

Hubungan Keragaman Pangan dan Status Gizi dengan Skor Perkembangan Balita Usia 24-59 Bulan di Wilayah Kerja Puskesmas Bulusan

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ABSTRAK

Latar Belakang: Deteksi gangguan tumbuh kembang balita diperlukan untuk meminimalisir dampak negatif terhadap kualitas hidupnya. Pemantauan pertumbuhan telah rutin dilakukan melalui posyandu, sedangkan pemantauan perkembangan belum banyak dilakukan menggunakan indikator spesifik. Perkembangan balita akan berjalan sesuai usianya, namun dapat dipengaruhi oleh berbagai faktor, termasuk keragaman pangan dan status gizi.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan keragaman pangan dan status gizi dengan skor perkembangan balita usia 24-59 bulan di wilayah kerja Puskesmas Bulusan.

Metode: Penelitian observasional dengan desain *cross sectional*. Pengambilan data dilakukan *door to door* terhadap 68 balita yang ditentukan dengan *purposive sampling* berdasarkan pertimbangan kriteria inklusi. Skor perkembangan diukur dengan Kuesioner Pra Skrining Perkembangan (KPSP), keragaman pangan dengan *Individual Dietary Diversity Score* (IDDS), sedangkan status gizi dengan *z-score* BB/U, BB/TB, dan TB/U. Analisis statistik meliputi uji univariat, uji bivariat dengan *Spearman Rho*, dan uji multivariat dengan Regresi Linear Berganda.

Hasil: Hanya terdapat enam balita dengan perkembangan menyimpang (8,8%), tiga balita dengan keragaman pangan rendah (4,4%), dua balita *wasting* (2,9%), enam balita *underweight* (8,8%), dan empat balita *stunting* (5,9%). Keragaman pangan menunjukkan hubungan signifikan yang lemah dengan perkembangan balita ($p=0,03$; $r=0,263$). Ketiga indikator status gizi menunjukkan hubungan signifikan yang kuat dengan perkembangan balita ($p < 0,001$). Kekuatan korelasi tertinggi pada *z-score* BB/U ($r=0,79$). Secara simultan, seluruh variabel memiliki hubungan signifikan dengan perkembangan balita ($p=0,000$). Keragaman pangan dan status gizi mampu menjelaskan 71,6% variasi dalam perkembangan balita pada model 1 dan 70,2% pada model 2, sedangkan sisanya dipengaruhi oleh faktor lain.

Simpulan: Terdapat hubungan keragaman pangan dan status gizi dengan skor perkembangan balita, baik sebelum maupun setelah dikontrol dengan variabel perancu.

Kata Kunci: perkembangan balita, keragaman pangan, status gizi, motorik, kognitif

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Relationship between Dietary Diversity and Nutritional Status with Developmental Scores of Toddlers Aged 24-59 Months in the Working Area of Bulusan Public Health Center

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ABSTRACT

Background: Detection of toddler growth and development disorders is needed to minimize negative impacts on their quality of life. Growth monitoring has been routinely carried out through integrated health posts, while development monitoring has not been widely carried out using specific indicators. Toddler development typically progresses according to age, but can be influenced by various factors, including nutritional status and dietary diversity.

Objective: This study aims to determine the relationship between dietary diversity and nutritional status with developmental scores of toddlers aged 24-59 months in the working area of Bulusan Public Health Center.

Methods: An observational cross-sectional study was conducted through door to door data collection from 68 toddlers selected via purposive sampling based on inclusion criteria. Developmental scores were measured using the KPSP (Denver Developmental Screening Test), dietary diversity using the IDDS (Individual Dietary Diversity Score), nutritional status using weight-for-age (WAZ), weight-for-height (WHZ), and height-for-age (HAZ) z-scores. Statistical analysis included univariate tests, bivariate tests with Spearman's Rho, and multivariate tests with Multiple Linear Regression.

Results: Only six toddlers showed developmental deviations (8.8%), three had low dietary diversity (4.4%), two exhibited wasting (2.9%), six were underweight (8.8%), and four were stunted (5.9%). Dietary diversity had a weak but significant correlation with developmental scores ($p=0.03$; $r=0.263$). The three indicators of nutritional status showed a strong significant correlation with development ($p<0.001$), with the highest correlation for WAZ ($r=0.79$). Collectively, all variables significantly correlated with developmental scores ($p=0.000$). Dietary diversity and nutritional status explained 71.6% (Model 1) and 70.2% (Model 2) of developmental score variations, with remaining factors attributed to other variables.

Conclusion: Dietary diversity and nutritional status are significantly associated with toddler developmental scores, both before and after controlling for confounding variables.

Keywords: toddler development, dietary diversity, nutritional status, motor skills, cognitive

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