

# Hubungan perilaku gizi seimbang dengan status gizi balita (BB/TB) di area kerja Puskesmas Tegal Angus Kecamatan Teluknaga Kabupaten Tangerang tahun 2018 = Nutritional balanced behavior and nutritional status whz of the under-five children in Tangerang District, Indonesia 2018

Indah Kusumawati, author

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## Abstrak

Perilaku gizi seimbang merupakan praktik pemberian aneka ragam makanan balita dengan menyertakan prinsip perilaku hidup bersih, aktifitas fisik dan mempertahankan berat badan normal. Penerapan perilaku gizi seimbang pada ibu diharap mampu mempercepat perbaikan gizi masyarakat Kemenkes, 2014. Kejadian balita malnutrisi masih menjadi masalah prioritas pada negara berkembang seperti Indonesia. Provinsi Banten memiliki angka balita kurus 7.3 melebihi angka nasional 6.8.

Tujuan penelitian menilai hubungan antara perilaku gizi seimbang dengan status gizi balita di kecamatan Teluknaga Kabupaten Tangerang Provinsi Banten. Penelitian menggunakan desain studi cross sectional melibatkan 200 sampel ibu yang memiliki balita. Perilaku ibu diukur dengan 17 pertanyaan tentang perilaku gizi seimbang menggunakan kuesioner. Status gizi balita dinilai berdasarkan nilai z-score perbandingan berat badan dan tinggi badan BB/TB.

Hasil penelitian menunjukkan proporsi ibu dengan perilaku gizi seimbang buruk mencapai 34.5 dan prevalensi balita kurus dan sangat kurus 13.5 diatas rata-rata nasional 12.1. Hasil uji bivariat menunjukkan hubungan antara perilaku gizi seimbang, pengetahuan gizi seimbang ibu, umur balita, riwayat imunisasi dan riwayat BBLR dengan status gizi balita. Hasil uji multivariat menemukan adanya hubungan perilaku gizi seimbang dengan status gizi balita setelah dikontrol variabel status ekonomi keluarga dengan nilai OR 3.2. Berdasarkan hal tersebut perlu adanya upaya promosi kesehatan masyarakat mengenai gizi seimbang untuk mempercepat peningkatan perilaku ibu guna mereduksi prevalensi balita kurus di area kerja Puskesmas Tegal Angus.

.....Nutrition balanced behaviour is the practice of giving dietary diversity by including principles of clean living behavior, physical activity and maintaining normal weight. The Implementation of balanced nutritional behavior is expected to be able to improve the nutritional of the community Ministry of Health, 2014. The incidence of children malnutrition is still priority issue in developing countries such as in Indonesia. The prevalence of wasted of under five children was 7.3 higher than national number 6.8.

The objective of the study was to assess the relationship between nutrition balanced behavior and nutritional status of under five years children in Teluknaga Subdistrict, Tangerang district. The study used a cross sectional study design involving 200 samples of mother with under five children. Maternal behavior was measured by 17 questions about nutritional balanced behavior using a questionnaire. The nutritional status of under five children assessed based on Z score ratio of body weight for height Z Score WHZ.

The results showed that the proportion of mother with low nutrition balanced behavior reached 34.5 and the prevalence of wasting and severely wasting 13.5 above the national average 12.1. The result of bivariate test shows the significant correlation between balanced nutrition behavior, maternal knowledge of nutrition balanced, children ages, immunization history and history of low birth weight with nutritional status of

under five children. Multivariate test result after controlled variabel economic status found a relationship of nutritional balanced behavior with nutritional status of under five children with the value of OR 3.2. Based on that, its necessary to promote health promotion on balanced nutrition to accelerate the improvement of mother behavior to reduce the prevalence of wasting in the work area.