

**POLITEKNIK KESEHATAN TANJUNG KARANG JUURUSAN
KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN
KAMPUS METRO SKRIPSI, JUNI 2025**

Salsa Billa

**FAKTOR SOSIAL YANG BERHUBUNGAN DENGAN KEJADIAN
WASTING PADA BALITA DI PUSKESMAS PURWOSARI METRO UTARA**

xv + 35 halaman, 10 tabel, 12 gambar, 11 lampiran

RINGKASAN

Masa balita merupakan fase krusial tumbuh kembang anak yang rentan mengalami masalah gizi, salah satunya adalah wasting yaitu salah satu bentuk kekurangan gizi yang mencerminkan berat badan anak terlalu kurus menurut tinggi badannya, ditandai dengan zscore BB/TB kurang dari -2 SD untuk wasting dan z-score BB/TB kurang dari -3 SD untuk severe wasting (Menteri Kesehatan RI, 2020). yang dapat berdampak serius terhadap kesehatan dan kecerdasan anak. Penelitian ini bertujuan untuk mengidentifikasi faktor sosial yang berhubungan dengan kejadian wasting pada balita di Puskesmas Purwosari, Metro Utara.

Penelitian ini menggunakan metode kuantitatif dengan desain *case control*. Populasi dalam penelitian ini yaitu seluruh ibu yang memiliki balita berusia 6-59 bulan di wilayah kerja Puskesmas Purwosari, Metro Utara. Sampel pada penelitian ini sebanyak 92 balita dengan kelompok kasus 46 balita dan kelompok kontrol 46 balita. Penentuan sampel dengan menggunakan teknik *purposive sampling*. Analisis data secara bivariat dengan uji statistik *Chi square*.

Hasil penelitian menunjukkan bahwa 50% balita mengalami wasting. Proporsi responden berusia di bawah 33 tahun (59,8%) dan tidak bekerja di luar rumah (95,7%). Sebagian besar anak berusia 36–47 bulan (30,4%), berjenis kelamin laki-laki (62,0%), tanpa riwayat penyakit (72,8%), telah imunisasi lengkap (77,2%), dan menerima vitamin A (88,0%). Terdapat hubungan yang bermakna antara tingkat pengetahuan ($p = 0,012$; OR = 2,917), pendapatan orang tua ($p = 0,022$; OR = 2,654), dan ketepatan pemberian makanan ($p = 0,006$; OR = 3,248) dengan kejadian wasting.

Simpulan peneliti ini terdapat hubungan faktor sosial seperti pengetahuan, pendapatan, dan pola asupan makanan orang tua berpengaruh signifikan terhadap kejadian wasting pada balita. Puskesmas diharapkan dapat memanfaatkan hasil penelitian ini sebagai dasar untuk meningkatkan edukasi kepada ibu balita, khususnya terkait pemberian makanan yang tepat, pengetahuan gizi, dan faktor sosial budaya yang memengaruhi status gizi anak. Upaya ini dapat dilakukan melalui kegiatan posyandu, kelas ibu balita, dan kunjungan rumah secara rutin.

Kata Kunci : Faktor Sosial, Wasting, Balita
Daftar Bacaan : 33 (2011-2023)

**POLYTECHNIC OF HEALTH TANJUNG KARANG DEPARTMENT OF
MIDWIFERY BACHELOR OF APPLIED MIDWIFERY PROGRAM
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Salsa Billa

**SOCIAL FACTORS ASSOCIATED WITH THE INCIDENCE OF WASTING
IN TODDLERS AT PURWOSARI HEALTH CENTER NORTH METRO**

xv + 35 pages, 10 tables, 12 figures ,11 appendices

SUMMARY

Toddlerhood is a crucial phase of child development that is vulnerable to nutritional problems, one of which is wasting is a form of acute malnutrition characterized by a child having a body weight that is too low for their height. It is indicated by a weight-for-height z-score (WHZ) of less than -2 standard deviations (SD) for wasting, and less than -3 SD for severe wasting (Ministry of Health, Republic of Indonesia, 2020). This condition can have serious impacts on a child's health and cognitive development, which can have a serious impact on children's health and intelligence. This study aims to identify social factors associated with the incidence of wasting in toddlers at Purwosari Health Center, North Metro.

This study used quantitative method with case control design. The population in this study consisted of all mothers with children aged 6 to 59 months residing in the working area of Purwosari Public Health Center, North Metro District. sample in this study was 92 toddlers with a case group of 46 toddlers and a control group of 46 toddlers. Determination of the sample using purposive sampling technique. Bivariate data analysis with Chi square statistical test.

The results showed that 50% of under-fives were wasted. The majority of respondent mothers were under 33 years old (59.8%) and did not work outside the home (95.7%). Most of the children were 36-47 months old (30.4%), male (62.0%), with no history of illness (72.8%), fully immunized (77.2%), and received vitamin A (88.0%). There was a significant association between knowledge level ($p = 0.012$; OR = 2.917), parental income ($p = 0.022$; OR = 2.654), and feeding accuracy ($p = 0.006$; OR = 3.248) with the incidence of wasting.

The researcher concluded that social factors such as knowledge, income, and food intake patterns of parents have a significant effect on the incidence of wasting in toddlers. Puskesmas is expected to utilize the results of this study as a basis for improving education to mothers of toddlers, especially related to proper feeding, nutritional knowledge, and socio-cultural factors that affect children's nutritional status. This can be done through posyandu activities, classes for mothers of toddlers, and routine home visits.

Keywords : Social Factors, Wasting, Toddler

Reading List : 33 (2011-2023)