol makanan (bottle feeding), tidak praktik cuci tangan yang tidak dilakukan oleh anak maupun pengasuh ketika menyajikan makanan atau menyuapi anak, serta beberapa hal lain yang dapat memungkinkan terjadinya kontaminasi silang ataupun memudahkan terjadinya penyebaran penyakit menular.

.....In general, this cross sectional study aims to explore nutritional status and feeding practice received by orphanage children aged 0-59 months in Jakarta. This study was conducted in three orphanages that are specifically accomodate under five children. Totally, 144 under five children in the orphanages were included in this study. This study found, 21.9% of children were underweight, 35.2% were stunting, and 6.5% were wasting. Almost 90% children had adequate protein and vitamin A, but more than 90% of them had zinc inadequacy. In fact, nutrient content in the food served by orphanage was also not fulfilled child's requirement for zinc.

This study found inappropriate feeding practice received by children, i.e in appropriate food type, inappropriate respond from caregiver during feeding and improper feeding during illness and recovery. 71.5% of children were suffered from ARI, 22.2% suffered from diarrhea and 18.8% children suffered from ARI and diarrhea. This study found some inappropriate practice of food handling such as the use of bottle feeding, hand-washing which was not practiced by children or caregivers when serve food or feeding children, as well as some other things that could allow cross-contamination, or facilitate the spread of infectious diseases.