

Faktor Dominan yang Berhubungan dengan Underweight pada Anak Usia 6-23 Bulan di Kecamatan Babakan Madang Kabupaten Bogor Tahun 2019 = Dominant Factors Associated with Children Underweight in Age 6-23 Months in Babakan Madang District, Bogor Regency in 2019

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Abstrak

Kekurangan gizi dapat mempengaruhi pertumbuhan fisik, intelektual dan juga dianggap sebagai penyebab utama morbiditas dan mortalitas pada anak. Penelitian ini bertujuan untuk mengetahui faktor dominan yang berhubungan dengan kejadian underweight pada anak usia 6-23 bulan di Kecamatan Babakan Madang, Kabupaten Bogor. Desain penelitian yang digunakan adalah cross-sectional. Penelitian ini menggunakan data sekunder yang diperoleh dari penelitian payung Hibah PITTA B tahun 2019. Hasil penelitian menunjukkan bahwa 17,3% anak usia 6-23 bulan di Kecamatan Babakan Madang mengalami underweight, dan 6,1% di antaranya mengalami severely underweight. Dari 214 anak, 63,6% anak berusia 12-23 bulan, 50,5% laki-laki, 7% mengalami BBLR, 75,7% lahir dari ibu berpendidikan rendah, 47,7% memiliki ibu dengan pengetahuan kurang, 68,7% tidak memperoleh ASI eksklusif, 25,2% mengalami diare, 46,7% mengalami defisit energi, dan 46,7% defisit protein. Hasil analisis chi-square menunjukkan bahwa tidak satupun variabel berhubungan dengan kejadian underweight. Namun, hasil uji regresi logistik menunjukkan bahwa usia anak (p value = 0,014), pendidikan ibu (p value = 0,029) berhubungan signifikan dengan kejadian underweight. Adapun pengetahuan ibu (p value = 0,004) berhubungan terbalik dengan kejadian underweight. Pendidikan ibu merupakan faktor dominan kejadian underweight pada anak usia 6-23 bulan di Kecamatan Babakan Madang tahun 2019 (OR= 3,259, 95% CI ; 1,132-9,382). Peneliti menyarankan Kepada Dinas Kesehatan Kabupaten Bogor untuk memberikan sosialisasi dan edukasi kepada masyarakat, khususnya ibu yang memiliki anak usia 6-23 bulan tentang gizi bayi dan balita, gejala dan dampak dari kekurangan gizi, pentingnya perilaku hidup bersih dan sehat, beserta faktor-faktor lainnya yang dapat menyebabkan kekurangan gizi pada anak.

.....Malnutrition can affect to physical and intellectual growth as well as considered a major cause of children morbidity and mortality. This study aims to determine the dominant factors associated with the underweight cases in children aged 6-23 months in Babakan Madang District, Bogor Regency. The research design was cross-sectional. This study used secondary data obtained from the PITTA B umbrella study in 2019. The results showed that 17.3% of children aged 6-23 months in Babakan Madang District were underweight and 6.1% of them were severelyly underweight. Among 214 children, there were 63.6% children aged 12-23 months, 50.5% were male, 7% experienced LBW, 75.7% raised by mothers with low education, 47.7% had mothers with poor knowledge, 68.7% did not receive exclusive breastfeeding, 25.2% had diarrhea, 46.7% had an energy deficit, and 46.7% had a protein deficit. The results of the chi-square analysis showed that none of the variables associated with the underweight problem. However, the logistic regression test results showed that the children age (p value = 0.014), mothers' educational background (p value = 0.029) were significantly associated with underweight. Meanwhile, maternal knowledge (p value = 0.004) was inversely related to underweight. Maternal education is the dominant factor in children

underweight problem aged 6-23 months in Babakan Madang District in 2019 (OR = 3.259,95% CI; 1,132-9,382). The researcher suggested the Bogor District Health Office to provide socialization and education to the community, especially mothers who have children aged 6-23 months in regard to nutrition for infants and toddlers, symptoms and impacts of malnutrition, the importance of clean and healthy living habits, and other factors which can cause malnutrition in children.