

**POLITEKNIK KESEHATAN TANJUNGPURUSAN JURUSAN
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**STUDI DESKRIPTIF KARAKTERISTIK BALITA GIZI KURANG DI
DESA GIRIKLOPOMULYO, LAMPUNG TIMUR**

xix + 67 halaman, 10 tabel, 3 gambar, 12 lampiran

RINGKASAN

Gizi kurang pada balita masih menjadi tantangan kesehatan. Gizi kurang berdampak negatif terhadap tumbuh kembang anak, seperti gangguan pertumbuhan fisik, kognitif, dan meningkatnya risiko infeksi. Prevalensi balita gizi kurang pada tahun 2023 menurut WHO secara global 9,1%, di Indonesia 6,4% Provinsi Lampung 12,3%, dan Lampung Timur 13,3%. Gizi kurang disebabkan kurangnya asupan nutrisi, pendidikan, jumlah anak, ASI, imunisasi, umur dan jenis kelamin. Penelitian ini bertujuan untuk mendeskripsikan karakteristik balita gizi kurang di Desa Giriklopomulyo berdasarkan faktor-faktor tersebut.

Penelitian ini menggunakan desain penelitian deskriptif kuantitatif. Populasi penelitian adalah seluruh ibu yang memiliki balita gizi kurang sebanyak 46 balita, yang sekaligus menjadi sampel karena metode *total sampling*. Variabel independen yaitu balita gizi kurang dan variabel dependennya adalah pendidikan, jumlah anak, ASI eksklusif, imunisasi, umur dan jenis kelamin. Cara pengumpulan data dengan studi dokumentasi dan angket, Alat bantu yang digunakan berupa timbangan, panduan wawancara, kuesioner dan buku Kesehatan Ibu dan Anak (KIA). Kemudian data dianalisis secara deskriptif.

Hasil penelitian dari total populasi dengan ibu yang memiliki balita gizi kurang terdapat 46 responden memiliki proporsi pendidikan rendah 10,86%, pendidikan menengah (76,08%), jumlah anak dengan primipara 7,40%, multipara 67,39% dan grandemultipara 15,21%, ASI eksklusif 47,82%, tidak ASI eksklusif 52,17%, imunisasi dasar lengkap 69,56%, tidak mendapatkan imunisasi dasar lengkap 30,43%, berusia 12–24 bulan 50%, 12-36 bulan 21,73%, 37-48 bulan 19,56% dan 49-59 bulan 8,69%, dan berjenis kelamin laki-laki 41,30%, Perempuan 58,69%.

Kesimpulannya, karakteristik dominan balita gizi kurang di Desa Giriklopomulyo adalah tidak diberikannya ASI eksklusif, banyaknya jumlah anak dalam keluarga, dan imunisasi yang tidak lengkap. Disarankan agar tenaga kesehatan dan kader meningkatkan promosi kesehatan dan edukasi gizi, serta mendorong pemberian ASI dan imunisasi sesuai usia balita.

Kata Kunci : Gizi kurang, Balita, Status gizi, Karakteristik.

Daftar bacaan : 33 (2018-2024)

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**DESCRIPTIVE STUDY OF THE CHARACTERISTICS OF
MALNUTRITION AMONG TODDLERS IN GIRIKLOPOMULYO
VILLAGE, EAST LAMPUNG**

xix + 67 pages, 10 tables, 3 figures, 12 appendices

SUMMARY

Undernutrition in toddlers remains a health challenge. It has negative impacts on children's growth and development, such as physical growth disorders, cognitive impairments, and an increased risk of infection. In 2023, the prevalence of undernourished toddlers was 9.1% globally according to WHO, 6.4% in Indonesia, 12.3% in Lampung Province, and 13.3% in East Lampung. Undernutrition is caused by inadequate nutrient intake, parental education, number of children, breastfeeding, immunization, age, and sex. This study aims to describe the characteristics of undernourished toddlers in Giriklopomulyo Village based on these factors.

This research used a quantitative descriptive design. The study population consisted of all mothers who had undernourished toddlers, totaling 46 children, all of whom were taken as samples using total sampling. The independent variable was undernourished toddlers, while the dependent variables were education, number of children, exclusive breastfeeding, immunization, age, and sex. Data collection was conducted through documentation study and questionnaires. The tools used included weighing scales, interview guides, questionnaires, and the Maternal and Child Health (MCH) Handbook. Data were analyzed descriptively.

The results showed that among the total population of mothers with undernourished toddlers, 10.86% had low education, 76.08% had secondary education; 7.40% were from primiparous families, 67.39% from multiparous families, and 15.21% from grand multiparous families. A total of 47.82% of toddlers received exclusive breastfeeding, while 52.17% did not. Furthermore, 69.56% had complete basic immunization, and 30.43% did not. Regarding age, 50% were 12–24 months old, 21.73% were 25–36 months old, 19.56% were 37–48 months old, and 8.69% were 49–59 months old. Based on sex, 41.30% were male and 58.69% were female.

In conclusion, the dominant characteristics of undernourished toddlers in Giriklopomulyo Village are the absence of exclusive breastfeeding, a large number of children in the family, and incomplete immunization. It is recommended that health workers and community health volunteers strengthen health promotion and nutrition education, as well as encourage breastfeeding and immunization according to the toddler's age.

Keywords : Malnutrition, Toddlers, Nutritional status, Characteristics.

Reading list : 33 (2018-2024)