

Universitas Ngudi Waluyo

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Gambaran Status Gizi Pada Balita Di Desa Tuksongo Wilayah Kerja Puskesmas Borobudur Tahun 2021

ABSTRAK

Latar Belakang : Status gizi merupakan keadaan tubuh sebagai akibat interaksi antara asupan energi dan protein serta zat-zat gizi essensial lainnya dengan keadaan kesehatan tubuh Saat ini Indonesia masih mengalami permasalahan gizi pada balita dan tergolong tinggi bila dibandingkan dengan ambang batas menurut WHO. Kabupaten Magelang merupakan salah satu kabupaten dengan prevelensi masalah gizi cukup tinggi dibanding dengan kabupaten lain di Jawa Tengah. Mengenai masalah status gizi pada balita di Desa tuksongo wilayah kerja Puskesmas Borobudur terdapat gizi kurang sebanyak 9,88% dan gizi buruk sebanyak 1,52%.

Tujuan penelitian : untuk memberikan gambaran status gizi anak di Desa Tuksongo wilayah kerja Puskesmas Borobudur Desember tahun 2021.

Metode : Penelitian ini menggunakan metode penelitian deskriptif dengan rancangan desain studi kuantitatif dan menggunakan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh balita 263 di Desa Tuksongo Desember 2021. Teknik pengambilan sampel menggunakan *Quota Sampling* sebanyak 72 responden dengan instrument timbangan berat badan, dan data diolah menggunakan Analisis Statistik.

Hasil : Penelitian yang dilakukan di Desa Tuksongo Wilayah Kerja Puskesmas Borobudur menunjukkan bahwa terdapat balita mengalami gizi kurang sebanyak 10 balita (13,9%) dan gizi lebih 1 balita (1,4%), gizi buruk sebanyak 2 balita (2,8 %) dan mayoritas mengalami gizi baik sebanyak 59 balita (81,9%).

Kesimpulan : Gambaran Status Gizi pada Balita Di Desa tuksongo Wilayah Kerja Puskesmas Borobudur mayoritas mengalami gizi baik sebanyak 59 balita (81,9%).Perlunya peranserta ibu dan tenaga kesehtan lebih memperhatikan dan memantau keadaan status gizi balita.

Kata Kunci : Status Gizi, Balita

Kepustakaan: (2011-2021)

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**Overview of the Nutritional Status of Toddlers in Tuksongo Village, Borobudur
Health Center Working Area in 2021**

ABSTRACT

Background: Nutritional status is a state of the body as a result of the interaction between energy intake and protein and other essential nutrients with the state of body health. Currently, Indonesia is still experiencing nutritional problems in toddlers and is classified as high when compared to the threshold according to WHO. Magelang Regency is one of the districts with a fairly high prevalence of nutritional problems compared to other districts in Central Java. Regarding the problem of nutritional status in children under five in the village of Tuxongo, the working area of the Borobudur Health Center, there are 9.88% malnutrition and 1.52% malnutrition.

The purpose of the study: to provide an overview of the nutritional status of children in Tuksongo Village, the working area of the Borobudur Health Center in December 2021.

Methods: This study used a descriptive research method with a quantitative study design and a cross sectional approach. The population in this study were all 263 toddlers in Tuksongo Village in December 2021. The sampling technique used Quota Sampling as many as 72 respondents with weight scales, and the data was processed using Statistical

Analysis. Results: Research conducted in Tuksongo Village, Borobudur Health Center Work Area, showed that there were 10 under-five children (13.9%) undernutrition and 1 (1.4%).) and the majority experienced good nutrition as many as 59 toddlers (81.9%).

Conclusion: Overview of the Nutritional Status of Toddlers In Tuksongo Village, Borobudur Health Center Work Area, the majority of them experienced good nutrition as many as 59 toddlers (81.9%).

Keywords: Nutritional Status of Toddlers

Literature: (2011-2021)