

**ABSTRAK**

UNIVERSITAS ESA UNGGUL  
FAKULTAS ILMU-ILMU KESEHATAN  
PROGRAM STUDI ILMU GIZI  
SKRIPSI, 18 FEBUARI 2021

**STEFANY LUBIS**

**HUBUNGAN KONSUMSI PANGAN, PENYAKIT INFEKSI DAN SOSIAL EKONOMI TERHADAP STATUS GIZI BALITA DI PERMUKIMAN KUMUH RT 03 KELURAHAN GANDASARI TANGERANG PADA MASA COVID-19**

VI Bab, 138 Halaman, 14 Tabel, 2 Gambar, 5 Lampiran

Salah satu kelompok usia yang rentan mengalami masalah gizi yaitu balita, asupan gizi yang kurang dikonsumsi balita merupakan faktor penyebab langsung terjadinya masalah gizi. Pada masa pandemi, konsumsi pangan yang mengandung zat gizi seimbang sangat dibutuhkan karena diperlukan imunitas tubuh. Asupan energi, protein, lemak dan karbohidrat yang kurang menyebabkan zat gizi tidak optimal sehingga rentan mengalami penyakit infeksi. Faktor ekonomi juga mempengaruhi adanya masalah gizi balita karena tersedianya bahan pangan yang bergizi dipengaruhi oleh sosial ekonomi keluarga. Tujuan penelitian ini adalah untuk mengetahui hubungan konsumsi pangan, penyakit infeksi dan sosial ekonomi dengan status gizi (BB/U) balita. Penelitian ini menggunakan jenis penelitian kuantitatif dengan desain cross sectional dan jumlah sampel 57 balita yang tinggal di permukiman kumuh RT 03 Kelurahan Gandasari Tangerang. Pengumpulan data karakteristik responden meliputi usia, tingkat pendidikan, pekerjaan, penyakit infeksi dan sosial ekonomi diperoleh dengan wawancara menggunakan instrumen kuesioner umum. Data status gizi dengan BB/U, konsumsi pangan menggunakan kuesioner *food recall* 2x24 jam dan dianalisa menggunakan program Nutrisurvey. Analisis data menggunakan uji *chi square*. Hasil dari penelitian ini menunjukkan balita mempunyai status gizi normal (57,9%). Penyakit infeksi yang sering dialami adalah ISPA (56,1%) sedangkan diare (38,6%). Sebagian besar balita memiliki tingkat asupan energi, protein, lemak dan karbohidrat dalam kategori cukup dan tingkat sosial ekonomi rendah (73,7%). Tidak terdapat hubungan konsumsi pangan ( $p=1,000$ ), penyakit infeksi ( $p=0,093$ ) dan sosial ekonomi ( $p=0,426$ ) terhadap status gizi balita indeks BB/U.

**Kata Kunci:** Konsumsi Pangan, Penyakit Infeksi, Sosial Ekonomi, Status Gizi

**ABSTRACT**

ESA UNGGUL UNIVERSITY  
FACULTY OF HEALTH SCIENCE  
NUTRITION DEPARTMENT  
UNDERGRADUATE THESIS, FEBRUARY 2021

**STEFANY LUBIS**

**RELATIONSHIP OF FOOD CONSUMPTION, INFECTIOUS DISEASES AND SOCIAL ECONOMIC TOWARDS NUTRITIONAL STATUS OF CHILDREN AT THE STATUS OF SLUM RT 03 KELURAHAN GANDASARI TANGERANG DURING COVID-19**

6 BAB, 138 page, 14 table, 2 pictures, 5 attachment

One age group that is prone to experiencing nutritional problems, namely toddlers, underfive nutritional intake is a direct cause of nutritional problems. During a pandemic, the consumption of foods that contain balanced nutrients is needed because the body's immunity is needed. Inadequate intake of energy, protein, fat and carbohydrates results in suboptimal nutrition so that they are susceptible to infection. Economic factors also affect the nutritional problems of children under five because the availability of nutritious food is influenced by the socioeconomic conditions of the family. The purpose of this study was to determine the relationship between food consumption, infectious diseases and socioeconomic conditions with the nutritional status (BB/U) of children under five. This research uses quantitative research with cross sectional design and a total sample of 57 children under five who live in the slum settlements of RT 03 Gandasari Village, Tangerang. The collection of data on the characteristics of respondents including age, education level, occupation, infectious diseases and socioeconomic conditions were obtained by interview using a general questionnaire instrument. Nutritional status data with weight / age, food consumption using aquestionnaire *food recall* 2x24 hourand analyzed using the Nutrisurvey program. Data analysis used thetest *chi square*. The results of this study indicate that toddlers have normal nutritional status (57.9%). The most common infectious diseases were ARI (56.1%) and diarrhea (38.6%). Most of the children under five had sufficient levels of energy, protein, fat and carbohydrates intake and low socioeconomic levels (73.7%). There is no correlation between food consumption ( $p = 1,000$ ), infectious diseases ( $p = 0.093$ ) and socio-economic ( $p = 0.426$ ) on the nutritional status of children under five on the BB/U.

**Keywords:** *Food Consumption, Infectious Diseases, Socio-Economic, Nutritional Status*