

## **Hubungan Peran Ayah Terhadap Frekuensi Kunjungan ke Posyandu dan Status Gizi Balita = The Relationship between Fathers` Role to the Frequency of Visits to POSYANDU and the Nutritional Status of Children Under Five**

Mardani, author

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### **Abstrak**

Peran seorang ayah menjadi salah satu faktor tidak langsung permasalahan gizi balita. Penelitian ini bertujuan untuk mengetahui hubungan peran ayah terhadap kunjungan ke posyandu dan status gizi balita usia 2-5 tahun di Kecamatan Pangkalan Kabupaten Karawang. Penelitian ini menggunakan metode cross-sectional dengan pengambilan sampel sebanyak 121 ayah dengan balita usia 2-5 tahun di wilayah kerja posyandu puskesmas pangkalan karawang menggunakan instrument Fatherhood Scale (FS) dan Standar Antropometri Kementerian Kesehatan RI. Data dianalisis menggunakan uji Chi-Square dengan hasil p-value 0,006 terdapat hubungan yang signifikan antara peran ayah dengan kunjungan ke posyandu dan tidak terdapat hubungan yang signifikan peran ayah terhadap status gizi pada balita usia 2-5 tahun dengan p value=0.062. Hal ini menunjukkan bahwa semakin tinggi tingkat peran ayah maka semakin baik juga kunjungan ke posyandu dan peran ayah yang baik tidak berdampak secara langsung terhadap status gizi balita. Hal ini menjadi penting melibatkan ayah dalam pengasuhan gizi balita sebagai bentuk upaya preventif masalah status gizi anak dengan meningkatkan peran serta ayah dalam kunjungan ke posyandu. ....The role of fathers is one of the indirect factors influencing nutritional problems in toddlers. This study aimed to determine the relationship between the role of fathers and visits to the integrated health post (posyandu) as well as the nutritional status of children aged 2–5 years in Pangkalan Subdistrict, Karawang Regency. This research employed a cross-sectional design with a sample of 121 fathers who had children aged 2–5 years within the working area of the posyandu under Pangkalan Public Health Center. The study used the Fatherhood Scale (FS) and the Anthropometric Standards from the Indonesian Ministry of Health as instruments. Data were analyzed using the Chi-Square test, yielding a p-value of 0.006, indicating a significant relationship between the role of fathers and posyandu visits. However, there was no significant relationship between the role of fathers and the nutritional status of children aged 2–5 years (p-value = 0.062). This finding shows that a higher level of paternal involvement is associated with better attendance at posyandu, although a good paternal role does not directly impact the nutritional status of toddlers. This highlights the importance of involving fathers in child nutrition care as a preventive effort to address nutritional problems by increasing fathers' participation in posyandu visits.