

POLITEKNIK KESEHATAN TANJUNGPUR
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Ayu Permatasari Yurhan

**Gambaran Asupan Gizi, Pemberian ASI Eksklusif, Riwayat Penyakit Infeksi
Dan Kejadian *Underweight* Balita Di Desa Kemalo Abung Kabupaten
Lampung Utara**

xviii + 60 halaman+ 20 tabel, 2 gambar, 4 lampiran

ABSTRAK

Penelitian ini dilatarbelakangi oleh meningkatnya prevalensi *underweight* pada balita di Indonesia salah satunya di daerah Kabupaten Lampung Utara yaitu sebesar 18,0%. Faktor langsung penyebab terjadinya *underweight* pada balita yaitu tingkat kecukupan gizi dan riwayat penyakit infeksi. Kedua faktor tersebut saling berhubungan timbal balik. Tujuan dari penelitian ini untuk mengetahui tentang gambaran *underweight* pada balita di Desa Kemalo Abung, Kabupaten Lampung Utara dengan pengukuran menggunakan indeks BB/U, gambaran asupan energi dan protein, gambaran pemberian ASI eksklusif, dan gambaran riwayat penyakit infeksi (penyakit diare dan ISPA).

Jenis penelitian ini adalah penelitian deskriptif. Populasi dalam penelitian ini adalah semua ibu dan anak balita usia 12 – 59 bulan yang berada pada lokasi penelitian yaitu di Desa Kemalo Abung, Kabupaten Lampung Utara dengan jumlah 200 orang dengan sampel sebanyak 67 balita usia 12 – 59 bulan. Teknik pengambilan sampel yaitu *simple random sampling*. Alat ukur dalam penelitian ini menggunakan timbangan, lembar recall 2 x 24 jam dan kuisioner. Analisis data penelitian ini menggunakan analisis univariat.

Hasil penelitian ini menunjukkan bahwa sebagian besar balita di Desa Kemalo Abung, yakni 44,8% memiliki berat badan kurang dan 3,0% memiliki berat badan sangat kurang. Adapun hasil recall asupan energi kurang sebanyak 73,1%, dan asupan protein kurang sebanyak 53,7%. Dalam riwayat pemberian ASI eksklusif sebanyak 76,1% diberikan ASI eksklusif, dan riwayat penyakit infeksi sebanyak 97,1% tidak pernah diare dalam 1 bulan terakhir, adapun sebanyak 88,1% tidak pernah ISPA dalam 1 bulan terakhir. Kader posyandu diharapkan dapat member edukasi gizi pada ibu atau pengasuh balita saat kegiatan posyandu sebagai umpan balik hasil penimbangan, agar selalu mengupayakan pemberian asupan makanan yang cukup dan bergizi, makanan yang bervariasi dan beraneka ragam agar zat gizi dan asupan gizi pada balita terpenuhi, dan bagi puskesmas diharapkan meningkatkan edukasi pemberian makan yang sesuai dengan prinsip, frekuensi, jumlah, jenis dan konsistensi juga mengupayakan pemberian intervensi gizi jika ditemukan anak dengan status gizi *underweight*.

Kata kunci : Balita, *Underweight*, Asupan gizi, Pemberian ASI eksklusif,
Penyakit infeksi.

Daftar Pustaka: 56 (2012–2024)

TANJUNGKARANG HEALTH POLYTECHNIC
DEPARTEMEN OF NUTRITION
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Ayu Permatasari Yurhan

Overview of nutritional intake, exclusive breastfeeding, history of infectious diseases and underweight in Kemalo Abung village, North Lampung district

xviii + 60 pages + 20 tables, 2 figures, 4 attachments

ABSTRACT

This study is motivated by the increasing prevalence of underweight in toddlers in Indonesia, one of which is in the North Lampung district which is 18.0%. Direct factors causing underweight in toddlers are the level of nutritional adequacy and history of infectious diseases. Both factors are mutually related. The purpose of this study was to determine the picture of underweight in toddlers in Kemalo Abung Village, North Lampung Regency by measuring the BB/U index, describing energy and protein intake, describing exclusive breastfeeding, and describing the history of infectious diseases (diarrhea and ARI).

This type of research is descriptive research. The population in this study were all mothers and children aged 12 - 59 months who were at the research location, namely in the village of Kemalo Abung, North Lampung Regency with a total of 200 people with a sample of 67 toddlers aged 12 - 59 months. The sampling technique was taken with simple random sampling technique. Measuring instruments in this study used scales, 2 x 24 hour recall sheets and questionnaires. This research data analysis uses univariate analysis.

The results of this study showed that most of the toddlers in Kemalo Abung Village, namely 44.8% were underweight and 3.0% were severely underweight. The recall results of energy deficit 73.1%, and protein deficit 53.7%. In the history of exclusive breastfeeding as much as 76.1% were given exclusive breastfeeding, and a history of infectious diseases as much as 97.1% had never had diarrhea in the last 1 month, as much as 88.1% had never had Acute Respiratory Infection (ARI) in the last 1 month. Posyandu cadres are expected to provide nutrition education to mothers or caregivers of toddlers during posyandu activities as feedback on the results of weighing, so that they always strive to provide adequate and nutritious food intake, varied and diverse foods so that nutrients and nutritional intake in toddlers are fulfilled, and for health centers are expected to increase feeding education in accordance with the principles, frequency, amount, type and consistency as well as strive to provide nutritional interventions if found children with underweight nutritional status.

Keywords : Toddler, Underweight, Nutritional intake, Exclusive breast feeding, Infectious diseases.

Bibliography : 56 (2012 – 2024)