

**POLITEKNIK KESEHATAN TANJUNGPURUSURAN JURUSAN KEBIDANAN
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN KAMPUS METRO
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**HUBUNGAN RIWAYAT PENYAKIT INFEKSI DAN POLA MAKAN DENGAN
KEJADIAN GIZI KURANG PADA BALITA USIA 24-59 BULAN DI WILAYAH
KERJA PUSKESMAS PURWOSARI**

xvii + 70 halaman, 13 tabel, 6 gambar, 12 lampiran

RINGKASAN

Gizi kurang merupakan salah satu masalah kesehatan yang serius di Indonesia, terutama pada balita usia 24-59 bulan. Prevalensi gizi kurang Provinsi Lampung mengalami penurunan tahun 2021 7,2%, menjadi 7% tahun 2022, tahun 2023 naik menjadi 7,3%, di Kota Metro mengalami peningkatan dari 7,0% tahun 2021 menjadi 8,4% tahun 2022, tahun 2023 mengalami penurunan menjadi 8,2%. Presantase gizi kurang Puskesmas Purwosari 3 tahun terakhir mengalami fluktuatif tahun 2021 sebesar 5,0%, tahun 2022 sebesar 3,2%, tahun 2023 mengalami peningkatan sebesar 6,01%. Penyebab langsung gizi kurang adalah asupan zat gizi, penyakit infeksi dan pola makan, penyebab tidak langsung adalah faktor kemiskinan, pola asuh, dan pelayanan kesehatan, dampak gizi kurang yaitu dapat mengalami gangguan tumbuh kembang dan menurunkan tingkat kecerdasan anak. Tujuan penelitian ini untuk mengetahui hubungan riwayat penyakit infeksi dan pola makan dengan kejadian gizi kurang pada balita usia 24-59 bulan di wilayah kerja Puskesmas Purwosari.

Jenis penelitian ini adalah penelitian kuantitatif menggunakan desain survei analitik dengan pendekatan *case control*. Populasi pada penelitian ini adalah seluruh balita usia 24-59 bulan yang berjumlah 386. Berdasarkan perhitungan sampel menggunakan rumus *lemeshow* diperoleh sampel sebanyak 70 responden (35 kasus dan 35 kontrol), pengambilan sampel menggunakan teknik *stratified random sampling*. Data dianalisis secara univariat dan bivariat dengan uji *chi-square*.

Hasil penelitian didapatkan proporsi riwayat penyakit infeksi sebesar 38,6%, proporsi pola makan tidak baik sebesar 57,1%. Hasil uji statistik ada hubungan riwayat penyakit infeksi dengan kejadian gizi kurang dengan *p-value* = 0,000. Nilai OR = 10,154, ada hubungan pola makan dengan kejadian gizi kurang *p-value* = 0,000. Nilai OR = 7,667.

Simpulan penelitian bahwa ada hubungan riwayat penyakit infeksi dan pola makan dengan kejadian gizi kurang pada balita usia 24-59 bulan di wilayah kerja Puskesmas Purwosari. Balita usia 24-59 bulan yang pernah mengalami riwayat penyakit infeksi dan pola makan tidak baik lebih berisiko mengalami gizi kurang dibandingkan dengan balita usia 24-59 bulan yang tidak pernah mengalami riwayat penyakit infeksi dan pola makan baik. Diharapkan Puskesmas dapat memberikan edukasi mengenai gizi, perilaku hidup bersih sehat (PHBS), edukasi mengenai pola makan seimbang. Ibu harus memastikan makanan yang dikonsumsi anaknya, petugas juga harus dapat memastikan bahwa ibu rutin membawa balita untuk posyandu setiap bulan.

Kata Kunci : Gizi kurang, Riwayat penyakit Infeksi, Pola makan, Balita

Daftar Bacaan : 56 (2016-2025)

**HEALTH POLYTECHNIC OF TANJUNGPUR DEPARTMENT OF
MIDWIFERY BACHELOR'S APPLIED MIDWIFERY STUDIES PROGRAM
METRO THESIS, JUNE 2025**

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THE RELATIONSHIP BETWEEN INFECTIOUS DISEASE HISTORY AND DIET WITH THE INCIDENCE OF UNDERNUTRITION IN CHILDREN UNDER 24-59 MONTHS OF AGE IN THE PURWOSARI PUSKESMAS WORKING AREA

xvii + 70 pages, 13 tables, 6 figures, 12 appendices

SUMMARY

Undernutrition remains a serious public health issue in Indonesia, particularly among children aged 24–59 months. In Lampung Province, the prevalence of undernutrition decreased from 7.2% in 2021 to 7.0% in 2022 but increased again to 7.3% in 2023. In Metro City, the prevalence rose from 7.0% in 2021 to 8.4% in 2022, then slightly decreased to 8.2% in 2023. At Purwosari Public Health Center, undernutrition rates fluctuated over the past three years: 5.0% in 2021, dropping to 3.2% in 2022, and rising to 6.01% in 2023. Direct causes of undernutrition include poor nutrient intake, infectious diseases, and inadequate dietary patterns, while indirect causes are poverty, poor parenting, and limited healthcare services. The impact of undernutrition can include impaired growth and development, as well as reduced cognitive abilities in children. This study aims to examine the relationship between a history of infectious diseases and dietary patterns with the incidence of undernutrition among children aged 24–59 months in the working area of Purwosari Health Center.

This study is a quantitative research using an analytical survey design with a *case control* approach. The population in this study consists of all children aged 24–59 months, totaling 386 individuals. Based on sample size calculation using the *Lemeshow* formula, a sample of 70 respondents was obtained (35 cases and 35 controls). The sampling technique used was *stratified random sampling*. Data were analyzed univariately and bivariately using the *chi-square* test.

The study found that the proportion of children with a history of infectious diseases was 38,6%, and the proportion with poor eating patterns was 57,1%. Statistical tests showed a significant relationship between a history of infectious diseases and the occurrence of malnutrition with a *p-value* of 0,000 and OR of 10,154, there was also a significant relationship between eating patterns and malnutrition with a *p-value* of 0,000 and OR of 7,667.

The conclusion of the study is that there is a relationship between a history of infectious diseases and dietary patterns with the incidence of undernutrition among children aged 24–59 months in the working area of Purwosari Public Health Center. Children in this age group who have a history of infectious diseases and poor dietary patterns are at a higher risk of undernutrition compared to those without such a history and with good dietary habits. It is recommended that the health center provide education on nutrition, clean and healthy living behavior (PHBS), and balanced dietary practices. Mothers should also ensure that the food consumed by their children is nutritious. Health workers should also ensure that mothers regularly bring their children to the integrated health post every month.

Key words : Undernutrition, History of Infectious Diseases, Dietary Patterns, Toddler
Reading List : 56 (2016-2025)