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Skripsi, Juli 2025
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HUBUNGAN KONSUMSI SUSU FORMULA DENGAN STATUS GIZI BALITA USIA 6 – 24 BULAN DI DESA JETIS KECAMATAN KALIWUNGU

ABSTRAK

Latar Belakang: Periode 1000 Hari Pertama Kehidupan (HPK) merupakan masa emas. Periode ini, terutama usia 6–24 bulan, anak berada dalam masa transisi dari ASI menuju Makanan Pendamping ASI (MP-ASI), sehingga sangat rentan terhadap masalah gizi jika asupan tidak mencukupi secara kuantitas maupun kualitas. Salah satu faktor yang memengaruhi status gizi balita adalah pemberian susu formula. Konsumsi susu formula berdampak pada status gizi balita terutama gizi lebih. Berdasarkan data Puskesmas Kaliwungu status gizi lebih pada balita di Desa Jetis mempunyai tren naik dari 3,11% (2023), 3,72% (2024) dan 4,3% (2025). Penelitian ini bertujuan untuk mengetahui hubungan antara pemberian susu formula dengan status gizi balita usia 6–24 bulan di Desa Jetis, Kecamatan Kaliwungu.

Metode: Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross-sectional. Sampel terdiri dari 48 balita yang mengkonsumsi susu formula usia 6–24. Konsumsi susu formula dinilai berdasarkan frekuensi dan jumlah konsumsi per hari menggunakan metode recall 1x24 jam dan FFQ semi kuantitatif, sedangkan status gizi dinilai berdasarkan indikator berat badan menurut umur (BB/U) dengan Z-score. Analisis hubungan antar variabel menggunakan *uji Kendall's tau*.

Hasil: Dari 48 sampel diperoleh 62,5% balita mengkonsumsi susu formula dengan frekuensi lebih dari yang dianjurkan (≥ 3 kali per hari), 97,9% mengonsumsi susu formula lebih dari 100 gram per hari. Sebagian besar balita memiliki status gizi normal (75%), sisanya tergolong underweight (11,5%) dan gizi lebih (5,8%). Hasil uji statistik menunjukkan bahwa terdapat hubungan yang signifikan antara konsumsi susu formula dengan status gizi balita usia 6-24 bulan di Desa Jetis (p value $0,007 < 0,05$).

Kesimpulan: Ada hubungan antara konsumsi susu formula dengan status gizi balita usia 6-24 bulan di Desa Jetis Kecamatan Kaliwungu.

Kata Kunci: 1000HPK, Status Gizi, Susu Formula, Balita, BB/U

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**RELATIONSHIP BETWEEN FORMULA MILK CONSUMPTION AND
NUTRITIONAL STATUS OF INFANTS AGED 6–24 MONTHS IN JETIS
VILLAGE, KALIWUNGU DISTRICT**

ABSTRACT

Background: The first 1,000 days of life (HPK) are a critical period. During this time, especially between 6 and 24 months of age, children transition from breast milk to complementary foods (MP-ASI), making them highly vulnerable to nutritional issues if their intake is insufficient in both quantity and quality. One factor influencing the nutritional status of infants is the use of formula milk. The consumption of formula milk affects the nutritional status of children, particularly leading to overweight. Based on data from Kaliwungu Health Center, the prevalence of overweight among children in Jetis Village has shown an increasing trend from 3.11% (2023), 3.72% (2024), to 4.3% (2025). This study aims to determine the relationship between formula milk consumption and the nutritional status of infants aged 6–24 months in Jetis Village, Kaliwungu District.

Method: This study used an analytical observational design with a cross-sectional approach. The sample consisted of 48 infants aged 6–24 months who consumed formula milk. Formula milk consumption was assessed based on frequency and daily intake using a 1x24-hour recall method and a semi-quantitative FFQ, while nutritional status was assessed based on weight-for-age (WFA) indicators using Z-scores. The association between variables was analyzed using the Kendall's tau test.

Results: Of the 48 samples, 62.5% of infants consumed formula milk frequently higher than recommendation (≥ 3 times per day), and 97.9% consumed more than 100 grams of formula milk per day. Most infants had normal nutritional status (75%), while the rest were classified as underweight (11.5%) and overweight (5.8%). Statistical analysis showed a significant association between formula milk consumption and nutritional status among infants aged 6–24 months in Jetis Village (p -value $0.007 < 0.05$).

Conclusion: There is an association between formula milk consumption and the nutritional status of infants aged 6–24 months in Jetis Village, Kaliwungu District

Keywords: 1000HPK, Nutritional Status, Formula Milk, Infants, Weight-for-Age