

Hubungan stunting, asupan zat gizi dan faktor lainnya terhadap perkembangan motorik anak umur 7-36 bulan di Kelurahan Pademangan Barat Jakarta Utara tahun 2014 = The association between stunting nutrition intake and other factors with motor development among children 7-36 months of age in subdistrict of Pademangan Barat North Jakarta 2014

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Abstrak

Perkembangan motorik merupakan salah satu aspek perkembangan penting bagi anak-anak karena melalui perkembangan motorik, anak mempelajari lingkungan dan memiliki pengalaman baru yang dapat menstimulasi hubungan di antara sel-sel saraf anak. Tujuan penelitian ini adalah untuk mengetahui gambaran perkembangan motorik serta faktor-faktor yang berhubungan dengan perkembangan motorik pada anak umur 7-36 bulan di Kelurahan Pademangan Barat, Jakarta Utara.

Desain penelitian yaitu desain studi cross sectional, dengan sampel 134 anak berumur 7-36 bulan yang terdapat di Kelurahan Pademangan Barat, Jakarta Utara Bulan April-Mei 2014. Variabel yang diteliti meliputi stunting, wasting, asupan zat gizi (energi, protein, zat besi), ASI eksklusif, penyakit infeksi (diare dan ISPA), pengetahuan, serta stimulasi perkembangan sebagai variabel independen dan sebagai variabel dependen adalah perkembangan motorik. Pengumpulan data dilakukan melalui wawancara menggunakan kuesioner dan formulir food recall 2x24 jam, pengukuran antropometri berat badan dan tinggi badan, serta penilaian perkembangan motorik dengan formulir Denver II. Analisis statistik yang digunakan adalah uji chi square.

Hasil penelitian menunjukkan bahwa anak-anak berumur 7-36 bulan yang mengalami keterlambatan perkembangan motorik di Kelurahan Pademangan Barat, Jakarta Utara berjumlah 17,2%. Hasil analisis bivariat menunjukkan terdapat hubungan yang bermakna antara severely stunting/ sangat pendek, wasting/ kurus, asupan energi, penyakit diare, serta stimulasi perkembangan dengan perkembangan motorik.

Berdasarkan penelitian tersebut, setiap ibu balita serta anggota keluarga lainnya diharapkan dapat berperan mendukung tumbuh kembang anak dengan pemberian nutrisi, pemantauan status gizi, penerapan lingkungan sehat, dan pemberian stimulasi yang tepat. Selain itu, para petugas kesehatan diharapkan dapat meningkatkan edukasi kepada keluarga, khususnya para ibu balita tentang pentingnya pemantauan status gizi dan pemberian stimulasi perkembangan untuk anak.

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Motor development is one of the important aspect in children's development. Through the attainment of motor skill, children start to explore their environment and engage with their new experiences that stimulate the neurological synapses. This research purposed to analyze the relationship between stunting, wasting, nutrition intake (energy, protein, iron), exclusive breastfeeding, infectious disease (diarrhea and acute respiratory infection), mother's knowledge, and stimulation with motor development among children 7-36 months of age in Subdistrict of Pademangan Barat, North Jakarta.

This research used cross sectional study design with purposive sampling and 134 actual subjects in 7 maternal and children health care center in Subdistrict of Pademangan Barat, North Jakarta on April ? May

2014. The dependent variable is motor development and the independent variables are stunting, wasting, nutrition intake (energy, protein, iron), exclusive breastfeeding, infectious disease (diarrhea and acute respiratory infection), mother's knowledge, and stimulation. The data were collected through interview by using questionnaire and food recall sheet, anthropometric measurement (height and weight), and examine motor development by using Denver II sheet. Data analysis was performed using chi square test. The result showed that 17,2% of children have motor development delay.

The result of bivariate analysis showed that there was an association between severely stunting with children's motor development. There were also significant association between wasting, energy intake, diarrhea, and stimulation with children's motor development.

From this study, we suggest that mother and other family have to support the children's development by providing adequate nutritious food, better stimulation, health environment, and maintaining nutritional status of the children. The health care workers are also required to provide and promote more information about children's development for mother dan the family.