

ABSTRACT

Background : *Malnutrition has a serious impact on child health, including increased mortality and the risk of stunting. Malnutrition also contributes to the occurrence of anemia, which is a condition where hemoglobin levels in the blood are low. Anemia in malnourished children is caused by a lack of folate, vitamin B12, and protein nutrients. Nutrient deficiencies interfere with the production of red blood cells leading to anemia. Anemia in children has adverse effects that include psychological changes, behavioral disorders, cognitive development, motor development, and growth.*

Objective : *To determine the relationship between malnutrition and the incidence of anemia in children.*

Methods : *The research method was conducted with observational analysis with a cross-sectional approach. Data were taken from medical records of pediatric patients at Raden Mattaher Hospital Jambi from October to February 2024. Statistical tests using Spearman Rho.*

Results : *Of the 32 samples, 26 patient with marasmus malnutrition experienced moderate anemia at a rate of 53,8%, severe anemia at 23.1%, and mild anemia at 3,8%. Additionally, among the 6 patients with kwashiorkor malnutrition, 83,3% had severe anemia and 16,7% had moderate anemia. There is a moderate correlation between malnutrition and anemia in children that is statistically significant.*

Conclusion : *There is a relationship between malnutrition and the incidence of anemia in children*

Keywords: *Malnutrition, Marasmus, Kwashiorkor, Anemia, Children*

ABSTRAK

Latar Belakang : Kasus gizi buruk memiliki dampak serius terhadap kesehatan anak, termasuk peningkatan angka kematian dan risiko terjadinya stunting. Gizi buruk juga berkontribusi pada terjadinya anemia, yaitu kondisi dimana kadar hemoglobin dalam darah rendah. Anemia pada anak dengan gizi buruk disebabkan oleh kurangnya nutrisi folat, vitamin B12, dan protein. Kekurangan nutrisi mengganggu produksi sel darah merah sehingga menyebabkan anemia. Anemia pada anak memberi dampak buruk yang mencakup perubahan psikologis, gangguan perilaku, perkembangan kognitif, perkembangan motorik, serta pertumbuhan.

Tujuan Penelitian : Untuk mengetahui hubungan gizi buruk dengan kejadian anemia pada anak

Metode : Metode penelitian dilakukan dengan analitik observasional dengan pendekatan retrospektif. Data diambil dari data rekam medis pasien anak di RSUD Raden Mattaher dari bulan Oktober - Februari 2024. Uji statistik menggunakan Spearman Rho

Hasil penelitian : Dari 32 sampel didapatkan 26 pasien gizi buruk marasmus mengalami anemia sedang sebanyak 53.8% anemia berat 23.1% anemia ringan 3.8% dan terdapat 6 pasien gizi buruk kwashiorkor mengalami anemia berat sebanyak 83.3% anemia sedang 16.7%. Terdapat korelasi sedang antara gizi buruk dengan anemia pada anak yang signifikan secara statistik

Kesimpulan : Terdapat hubungan antara gizi buruk dengan kejadian anemia pada anak

Kata Kunci : Gizi buruk, Marasmus, Kwashiorkor, Anemia, Anak