

ABSTRAK



UNIVERSITAS ESA UNGGUL
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HUBUNGAN PRAKTIK PEMBERIAN MAKAN, INDEKS KECUKUPAN GIZI, SCREEN TIME DAN STATUS GIZI BALITA DI MASA PANDEMI COVID-19 DI PUSKESMAS CIKUPA KABUPATEN TANGERANG

VI Bab, 134 Halaman, 27 Tabel, 0 Gambar, 71 Lampiran

Latar Belakang: Permasalahan tentang gizi balita di Indonesia masih menjadi permasalahan yang harus selalau dilakukan pemantauan, terlebih lagi dimasa pandemi Covid-19. Permasalahan yang masih menjadi perhatian adalah terkait seperti kejadian balita stunting, kurus dan obesitas. Permasalahan ini tentunya terdapat faktor-faktor yang mempengaruhi, seperti perilaku praktik pemberian makan, indeks kecukupan gizi, dan *screen time*.

Tujuan: Mengidentifikasi hubungan antara praktik pemberian makan, indeks kecukupan gizi, *screen time* dengan status gizi balita dimasa pandemic Covid-19.

Metode Penelitian: Desain penelitian yang digunakan adalah *cross sectional* dengan sampel 57 responden. Data praktik pemberian makan menggunakan kuesioner CFPQ (*Comprehensive Feeding Practice Questionnaire*), indeks kecukupan gizi menggunakan kuesioner *food recall 2x24 jam*, *screen time* menggunakan kuesioner *screen time* dan data status gizi menggunakan indikator Z-score BB/U, TB/U, dan BB/TB.

Hasil Penelitian : Dari hasil uji korelasi *Spearman* didapat, ada hubungan positif antara praktik pemberian makan dimana ibu melibatkan anak dalam perencanaan hidangan makan dengan status gizi BB/U ($r=0.311;p=0.019$), pemantauan asupan dengan status gizi TB/U ($r=0.366;p=0.005$), mendorong asupan makan anak bervariasi dan seimbang pada BB/TB ($r=0.331;p=0.012$), tidak ada hubungan antara *screen time* dengan status gizi indikator Z-score BB/U, TB/U, BB/TB ($r=0,194;p=0.148$), ($r=0.24;p=0.072$), ($r=0.075; p=0.577$), tidak ada hubungan indeks kecukupan gizi dengan status gizi BB/U, TB/U, dan BB/TB ($r=0.115;p=0.394$), ($r=0.063;p=0.640$), ($r=0.128;p=0.345$).

Kesimpulan: Ada hubungan antara praktik pemberian makan dengan status gizi, tidak ada hubungan antara indek kecukupan gizi dan *screen time* dengan status gizi balita.

Kata Kunci: Status gizi, praktik pemberian makan, indeks kecukupan gizi, *screen time*

ABSTRAK



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RELATIONS BETWEEN FEEDING PRACTICE, NUTRITION ADEQUACY INDEX, SCREEN TIME AND CHILDREN NUTRITIONAL STATUS IN COVID-19 PANDEMIC AT CIKUPA HEALTH CENTER KABUPATEN TANGERANG

VI Chapter, 128 Pages, 22 Table, 0 Picture, 71 Appendices

Background: *Problems with children's nutrition in Indonesia are still a concern, especially in this Covid-19 pandemic. Problems that still concern, such as stunting, wasting and obesity. These problems have many influence factors such as feeding practice, nutrition adequacy index and screen time..*

Objective: *To identification relations between feeding practice, nutrition adequacy index, screen time, with children nutritional status in pandemic covid-19*

Research Method: *Research design is using cross sectional with 57 sample of respondents. For feeding practice data use CFPQ (Comprehenssive Feeding Practice Questionnaire), for nutrition adequacy index data use food recall 2x24 hour, for screen time data use screen time questionnaire and for nutrition status use z-score indicator WAZ (weight for age), HAZ (height for age), and WH (weight for height).*

Results : *Result from bivariate analysis using Spearman Correlations, there is a positive relationship between feeding practices where mothers involve children in meal planning and nutritional status of WAZ (weight for age) ($r=0.311;p=0.019$), monitoring intake and nutritional status of HAZ (height for age) ($r=0.366;p=0.005$), encouraging Children's food intake varies and is balanced in WH (weight for height) ($r=0.331;p=0.012$), there is no relationship between screen time and nutritional status indicators Z-score WAZ (weight for age), HAZ (height for age), and WH (weight for height) ($r=0.194;p =0.148$), ($r=0.24;p=0.072$), ($r=0.075; p=0.577$), there was no relationship between the nutritional adequacy index and the nutritional status of WAZ (weight for age), HAZ (height for age), and WH (weight for height) ($r=0.115; p=0.394$), ($r=0.063;p=0.640$), ($r=0.128;p=0.345$).*

Summary: *There is relationship between feeding practice with children nutrition status, there is no relationship between nutrition adequacy index and screen time with children nutrition status.*

Key Note: *Nutrition status, feeding practice, nutrition adequacy index, screen time*