

POLITEKNIK KESEHATAN TANJUNGPURANG
JURUSAN GIZI
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Ica Ayu Ningtias

Gambaran Karakteristik, Asupan zat gizi, Keaktifan Ibu Ke Posyandu Dan Status Gizi Balita Di Wilayah Kerja Puskesmas Merbau Mataram Kabupaten Lampung Selatan

xv + 50 Halaman + 15 tabel + 2 gambar + 4 lampiran

ABSTRAK

Status gizi adalah faktor penting yang mempengaruhi kualitas sumber daya manusia terutama pada balita. Balita merupakan individu atau sekelompok individu dari suatu penduduk yang berada dalam rentang usia tertentu. Pertumbuhan dan perkembangan pada tingkat fisik dan kognitif terjadi dengan cepat pada masa ini. Apabila konsumsi gizi pada balita tidak seimbang dengan kebutuhan tubuh, maka dapat terjadi kesalahan akibat gizi. Di wilayah kerja Puskesmas Merbau Mataram untuk keaktifan kader dalam mempersiapkan posyandu sudah sangat baik namun kesiapan ibu balita untuk datang ke posyandu perlu di perhatikan. Penelitian ini bertujuan untuk mengetahui keaktifan ibu ke posyandu di wilayah kerja puskesmas dengan berfokus pada asupan zat gizi dan status gizi balita.

Penelitian ini menggunakan metode deskriptif. Dilakukan dengan cara wawancara dengan menggunakan metode food recall. Sampel pada penelitian ini yaitu balita dalam 8 posyandu sebanyak 44 balita. Penelitian ini dilakukan selama 10 hari dan dimulai pada bulan April 2025.

Hasil penelitian ini menunjukkan bahwa sebagian besar ibu balita memiliki pendidikan SMP sebanyak 52%, 77,3% pekerjaan ibu balita sebagai Ibu Rumah Tangga, 77,3% balita mempunyai ibu dengan umur 20-35 tahun, kategori asupan energi menunjukkan bahwa 77,3% balita dengan asupan energi baik, 75% balita dengan asupan protein baik, 81,1% balita dengan asupan lemak baik, 81,1% balita dengan asupan karbohidrat baik, prevalensi status gizi balita berdasarkan BB/U dengan kategori normal sebanyak 68,2%, 65,2% status gizi balita normal berdasarkan TB/U, 79,5% status gizi baik berdasarkan BB/TB, sebagian besar ibu di Wilayah Kerja Puskesmas Merbau Mataram aktif datang ke posyandu sebanyak 81,8%. Saran kepada pihak terkait perlunya pembinaan ke puskesmas dalam menangani kasus gizi kurang serta pihak puskesmas agar membantu mendampingi keluarga melalui program penyuluhan tentang gizi.

Kata kunci : karakteristik, asupan zat gizi, keaktifan ibu, status gizi

Daftar pustaka : 21 (2011 – 2024)

TANJUNGKARANG HEALTH POLYTECHNIC
JURISDICTION OF NUTRITION
Final Project, May 2025

Ica Ayu Ningtias

An Overview of Characteristics, Nutrient Intake, Maternal Activity in Posyandu and Nutritional Status of Toddlers in the Merbau Mataram Health Center Working Area, South Lampung Regency.
South Lampung

xv + 50 pages + 15 tables + 2 figures + 4 attachments

ABSTRACT

Nutritional status is an important factor that affects the quality of human resources, especially in toddlers. Toddlers are individuals or a group of individuals from a population who are in a certain age range. Growth and development at the physical and cognitive levels occur rapidly during this period. If the consumption of nutrients in toddlers is not balanced with the body's needs, nutritional errors can occur. In the Merbau Mataram Health Center working area for the activeness of cadres in preparing posyandu is very good but the readiness of mothers of toddlers to come to the posyandu needs to be considered. This study aims to determine the activeness of mothers to posyandu in the working area of the health center by focusing on nutritional intake and nutritional status of toddlers.

This study uses a descriptive method. Conducted by interview using the food recall method. The sample in this study were toddlers in 8 posyandu as many as 44 toddlers. This research was conducted for 10 days and began in April 2025.

The results of this study showed that most mothers of toddlers had a junior high school education as much as 52%, 77.3% of mothers' jobs as housewives, 77.3% of toddlers had mothers aged 20-35 years, the category of energy intake showed that 77.3% of toddlers with good energy intake, 75% of toddlers with good protein intake, 81, 1% of toddlers with good fat intake, 81.1% of toddlers with good carbohydrate intake, the prevalence of nutritional status of toddlers based on BB / U with normal categories as much as 68.2%, 65.2% of normal nutritional status of toddlers based on TB / U, 79.5% of good nutritional status based on BB / TB, most mothers in the Merbau Mataram Health Center Working Area actively come to the posyandu as much as 81.8%. Suggestions to related parties are the need for guidance to the puskesmas in handling cases of malnutrition and the puskesmas to help assist families through counseling programs on nutrition.

Keywords: characteristics, nutrient intake, maternal activity, nutritional status
Bibliography: 21 (2011 – 2024)