

## ABSTRAK



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### **FADIYA QOTRUN NADA** **HUBUNGAN KECUKUPAN ENERGI, ZAT GIZI MAKRO DAN USIA** **PENYAPIHAN DENGAN STATUS GIZI BALITA USIA 12-36 BULAN DI DESA** **MANDIRAJA KECAMATAN MOGA KABUPATEN PEMALANG, JAWA** **TENGAH**

VI Bab, 102 Halaman, 20 Tabel, 1 Gambar, 7 Lampiran

**Latar Belakang:** Masalah gizi pada balita mengalami prevalensi yang masih naik turun, pada tahun 2007, 2010 dan 2013 dimana angka obesitas mencapai 14%, kurus (*wasting*) 13,16%, masalah gizi pendek 37,2% dan *underweight* mencapai 19,6%. Status gizi menjadi gambaran keseimbangan antara asupan dengan kebutuhan gizi. Usia penyapihan menjadi salah satu faktor penting pada terwujudnya status gizi yang baik dimana ASI menjadi salah satu asupan gizi pada balita dan ASI berfungsi sebagai anti inflamasi yang dapat melindungi balita dari adanya penyakit.

**Tujuan Penelitian:** Menganalisis hubungan tingkat kecukupan energi, zat gizi makro (protein, lemak, karbohidrat) dan usia penyapihan dengan status gizi (BB/U) balita usia 12-36 bulan di Desa Mandiraja Kabupaten Pemalang, Jawa Tengah dan menganalisis hubungan usia penyapihan dan kecukupan zat gizi.

**Metode:** Jenis penelitian ini adalah kuantitatif dengan desain *cross sectional*. Sampel pada penelitian ini yaitu 62 balita yang diabil secara *cluster random sampling*. Data yang diambil yaitu karakteristik responden, tingkat kecukupan energi, zat gizi makro menggunakan *food recall* 1x24 jam, data usia penyapihan dari kuesioner dan status gizi dari pengukuran berat badan serta umur balita. Hubungan antar variable diuji menggunakan korelasi *spearman* dengan tingkat kepercayaan 90% (*pValue* 0,1).

**Hasil Penelitian:** rata-rata kecukupan energi, lemak dan karbohidrat inadekuat sementara kecukupan protein berlebih, usia penyapihan didominasi dalam kategori tepat dan status gizi yang normal. Berdasarkan hasil uji statistic didapatkan bahwa ada hubungan antara kecukupan energi ( $p = 0,085$ ;  $r = 0,220$ ) dan kecukupan karbohidrat ( $p = 0,070$ ;  $r = 0,232$ ) dengan status gizi balita. Namun tidak ada hubungan kecukupan protein ( $p = 0,360$ ;  $r = 0,118$ ), lemak ( $p = 0,211$ ;  $r = 0,161$ ) dan usia penyapihan ( $p = 0,946$ ;  $r = -0,006$ ) dengan status gizi dan tidak ada hubungan antara usia penyapihan dengan kecukupan zat gizi dengan nilai *pValue*  $>0,1$ .

**Kesimpulan:** terdapat hubungan antara kecukupan energi, kecukupan karbohidrat dengan status gizi sementara tidak ada hubungan antara kecukupan protein, kecukupan lemak dan usia penyapihan dengan status gizi balita serta tidak ada hubungan usia penyapihan dengan kecukupan zat gizi.

**Kata kunci:** tingkat kecukupan energi, tingkat kecukupan zat gizi makro, status gizi, usia penyapihan

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**RELATHIONSHIP OF ENERGI ADEQUACY, MACRO NUTRIENTS AND WEANING AGE WITH NUTRITION STATUS OF TODDLERS AGE 12-36 MONTH IN MANDIRAJA VILLAGE MOGA DISTRICT, PEMALANG REGENCY, CENTRAL JAVA**

VI Chapter, 103 Pages, 20 Tables, 1 Picrtures, 7Appendices

**Background:** Nutritional problems in toddlers experience a prevalence that is still up and down, in 2007, 2010 and 2013 where the obesity rate reached 14%, wasting 13.16%, short nutrition problems 37.2% and underweight reached 19.6%. Nutritional status is a picture of the balance between intake and nutritional needs. Weaning age is one of the important factors in the realization of good nutritional status where breast milk is one of the nutritional intakes for toddlers and breast milk works as an anti-inflammatory that can protect toddlers from disease.

**Research Objectives:** To analyze the relationship between energy adequacy levels, macronutrients (protein, fat, carbohydrates) and weaning age with the nutritional status (BB/U) of toddlers aged 12-36 months in Mandiraja Village, Pemalang Regency, Central Java and analyze the relationship between weaning age and nutritional adequacy.

**Methods:** This type of research is quantitative with a cross sectional design. The sample in this study were 62 children under five who were taken by cluster random sampling. The data taken were respondent characteristics, energy adequacy level, macronutrients using food recall 1x24 hours, data on weaning age from questionnaires and nutritional status from measurement of body weight and age of toddlers. The relationship between variables was tested using Spearman correlation with a confidence level of 90% (pValue 0.1).

**Research results:** the average adequacy of energy, fat and carbohydrates is inadequate while excess protein adequacy, weaning age is dominated in the right category and normal nutritional status. Based on the results of statistical tests, it was found that there was a relationship between energy adequacy ( $p = 0.085$ ;  $r = 0.220$ ) and carbohydrate adequacy ( $p = 0.070$ ;  $r = 0.232$ ) with the nutritional status of children under five. However, there was no relationship between protein adequacy ( $p = 0.360$ ;  $r = 0.118$ ), fat ( $p = 0.211$ ;  $r = 0.161$ ) and weaning age ( $p = 0.946$ ;  $r = -0.006$ ) with nutritional status and there was no relationship between weaning age and nutritional adequacy with  $p\text{Value} > 0.1$ .

**Conclusion:** there is a relationship between energy adequacy, carbohydrate adequacy with nutritional status while there is no relationship between protein adequacy, fat adequacy and weaning age with nutritional status of toddlers and there is no relationship between weaning age and nutritional adequacy.

**Keywords:** energy adequacy level, macronutrient adequacy level, nutritional status, weaning age