

## ABSTRAK

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Program Studi: Ilmu Gizi

Judul : Hubungan Tingkat Kecukupan Energi, Zat Gizi Makro dan Zat Gizi Mikro dengan Status Gizi Anak Usia 2-5 tahun (BB/U) di Desa Kaduhauk Kecamatan Banjarsari Kabupaten Lebak

Status gizi seseorang dipengaruhi oleh berbagai faktor. Salah satunya adalah kecukupan gizi, baik makronutrien dan mikronutrien. Tujuan penelitian ini adalah untuk mengetahui status gizi anak dan hubungannya dengan kecukupan zat gizi makro dan mikro pada usia 2-5 tahun di Desa Kaduhauk. Penelitian ini menggunakan desain *cross sectional*. Data diambil pada 26 Juli dan 28 Juli 2016 dengan jumlah total sample sebanyak 115. Hasilnya menunjukkan bahwa tingkat kecukupan zat gizi makro yaitu kecukupan energi yang tergolong kurang sebanyak 50 responden (53.5%), kecukupan protein tergolong lebih 62 responden (53.9%), kecukupan lemak tergolong kurang sebanyak 73 responden (63.5%), kecukupan karbohidrat tergolong kurang 48 responden (41.7%) dan tingkat kecukupan zat gizi mikro kecukupan kalsium tergolong kurang sebanyak 97 responden 84.3%, kecukupan *Zinc* tergolong kurang 78 responden (67.8%), kecukupan Vitamin A tergolong lebih 96 responden (83.5%), dan 112 responden 97.4% asupan vitamin C yang kurang. Berdasarkan zscore (BB/U), sebanyak 86 responden (74.8%) memiliki status BB/U baik, sebanyak 22 responden (19.1%) memiliki status BB/U kurang dan sebanyak 7 responden (6.1%) memiliki BB/U lebih. Dengan menggunakan uji Spearman rho, didapatkan tidak adanya hubungan yang bermakna antara status gizi berdasarkan BB/U dengan kecukupan protein, lemak, karbohidrat, kalsium vitamin A, dan vitamin C, akan tetapi terdapat hubungan antara status gizi dan asupan *zinc*.

Kata kunci : Anak 2-5 tahun, BB/U, Kecukupan Energi, Karbohidrat, Kalsium, Lemak, Protein, Vitamin A, Vitamin C, *Zinc*, Zscore.

## ABSTRACT

Name : Neng Retno Widianingsih  
Study program : nutrition science  
Title : Energy Sufficiency Level Relationships, Nutrition Substance Macro and Micro nutrient substances with the Nutritional Status of Children Aged 2-5 years (B / U) in the village Kaduhauk Banjarsari District of Lebak.

The nutritional status of a person is influenced by various factors. One of them is the adequacy of nutrition, both macronutrient and micronutrient. The purpose of this study was to determine the nutritional status of children and their relation to the adequacy of macro and micro nutrients at the age of 2-5 years in the village Kaduhauk. This study used cross sectional design. The data were taken on July 26 and July 28, 2016 with a total sample of 115. The result shows that sufficient levels of macro-nutrients which are classified as less energy sufficiency of 50 respondents (53.5%), the adequacy of protein classified a further 62 respondents (53.9%), the adequacy fats classified as less as much as 73 respondents (63.5%), the adequacy of carbohydrates classified as less 48 respondents (41.7%) and the adequacy of micronutrient adequacy of calcium classified as less as much as 97 respondents 84.3%, the adequacy of zinc was classified as less 78 respondents (67.8%), the adequacy of Vitamin A relatively more 96 respondents (83.5%), and 112 respondents 97.4% less vitamin C intake. Based zscore (BB/U), as many as 86 respondents (74.8%) has the status of BB/U good, as many as 22 respondents (19.1%) has the status of BB/U less and as many as seven respondents (6.1%) had a BB / U over. By using the Spearman rho test, found no significant relationship between nutritional status berdasarakan BB/U with the adequacy of protein, fat, carbohydrates, calcium, vitamin A, and vitamin C, but there is a relationship between nutritional status and intake of *zinc*

Keywords: Children 2-5 years, BB/U, Sufficiency energy, carbohydrates, calcium, fat, protein, vitamin A, vitamin C, Z score