

INTISARI

PENGARUH ASUPAN MAKANAN DAN PENDAPATAN ORANG TUA TERHADAP STATUS GIZI BALITA DI POSYANDU PANCA MARGA 8 RW.07 GUMPANG KARTASURA

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Latar Belakang: Masalah kurang gizi di Indonesia masih cukup tinggi, ada beberapa faktor yang mempengaruhi status gizi balita diantaranya asupan makanan dan pendapatan orang tua. Dilihat dari mata pencaharian mayoritas pegawai negeri dan swasta serta ada beberapa kepala keluarga yang bekerja sebagai buruh pabrik. Adapun jumlah Balita yang terdapat di Posyandu Panca Marga 8 RW 07 Gumpang Kartasura sebanyak 78 balita, lima diantaranya adalah berstatus gizi lebih, delapan anak berstatus gizi kurang dan satu anak berstatus gizi buruk.

Tujuan: Mengetahui hubungan antara asupan makanan dan pendapatan orang tua terhadap status gizi balita di Posyandu Panca Marga 8 RW 07 Gumpang Kartasura.

Metode: Jenis penelitian ini observasi analitik dengan rancangan *cross sectional*. Populasi berjumlah 35 responden dan diambil semuanya sehingga termasuk *total sampling*, diambil sampel sebanyak 35 balita. Teknik analisis data yang digunakan dengan analisis *regresi, uji t dan uji F*.

Hasil : (1) Asupan makanan yang dimiliki responden sebagian besar tergolong cukup yaitu sebanyak 26 orang (74,3%); (2) Tingkat pendapatan orang tua yang dimiliki responden mayoritas mempunyai tingkat pendapatan di atas atau sama dengan Upah Minimal Regional (UMR) (\geq Rp 1.223.000,-) yaitu sebanyak 30 orang (85,7%); (3) Dilihat dari status gizi mayoritas balita mempunyai status gizi normal yaitu sebanyak 29 orang (82,9%); (4) Ada hubungan signifikan antara asupan makanan dengan status gizi anaknya ($\rho = 0,002$); (5) Ada hubungan signifikan antara tingkat pendapatan orang tua dengan status gizi anaknya ($\rho = 0,000$); (6) Ada hubungan signifikan antara asupan makanan dan tingkat pendapatan orang tua dengan status gizi anaknya ($\rho = 0,002$).

Simpulan : Terdapat pengaruh asupan makanan dan pendapatan orang tua terhadap status gizi balita.

Kata Kunci : *Asupan makanan, pendapatan orang tua, status gizi balita.*

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ABSTRACT

EFFECT OF FOOD INTAKE AND INCOME PARENTS OF NUTRITIONAL STATUS OF CHILDREN IN POSYANDU PANCA MARGA 8 RW.07 GUMPANG, KARTASURA

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Background: *The problem of malnutrition in Indonesia is still quite high, there are several factors that affect nutritional status among food intake and income of parents. Judging from the livelihoods of the majority of civil servants and private and there are some heads of families who worked as a factory worker. The number Toddlers contained in Posyandu RW 07 Panca Marga 8 Gumpang Kartasura many as 78 children, five of which are more nutritional status, nutritional status of eight children and one child less severe malnutrition.*

Objective: *To determine the relationship between food intake and income of parents on nutritional status of under five children in Posyandu Panca Marga 8 RW 07 Gumpang Kartasura.*

Methods: *This observational analytic research with cross sectional design. Population of 35 respondents and taken everything that included a total of sampling, samples taken as many as 35 children. Data analysis techniques used by regression analysis, t test and F test*

Results: *(1) the food intake of the respondents mostly belong to quite as many as 26 people (74.3%); (2) The level of income of parents who owned the majority of respondents have income levels above or equal to the regional minimum wage (UMR) (\geq Rp 1.223 million, -) as many as 30 people (85.7%); (3) In terms of the nutritional status of the majority of children had normal nutritional status of as many as 29 people (82.9%); (4) There is a significant relationship between food intake and nutritional status children (ρ -value = 0.002); (5) There is a significant correlation between income level of parents with child nutritional status (ρ -value = 0.000); (6) There is a significant association between the intake of food and income level of parents with child nutritional status (ρ -value = 0.002).*

Conclusion: *There is the influence of food intake and income of parents of nutritional status of under five children.*

Keywords: *food intake, parental income, nutritional status of under five children.*

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