

ABSTRACT

THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND MATERNAL EDUCATION WITH THE INCIDENCE OF WASTING IN CHILDREN AGED 6-59 MONTHS IN THE WORKING AREA OF PUBLIC HEALTH CENTER KARANG CITY, BANDAR LAMPUNG CITY

By

Hanzhalah Ramadhani Raya

Background: Wasting in children is a form of acute malnutrition that affects children's growth and development. Contributing factors include dietary patterns and maternal education, which play a role in child-rearing and nutritional behavior. This study aims to analyze the relationship between dietary patterns and maternal education with the incidence of wasting in children aged 6-59 months in the working area of Public Health Center Karang City, Bandar Lampung City.

Methods: This study used a cross-sectional design with a proportionate stratified random sampling technique. A total of 260 children were selected from six Integrated Service Center in the working area of Public Health Center Karang City, Bandar Lampung City. The study was conducted from September to December 2024. Dietary pattern data were collected using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), while maternal education data were obtained through a questionnaire. Children's nutritional status was determined using the weight-for-height index. Data analysis was conducted using univariate and bivariate analysis with the chi-square test.

Results: Univariate analysis showed that 25% of respondents experienced wasting, 51.2% of respondents had inadequate food intake, 24,6% had a lack of dietary diversity, 29,6% had insufficient meal frequency, and 88,5% of mothers had a low level of education. Bivariate analysis revealed a significant relationship between food intake (p-value 0.000), dietary diversity (p-value 0.000), and meal frequency (p-value 0.000) with the incidence of wasting. However, no significant relationship was found between maternal education (p-value = 0.501) and the incidence of wasting.

Conclusion: There is a significant relationship between dietary patterns and the incidence of wasting in children aged 6-59 months in the working area of Public Health Center Karang City, Bandar Lampung City.

Keywords: child nutritional, maternal education, wasting

ABSTRAK

HUBUNGAN POLA MAKAN DAN PENDIDIKAN IBU TERHADAP KEJADIAN *WASTING* PADA BALITA USIA 6-59 BULAN DI WILAYAH KERJA PUSKESMAS KOTA KARANG KOTA BANDAR LAMPUNG

Oleh

Hanzhalah Ramadhani Raya

Latar Belakang: *Wasting* pada balita merupakan bentuk malnutrisi akut yang berdampak pada pertumbuhan dan perkembangan anak. Faktor yang berkontribusi meliputi pola makan dan pendidikan ibu, yang berperan dalam pola asuh dan perilaku gizi anak. Penelitian ini bertujuan untuk menganalisis hubungan antara pola makan dan pendidikan ibu dengan kejadian *wasting* pada balita usia 6-59 bulan di wilayah kerja Puskesmas Kota Karang Kota Bandar Lampung.

Metode: Desain penelitian ini merupakan penelitian *cross sectional* dengan teknik pengambilan sampel *proportionate stratified random sampling*. Jumlah responden sebanyak 260 balita yang dipilih dari enam Posyandu di wilayah kerja Puskesmas Kota Karang. Penelitian dilakukan pada bulan September hingga desember 2024. Data pola makan dikumpulkan dengan menggunakan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), sedangkan data pendidikan ibu diperoleh melalui kuesioner. *Wasting* ditentukan berdasarkan indeks BB/TB. Analisis data menggunakan univariat dan bivariat dengan uji *chi-square*.

Hasil: Analisis univariat menunjukkan sebesar 25% responden mengalami *wasting*, 51,2% responden memiliki jumlah makan tidak baik, 24,6% responden memiliki jenis makan tidak beragam, 29,6% responden memiliki frekuensi makan yang tidak cukup, 88,5% ibu dari responden memiliki tingkat pendidikan yang rendah. Hasil analisis bivariat menunjukkan hubungan yang signifikan antara jumlah makan ($p\text{ value} = 0,000$), jenis makan ($p\text{ value} = 0,000$), frekuensi makan ($p\text{ value} = 0,000$) terhadap kejadian *wasting*. Sebaliknya tidak ditemukan hubungan yang signifikan antara pendidikan ($p\text{ value} = 0,501$) terhadap kejadian *wasting*.

Kesimpulan: Terdapat hubungan antara pola makan (jumlah, jenis, frekuensi) terhadap kejadian *wasting* pada balita usia 6-59 bulan di wilayah kerja Puskesmas Kota Karang Kota Bandar Lampung.

Kata Kunci: pendidikan ibu, pola makan, status gizi balita, *wasting*