Faktor Risiko Asupan Gizi, Kebiasaan Sarapan, dan Karakteristik Keluarga dengan terjadinya Gizi Kurang pada Anak Usia Sekolah Dasar di Kecamatan Guntur Kabupaten Demak

Yustini Aminah[1], Choirun Nissa[1], Nuryanto[1], Hartanti Sandi Wijayanti[1]

ABSTRAK

Latar belakang: Kabupaten Demak menyumbang angka prevalensi tertinggi anak gizi kurang usia 5-12 tahun di Jawa tengah yaitu sebesar 11,99%. Kecamatan Guntur menjadi Kecamatan di Kabupaten Demak dengan gizi kurang pada anak yang tinggi dan belum ditemukan penelitian mengenai faktor risiko gizi kurang anak sekolah dasar di Kecamatan Guntur, Kabupaten Demak.

Tujuan: untuk menganalisis faktor risiko terjadinya gizi kurang pada anak usia sekolah dasar di Kecamatan Guntur, Kabupaten Demak.

Metode: Penelitian *case control* dilakukan pada anak usia 7-11 tahun di SDN Guntur 1 dan SDN Guntur 3. Pengambilan subjek dipilih secara acak berdasarkan kriteria inklusi, terdiri dari 23 anak gizi kurang (*z-score* IMT/U<-2SD) dan 23 anak gizi baik (z-score IMT/U-2SD sd +1SD). Variabel yang diteliti yaitu kecukupan asupan gizi diperoleh melalui *food recall* 3x24 jam, kebiasaan sarapan, pendapatan keluarga, pendidikan ibu, alokasi waktu ibu rumah tangga dan pengetahuan gizi ibu melalui kuesioner yang telah dilakukan uji validitas dan reliabilitas. Analisis faktor risiko dengan uji *Chi-Square* untuk melihat *Odds Ratio* (OR) dengan *confidence interval* 95%.

Hasil: Hasil analisis pada penelitian ini didapatkan faktor risiko terjadinya gizi kurang yaitu kecukupan asupan energi (OR:6,11; 95%CI;1,414-26,407), karbohidrat (OR:8,667; 95%CI;1,999-37,582), dan pendapatan keluarga (OR:6,175; 95%CI;1,589-23,993). Sebaliknya, berdasarkan penelitian ini, kecukupan asupan protein (OR:1; 95%CI;0,129-7,777), lemak (OR:1; 95%CI;0,297-3,365), kebiasaan sarapan (OR:1,404; 95%CI;0,277-7,116), alokasi waktu ibu rumah tangga (OR:0,413; 95%CI;0,126-1,351), pendidikan ibu (OR:2,095; 95%CI;0,626-7,009), dan pengetahuan gizi ibu (OR:3,3; 95%CI;0,317-34,354) tidak termasuk faktor risiko gizi kurang.

Simpulan: Kecukupan asupan energi, karbohidrat dan pendapatan keluarga merupakan faktor risiko terjadinya gizi kurang pada anak usia sekolah dasar di Kecamatan Guntur, Kabupaten Demak**.**

Kata kunci: Faktor Risiko, Gizi Kurang, Anak Usia Sekolah Dasar, Kabupaten Demak

[1]Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

Risk Factors Nutrients Intake, Breakfast Habits, and Family Characteristics Of Thinness Among Elementary School-Aged Children In Guntur Subdistrict, Demak Regency

Yustini Aminah[1], Choirun Nissa[1], Nuryanto[1], Hartanti Sandi Wijayanti [1]

ABSTRACT

Background: *Demak Regency contributed to the highest prevalence rate of thinness in children aged 5-12 years in Central Java, which was 11.99%. Guntur Subdistrict is an area in Demak Regency with a high incidence of malnutrition in children and there were no previous research on the risk factors of thinness among elementary school-aged children in Guntur Subdistrict, Demak Regency.*

Objective: *Analyze the risk factors of thinness in elementary school-aged children in Guntur Subdistrict, Demak Regency.*

Method: *Case-control research was conducted on children aged 7-12 years at SDN Guntur 1 and SDN Guntur 3. Sampling was done with randomly selected based on the inclusion criteria, resulting in 23 thin children (z-score BMI/U<-2SD), and 23 well-nourished children (z-score BMI/U-2SD to +1SD). The variables consisting of the adequacy of nutritional intake obtained through 3x24-hour food recall, breakfast habits, family income, maternal education, housewife time allocation, and mother's knowledge regarding nutrition were gathered through questionnaires which had been tested for validity and reliability. Analysis of the risk factors was done using Chi-Square statistical test to determine the odds ratio (OR) with a 95% confidence interval.*

Results*: The results of the analysis in this research showed that the adequacy of energy intake (OR:6,11; 95% CI; 1,414-26,407), carbohydrate (OR:8,667; 95% CI; 1,999-37,582), and family income (OR:6,175; 95% CI; 1,589-23,993) were the risk factors for thinness. However, in this research, the adequacy of protein intake (OR:1; 95% CI; 0,129-7,777), fat intake (OR:1; 95% CI; 0,297-3,365), breakfast habits (OR:1,404; 95%CI; 0,277-7,116), housewife time allocation (OR:0,413; 95%CI; 0,126-1,351), maternal education (OR:2,095; 95% CI; 0,626-7,009), and mother's knowledge about nutrition (OR:3,3; 95%CI; 0,317-34,354) did not contribute as risk factors for thinness.*

Conclusion: *Adequate energy intake, carbohydrate, and family income are risk factors for thinness in elementary school-aged children in Guntur Subdistrict, Demak Regency.*

Keywords: *Thinness, Risk Factors, Elementary school Children, Demak Regency*

[1]Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang