

ABSTRAK

PUTRI WAILUL ULANA, 2023. Hubungan Pola Asuh Kesehatan Dengan Status Gizi Pada Balita Umur 0-59 Bulan Di Posyandu Pring Kuning Kelurahan Wonokoyo Kecamatan Kedung Kadang Kota Malang. KTI, Jurusan Gizi, Poltekkes Kemenkes Malang. Pembimbing : Sugeng Iwan Setyobudi, STP., M.Kes.

Pola asuh kesehatan merupakan proses yang mendukung dan penting dalam tumbuh kembang anak, masih banyak ditemukan kurang lengkapnya pemberian imunisasi secara lengkap dan penerapan perawatan anak dari orang tua yang ditemukan masih kurang efektif dan efisien dalam pola asuh kesehatan yang benar. Tujuan dari penelitian adalah untuk menganalisis hubungan pola asuh kesehatan dengan status gizi pada balita umur 0-59 bulan. Jenis penelitian ini menggunakan observasi pendekatan cross sectional (potong lintang) dengan jumlah sampel 30 balita berusia 0-59 bulan di posyandu pring kuning kelurahan wonokoyo kecamatan kedung kandang kota malang. Hasil penelitian menunjukkan indeks status gizi BB/U yaitu berat badan normal (53,3%), berat badan kurang (40%), berat badan lebih (6,7%). Indeks status gizi TB/U yaitu normal (46,7%), pendek (36,7%), sangat pendek (16,7%). Indeks status gizi BB/TB yaitu normal (53,3%), berisiko gizi lebih dan gizi kurang (16,7%), gizi buruk dan gizi lebih (3,3%), obesitas (6,7%). Pola asuh kesehatan sebagian besar dengan kategori baik (46,7%). Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat hubungan yang bermakna antara pola asuh kesehatan dengan indeks status gizi BB/U, TB/U, BB/TB pada balita.

Kata Kunci : Pola Asuh Kesehatan dan Status Gizi

ABSTRACT

PUTRI WAILUL ULANA, 2023. Correlation between Health Parenting Style and Nutritional Status in Toddlers Aged 0-59 Months at Posyandu Pring Kuning, Wonokoyo Village, KedungKandang District, Malang City. KTI, Department of Nutrition, Poltekkes Kemenkes Malang. Advisor : Sugeng Iwan Setyobudi, STP., M.Kes.

Health care is a process that supports and is important in the growth and development of children, there are still many found incomplete administration of complete immunizations and implementation of child care from parents who are found to be less effective and efficient in proper health care. The purpose of this study was to analyze the relationship between health parenting and nutritional status in toddlers aged 0-59 months. This type of research used a cross-sectional observation approach (cross-sectional) with a sample of 30 toddlers aged 0-59 months at Posyandu Pring Kuning, Wonokoyo Village, Kedung Kandang District, Malang City. The results showed that the index of nutritional status for weight/age was normal weight (53.3%), underweight (40%), overweight (6.7%). The height/age nutritional status index was normal (46.7%), short (36.7%), very short (16.7%). The nutritional status index for BB/TB was normal (53.3%), at risk of over nutrition and under nutrition (16.7%), malnutrition and over nutrition (3.3%), obesity (6.7%). Most of the health care patterns were in the good category (46.7%). Based on the results of the study, it can be concluded that there is a significant relationship between health care patterns and nutritional status indexes of weight/age, height/age, weight/height in toddlers.

Keywords: Health Parenting and Nutritional Status