

ABSTRAK

Tumbuh kembang balita membutuhkan zat gizi lebih besar. Balita mudah mengalami kejadian gizi buruk terjadi di UPTD Puskesmas Wilangan. Tujuan penelitian untuk mengetahui karakteristik pendidikan ibu, sosial ekonomi, pola makan dan tingkat asupan makan pada penderita gizi buruk usia 24-60 bulan. Jenis penelitian ini deskriptif *Cross Sectional*. Populasinya semua anak penderita gizi buruk usia 24-60 bulan sebanyak 20 anak. Sampel sebanyak 19 responden. Variabelnya pendidikan ibu, sosial ekonomi, pola makan dan tingkat asupan makanan. Pengumpulan data menggunakan kuesioner. Sebagian besar responden berpendidikan SMP 12 orang (63,16%). Sosial ekonomi gakin yaitu 13 responden (68,42%). Hampir seluruh responden memiliki pola makan cukup yaitu 18 responden (94,74%), 80-89 AKG (defisit ringan) yaitu 18 orang (94,74%). Rendahnya pendidikan, sosial ekonomi yang rendah, pola makan dan asupan yang kurang sangat berpengaruh terhadap kejadian gizi buruk.

Kata Kunci : Pendidikan, Sosial Ekonomi, Pola Makan, Asupan Makan, Gizi buruk

ABSTRACT

Toddlers experience a cycle of growth and development that requires greater nutrients so that toddlers most easily experience nutritional disorders. The purpose of this study is to know the characteristics of maternal education, socioeconomic, diet and food intake in malnourished patients aged 24-60 months in UPTD Puskesmas Wilangan Nganjuk. The research type in this paper is descriptive with Cross Sectional approach. The population in this study were all children with malnutrition aged 24-60 months in UPTD Puskesmas Wilangan Nganjuk as many as 20 children. Samples were 19 respondents. Data collection using a questionnaire. The result of the research shows that most of junior high school respondents are 12 respondents (63,16%). Most respondents have socioeconomic in poverty line that is 13 respondent (68,42%). Almost all respondents have enough diet that is 18 respondents (94,74%). Almost all respondents have intake of eating 80-89 AKG (mild deficit) that is 18 respondents (94,74%). Malnutrition that occurs in children aged 24-60 months in showed the results. Maternal education at the junior level, with poor line economic status and poor diet and eating intake make children underweight suffer from poor nutrition.

Keywords: Mother's Education, Socioeconomics, Diet and Food Intake, Malnutrition