

RINGKASAN

POLITEKNIK KESEHATAN TANJUNGPURWOSARI JURUSAN KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN KAMPUS METRO SKRIPSI, 23 Juni 2025

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HUBUNGAN PENDIDIKAN IBU DAN ASI EKSKLUSIF TERHADAP KEJADIAN
WASTING PADA BALITA DI PUSKESMAS PURWOSARI

XIV + 47 halaman, 8 tabel, 4 gambar, 8 lampiran

RINGKASAN

Wasting merupakan masalah gizi pada anak yang tampak sangat kurus. Wasting sangat berdampak apabila tidak ditanggulangi akan menjadi bencana bagi SDM karena berisiko meningkatkan morbiditas, mortalitas, dan menurunkan kecerdasan balita. Menurut WHO (2023) terdapat 148,1 juta anak di bawah usia 5 tahun menderita wasting diseluruh dunia, sedangkan menurut UNICEF Indonesia (2021) merupakan negara tertinggi kedua di dunia dengan >760.000 kasus balita wasting. Prevalensi wasting di Provinsi Lampung (2023) sebanyak 3,7%, di Kota Metro (2023) sebanyak 8,2% dengan persentase balita wasting tertinggi pertama berada di Puskesmas Purwosari (2023) sebesar 6,01%. Berbagai faktor dapat mempengaruhi kejadian wasting, diantaranya tingkat pendidikan ibu dan riwayat pemberian Air Susu Ibu (ASI) eksklusif. Penelitian ini bertujuan untuk mengetahui hubungan antara pendidikan ibu dan ASI eksklusif terhadap kejadian wasting pada balita di Puskesmas Purwosari.

Penelitian ini menggunakan desain *case control* dengan pendekatan kuantitatif. Populasi kasus pada penelitian ini merupakan ibu dan anak usia 6-59 bulan yang mengalami wasting dan terdata di Puskesmas Purwosari sebanyak 66 sedangkan populasi kontrol merupakan ibu dan anak usia 6-59 bulan yang tidak mengalami wasting dan terdata di Puskesmas Purwosari sebanyak 483. Sampel penelitian berjumlah 90 responden yang terdiri dari 45 kelompok kasus (wasting) dan 45 kelompok kontrol (tidak wasting), yang dipilih secara *purposive sampling*. Analisis menggunakan uji statistik *Kendall's Tau*.

Hasil penelitian pada kelompok kasus (wasting) didapatkan proporsi ibu berpendidikan dasar sebanyak 59 (65,6%) dan proporsi ASI tidak eksklusif sebanyak 51 (56,7%). Hasil uji statistik ada hubungan pendidikan ibu ($\rho = 0,001 (< 0,05)$), ($r = 0,398$) dan OR = 6,204, ASI eksklusif ($\rho = 0,000 (< 0,05)$), ($r = 0,471$) dan OR = 8,000 dengan kejadian wasting pada balita di Puskesmas Purwosari.

Kesimpulan penelitian ini bahwa semakin banyak ibu yang hanya menempuh pendidikan dasar dan anak yang tidak menerima ASI eksklusif maka semakin meningkatkan resiko terjadinya wasting. Diharapkan tenaga di Puskesmas Purwosari kesehatan dapat meningkatkan edukasi bagi ibu tentang pengetahuan gizi, melalui penyuluhan rutin, kelas ibu balita, dan konseling menyusui. Bagi peneliti selanjutnya diharapkan dapat melakukan penelitian lanjutan dengan menggunakan variabel pengetahuan orang tua tentang gizi, pola makan anak dan kesehatan lingkungan agar hasil yang diperoleh semakin baik dan bermanfaat bagi masyarakat.

Kata Kunci : Balita, Wasting, Pendidikan, ASI Eksklusif.

SUMMARY

TANJUNGPURWOSARI HEALTH POLYTECHNIC DEPARTMENT OF MIDWIFERY APPLICATION BACHELOR OF MIDWIFERY STUDY PROGRAM METRO CAMPUS

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**RELATIONSHIP BETWEEN MOTHER'S EDUCATION AND EXCLUSIVE
BREASTFEEDING TOWARDS WASTING INCIDENCE IN TODDLERS AT
PURWOSARI COMMUNITY HEALTH CENTER**

XIV + 47 pages, 8 tables, 4 figures, 8 attachments

SUMMARY

Wasting is a nutritional problem in children who appear very thin. Wasting has a significant impact if not addressed; it will become a problem for human resources because it risks increasing morbidity and mortality, as well as reducing the cognitive development of toddlers. According to the WHO (2023), there are 148.1 million children under 5 years of age suffering from wasting worldwide. According to UNICEF Indonesia (2021), the country has the second-highest number of cases of toddler wasting in the world, with over 760,000 cases. The prevalence of wasting in Lampung Province (2023) is 3.7%, while in Metro City (2023), it is 8.2%, with the highest percentage of toddler wasting being reported at Purwosari Health Center (2023) at 6.01%. Various factors can influence the incidence of wasting, including the level of maternal education and history of exclusive breastfeeding. This study aims to determine the relationship between maternal education and exclusive breastfeeding on the incidence of wasting in toddlers at Purwosari Health Center.

This study employed a case-control design with a quantitative approach. The case population consisted of 66 mothers and children aged 6-59 months who experienced wasting and were recorded at the Purwosari Community Health Center, while the control population comprised 483 mothers and children aged 6-59 months who did not experience wasting and were also recorded at the same health center. The study sample comprised 90 respondents, with 45 from the case group (wasting) and 45 from the control group (non-wasting), selected through purposive sampling. Analysis was conducted using Kendall's Tau statistical test.

The results of the study in the case group (wasting) showed that 59 mothers (65.6%) had basic education, and 51 (56.7%) did not practice exclusive breastfeeding. The statistical test results indicated a relationship between maternal education ($\rho = 0.001$, $p < 0.05$), ($r = 0.398$), and $OR = 6,204$, and exclusive breastfeeding ($\rho = 0.000$, $p < 0.05$), ($r = 0.471$), and $OR = 8,000$, with the incidence of wasting in toddlers at the Purwosari Health Center.

This study concludes that the more mothers with only a basic education there are, and the higher the risk of wasting, the greater the risk of wasting. Health workers should improve nutrition education for mothers through regular counseling, mother-to-toddler classes, and breastfeeding counseling. Future researchers are encouraged to conduct further studies using parental knowledge about nutrition, children's eating habits, and environmental health as variables to enhance results and benefit the community.

Keywords: Toddler, Wasting, Education, Exclusive Breastfeeding.