

ABSTRACT

Backgroud : The prevalence of stunting toddlers is 18.0 toddlers. The prevalence of wasting toddlers is 6.6 toddlers and the prevalence of underweight toddlers is 13.8 toddlers. And the prevalence of overweight toddlers in Jambi Province is 3.4 toddlers, from these data it can be concluded that Jambi Province is one of the provinces in Indonesia that is inseparable from nutritional problems in toddlers. The purpose of this study was to determine what factors influence the incidence of underweight in toddlers aged 12-59 months in the Sungai Tering Health Center work area in 2023.

Methods : This study uses a cross-sectional research methodology. The sample in this study was every mother who had a child aged 12-59 months who accidentally met in the Sungai Tering Health Center work area. Data analysis with univariate and bivariate analysis using the SPSS statistical application with a chi-square.

Result : The results of the study showed that the distribution of characteristics, the majority of respondents had normal nutritional status as many as 60 respondents (81.1%), for underweight nutritional status as many as 14 people (18.9%). Distribution of characteristics, the majority of respondents had good knowledge as many as 40 people (54.1%), implemented the right diet as many as 33 people (44.6%), with family income above the UMR of Rp. 2,934,000 as many as 64 respondents (86.5%), experienced illness as many as 62 people (83.8%). The test results obtained a knowledge significance value of 0.001, a diet significance value of 0.000, for a family income significance value of 0.017, then an infectious disease significance value of 0.405.

Conclusion : There was a relationship between knowledge, diet, and income to the incidence of underweight, and there was no relationship between infectious diseases and the incidence of underweight in the Sungai Tering Health Center.

Keywords : Underweight, Toddlers, Nutrition.

ABSTRAK

Latar Belakang : Prevalensi balita *stunting* yaitu 18,0 balita. Pada prevalensi balita *wasting* yaitu sebesar 6,6 balita dan pada prevalensi balita *underweight* yakni sebesar 13,8 balita. Serta pada prevalensi balita *overweight* provinsi jambi yaitu 3,4 balita, dari data tersebut dapat disimpulkan bahwa pada Provinsi jambi merupakan salah satu provinsi di indonesia yang tidak terlepas dari permasalahan gizi pada balita. Tujuan dari penelitian ini adalah untuk mengetahui faktor-faktor apa saja yang mempengaruhi kejadian *underweight* pada balita usia 12-59 bulan di wilayah kerja puskesmas sungai tering.

Metode : Penelitian ini menggunakan metodologi penelitian cross-sectional. Sampel pada penelitian ini adalah setiap ibu yang memiliki anak usia 12-59 bulan secara tidak sengaja bertemu diwilayah kerja puskesmas sungai tering. Analisis data dengan univariat dan analisis bivariat menggunakan aplikasi statistika SPSS dengan uji chi-square.

Hasil : Hasil penelitian menunjukkan bahwa distribusi karakteristik, mayoritas responden memiliki status gizi normal sebanyak 60 orang responden (81,1%), untuk status gizi *underweight* sebanyak 14 orang (18,9%). Distribusi karakteristik, mayoritas responden memiliki pengetahuan baik sebanyak 40 orang (54,1%), menerapkan pola makan tepat sebanyak 33 orang (44,6%), dengan pendapatan keluarga di atas UMR Rp. 2.934.000 sebanyak 64 orang responden (86,5%), mengalami sakit sebanyak 62 orang (83,8%). Hasil uji diperoleh nilai signifikansi pengetahuan 0,001, nilai signifikansi pola makan 0,000, untuk nilai signifikansi pendapatan keluarga 0,017, kemudian nilai signifikansi penyakit infeksi sebesar 0,405.

Kesimpulan : Ada hubungan antara pengetahuan, pola makan, pendapatan terhadap kejadian *underweight*, dan tidak ada hubungan antara penyakit infeksi dengan kejadian *underweight* di puskesmas sungai tering.

Kata Kunci : Berat, Badan, Kurang, Balita, Gizi.