

HUBUNGAN PERILAKU PENGELOLAAN AIR MINUM, PRAKTIK PEMBERIAN MAKAN, DAN RIWAYAT DIARE DENGAN STATUS GIZI BALITA

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ABSTRAK:

Usia 0-59 bulan rentan terhadap masalah gizi. Penyebabnya seperti penyakit infeksi, pola asuh, dan lingkungan. Tujuan penelitian ini untuk mengetahui hubungan perilaku pengelolaan air minum, praktik pemberian makan, dan riwayat diare dengan status gizi balita. Penelitian ini menggunakan desain *cross-sectional*. Dilakukan di wilayah Puskesmas Bantargebang Kota Bekasi. Sampel diambil secara *purposive sampling* sebanyak 96 balita. Pengambilan data dilakukan dengan pengukuran langsung dengan timbangan berat badan, mikrotoa, dan wawancara menggunakan kuesioner kuesioner utama, modifikasi CFQ, dan form SQ-FFQ. Uji statistik yang digunakan yaitu uji *chi-square* dan uji *fisher's exact*. Sebanyak 61,5% responden menerapkan perilaku pengelolaan air minum yang tidak sesuai, 28,1% responden melakukan praktik pemberian makan yang tidak tepat, dan 47,9% balita memiliki riwayat diare, dengan hasil status gizi balita *underweight* 18,8%, *stunting* 17,7%, dan *wasting* 27,1%. Rata-rata tingkat kecukupan energi balita 99,8%, protein 94,4%, lemak 87,3%, dan karbohidrat 101,5%. Terdapat hubungan perilaku pengelolaan air minum dengan *underweight* ($p=0,001$), *stunting* ($p=0,026$), dan *wasting* ($p=0,000$). Terdapat hubungan praktik pemberian makan dengan *underweight* ($p=0,000$), *stunting* ($p=0,000$), dan *wasting* ($p=0,000$). Terdapat hubungan riwayat diare dengan *underweight* ($p=0,043$), tetapi tidak terdapat hubungan dengan *stunting* ($p=0,073$) dan *wasting* ($p=0,063$). Berdasarkan penelitian ini dapat disimpulkan bahwa terdapat hubungan perilaku pengelolaan air minum dan praktik pemberian makan dengan *underweight*, *stunting*, dan *wasting*, serta hubungan riwayat diare dengan *underweight*. Peneliti selanjutnya diharapkan meneliti variabel lainnya dan menambahkan kategori kelebihan gizi.

Kata Kunci: Air minum, balita, diare, pemberian makan, status gizi

ABSTRACT:

Age 0-59 months are vulnerable to nutritional problems. Causes such as infectious diseases, parenting, and the environment. The purpose of this study was to determine the relationship between drinking water management behavior, feeding practices, and history of diarrhea with the nutritional status of children under five. This study used a cross-sectional design. It was carried out in the Bantargebang Health Center area of Bekasi City. Samples were taken by purposive sampling as many as 96 toddlers. Data were collected by direct measurement with weight scales, microtoa, and interviews using the main questionnaire, modified CFQ, and the SQ-FFQ form. The statistical tests used are chi-square test and fisher's exact test. A total of 61.5% of respondents implemented inappropriate drinking water management behavior, 28.1% of respondents practiced inappropriate feeding, and 47.9% of children under five had a history of diarrhea, with the results of the nutritional status of under-fives being 18.8%, *stunting*. 17.7%, and *wasting* 27.1%. The average level of energy adequacy of toddlers is 99.8%, protein is 94.4%, fat is 87.3%, and carbohydrates is 101.5%. There is a relationship between drinking water management

behavior with underweight ($p=0.001$), stunting ($p=0.026$), and wasting ($p=0.000$). There is a relationship between feeding practices and underweight ($p=0.000$), stunting ($p=0.000$), and wasting ($p=0.000$). There was a relationship between a history of diarrhea and underweight ($p=0.043$), but there was no relationship with stunting ($p=0.073$) and wasting ($p=0.063$). Based on this study, it can be concluded that there is a relationship between drinking water management behavior and feeding practices with underweight, stunting, and wasting, as well as a history of diarrhea with underweight. Further researchers are expected to examine other variables and add the category of overweight.

Keywords: Diarrhea, drinking water, feeding, nutritional status, toddlers