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## HUBUNGAN ANTARA STATUS GIZI DENGAN PERKEMBANGAN BALITA USIA 24 - 59 BULAN DI DESA CUKIL KECAMATAN TENGERAN KABUPATEN SEMARANG

### ABSTRAK

**Latar Belakang:** Masa balita, khususnya usia 24–59 bulan, merupakan periode emas dalam tumbuh kembang anak yang sangat dipengaruhi oleh status gizi. Kecukupan gizi berperan penting dalam perkembangan motorik kasar dan halus, yang menentukan kesiapan anak dalam menghadapi tantangan belajar dan sosial di kemudian hari. Meskipun intervensi penurunan stunting di Kabupaten Semarang sudah menunjukkan hasil, keterlambatan perkembangan motorik masih menjadi masalah yang perlu mendapat perhatian lebih lanjut.

**Metode:** Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross-sectional. Sampel terdiri dari 65 balita usia 24–59 bulan yang dipilih menggunakan teknik Slovin sampling dari populasi balita di Desa Cukil, Kecamatan Tengaran Kabupaten Semarang. Status gizi dinilai berdasarkan indikator berat badan menurut umur (BB/U) dengan Z-score, sedangkan perkembangan motorik diukur menggunakan instrumen Denver Developmental Screening Test (DDST). Analisis dilakukan dengan uji Kendall Tau-c.

**Hasil:** Sebagian besar balita memiliki status gizi normal (81,5%), sisanya tergolong gizi kurang (15,4%) dan berisiko lebih (3,1%). Berdasarkan penilaian perkembangan motorik, mayoritas balita menunjukkan perkembangan yang normal. Hasil uji statistik menunjukkan bahwa terdapat hubungan yang signifikan antara status gizi dan perkembangan motorik balita ( $p < 0,05$ ), di mana balita dengan status gizi kurang cenderung memiliki perkembangan motorik yang terhambat. Status gizi yang baik berhubungan erat dengan perkembangan motorik yang optimal pada balita. Oleh karena itu, pemantauan pertumbuhan dan asupan gizi anak sejak dini sangat penting untuk mencegah gangguan perkembangan.

**Simpulan dan Saran:** Penelitian ini menyimpulkan bahwa terdapat hubungan signifikan antara status gizi dengan perkembangan motorik balita usia 24–59 bulan di Desa Cukil, Kecamatan Tengaran, di mana balita dengan status gizi baik cenderung memiliki perkembangan motorik yang sesuai usianya. Oleh karena itu, disarankan agar orang tua lebih memperhatikan kecukupan gizi anak melalui pemberian makanan bergizi seimbang serta melakukan stimulasi perkembangan sejak dini, dan pihak tenaga kesehatan meningkatkan edukasi gizi serta pemantauan tumbuh kembang balita secara rutin.

**Kata Kunci:** Status Gizi, Perkembangan, Balita, DDST, BB/U

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**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND  
DEVELOPMENT OF CHILDREN AGED 24–59 MONTHS IN CUKIL  
VILLAGE, TENGARAN SUB-DISTRICT, SEMARANG DISTRICT**

**ABSTRACT**

**Background :** The toddler period, especially ages 24–59 months, is a golden age of growth and development that is highly influenced by nutritional status. Adequate nutrition plays a crucial role in the development of both gross and fine motor skills, which determine a child’s readiness to face learning and social challenges in the future. Although stunting reduction interventions in Semarang Regency have shown progress, delays in motor development remain an issue that requires further attention.

**Methods :** This study employed an analytical observational design with a cross-sectional approach. The sample consisted of 65 children aged 24–59 months selected using Slovin sampling technique from the toddler population in Cukil Village, Tengarani Sub-district. Nutritional status was assessed using weight-for-age (W/A) indicators based on Z-scores, while motor development was measured using the Denver Developmental Screening Test (DDST). Data were analyzed using the Kendalls Tau-c test.

**Results :** Most children had normal nutritional status (81.5%), while the rest were classified as undernourished (15.4%) or at risk of being overweight (3.1%). Based on motor development assessment, the majority of children showed appropriate development for their age. Statistical analysis revealed a significant relationship between nutritional status and motor development ( $p < 0.05$ ), indicating that undernourished children tended to have delayed motor development. Good nutritional status is strongly associated with optimal motor development in toddlers. Therefore, early monitoring of growth and nutrient intake is essential to prevent developmental disorders.

**Conclusion and Suggestion:** This study concludes that there is a significant relationship between nutritional status and motor development of children aged 24–59 months in Cukil Village, Tengarani District, where children with good nutritional status tend to have age-appropriate motor development. Therefore, it is recommended that parents pay more attention to their children's nutritional adequacy through balanced diet and early stimulation, while health workers are encouraged to improve nutrition education and regularly monitor child growth and development.

**Keywords:** Nutritional Status, Development, Toddlers, DDST, Weight-for- Age (W/A)