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Program Studi D3 Kebidanan
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ABSTRAK

Siti Ani Zulfa¹, Noveri Aisyarah², Siti Thomas Zulaikhah³
HUBUNGAN PERILAKU KADARZI (KELUARGA SADAR GIZI) DENGAN
STATUS GIZI BALITA DI WILAYAH KERJA PUSKESMAS GAJAH 1 DEMAK
TAHUN 2013

xx + 69 hal + 15 tabel + 2 Bagan + 6 diagram + 12 lamp

Status gizi balita merupakan salah satu indikator kesehatan yang dinilai keberhasilan pencapaiannya dalam MDGs (*Millennium Development Goals*). Status gizi ini menjadi penting karena merupakan salah satu faktor risiko untuk terjadinya kesakitan dan kematian. Perilaku kadarzi merupakan faktor yang dapat mempengaruhi status gizi balita karena kebiasaan ibu memiliki perilaku keluarga yang sadar gizi akan dapat memantau perkembangan dan pertumbuhan balitanya. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara perilaku kadarzi dengan status gizi balita di wilayah Kerja Puskesmas Gajah 1 Demak tahun 2013.

Jenis penelitian survey observasional analitik dengan pendekatan waktu *cross-sectional*, jumlah sampel 95 responden dengan teknik sampling *stratified random sampling*. Uji hubungan antara variabel menggunakan uji *Chi-Square*.

Hasil penelitian menunjukkan bahwa mayoritas responden pada kategori usia <30 tahun sebanyak 60 responden (63,2%), pendidikan mayoritas SMP sebanyak 41 responden (43,2%) dan dengan pendapatan mayoritas <UMR sebanyak 62 responden (65,30%). Responden mayoritas memiliki perilaku tidak kadarzi sebanyak 60 responden (63%) dan mayoritas balita dengan status gizi baik sebanyak 66 responden (69,50%). Responden yang perilaku kadarzi mayoritas status gizi balita baik dan lebih sebanyak 32 responden (91,4%), responden yang perilaku tidak kadarzi mayoritas status gizi balita lebih dan baik sebanyak 35 responden (58,3%) dan status gizi balita kurang dan buruk 25 responden (41,7%) berperilaku tidak kadarzi. Dari uji statistik P sebesar = 0,001 yang berarti p<0,05.

Kesimpulan penelitian ada hubungan yang bermakna antara perilaku kadarzi dengan status gizi balita. Saran untuk ibu balita agar memberikan ASI eksklusif sampai bayi berusia 6 bulan.

Kata Kunci : perilaku, kadarzi, status gizi balita
Kepustakaan : 41 pustaka (2002 s/d 2013)

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ABSTRACT

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BEHAVIOR RELATIONSHIP KADARZI (FAMILY NUTRITION AWARENESS)
WITH NUTRITIONAL STATUS OF CHILDREN IN THE PUBLIC HEALTH WORK
GAJAH 1 DEMAK YEAR 2013

xx + 69 pages + 15 tables + 2 charts + 6 diagrams + 12 enclosures

Nutritional status of children is one of the health indicators that assessed the success of its achievements in MDGs (*Millennium Development Goals*). The nutritional status is important because it is one risk factor for morbidity and mortality. Kadarzi behavior is a factor that can affect the nutritional status of children because the mother has a habit of behavioral nutrition-conscious family will be able to monitor the progress and growth of their babies. The purpose of this study was to determine the relationship between behavior kadarzi the nutritional status of children in the area of Occupational Health Center Gajah 1 Demak in 2013.

This type of survey research in analytical observational cross sectional time approaches, the sample of 95 respondents with a quota sampling technique. Test the relationship between variables using Chi-Square test of correlation.

The results showed that the majority of respondents in the age category <30 years were 60 respondents (63.2%), the majority of junior high school were 41 respondents (43.2%) and the majority of revenue <UMR were 62 respondents (65.30%). Majority of respondents have not kadarzi behavior by 60 respondents (63%) and the majority of infants with good nutritional status as many as 66 respondents (69.50%). Behavior of the majority of respondents kadarzi good nutritional status and more by 32 respondents (91.4%), respondents who conduct the majority of the nutritional status of children kadarzi better and better as much as 35 respondents (58.3%) and nutritional status of children less and bad 25 respondents (41.7%) did not behave kadarzi. Test of Statistical *P value* = 0,001 for the mean *p* < 0,05.

In conclusion there is a significant correlation between behavior kadarzi the nutritional status of children. Advice for moms toddlers that babies exclusively breastfed until 6 months old.

Key word : behavior, kadarzi, nutritional status of children

Bibliography : 41 Libraries (2002 s/d 2013)

- 1) : Students of Prodi D3 Midwifery
- 2) : Supervising Prodi D3 Midwifery
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