

ABSTRAK

KEJADIAN KEKURANGAN ENERGI PROTEIN (KEP) PADA ANAK USIA BALITA DI DESA MONTOR KECAMATAN BANYUATES SAMPANG

Oleh : Seidatul Aqromiyah

Masalah gizi di negara berkembang pada umumnya masih didominasi oleh masalah kurang energi protein (KEP), masalah gizi pada balita sering ditemukan antara lain kekurangan energi protein, anemia besi, gangguan akibat kekurangan yodium (GAKY),. Penelitian ini bertujuan untuk mengetahui kejadian kekurangan energi protein (KEP) pada anak usia balita di Desa Montor Kecamatan Banyuates Sampang.

Jenis penelitian yang digunakan adalah penelitian deskriptif. Populasi pada penelitian ini merupakan seluruh anak balita di wilayah kerja Puskesmas Bringkoning Banyuates Sampang sebanyak 50 orang, dengan besar sampel sebanyak 45 orang. Teknik pengambilan sampel menggunakan teknik *purposive sampling*. Pengumpulan data penelitian dengan menggunakan kuesioner.

Hasil penelitian menunjukkan bahwa sebagian besar balita mengalami berat badan kurang dan sebagian kecil balita mengalami berat badan lebih. Status gizi berdasarkan TB/U hampir setengahnya mengalami status gizi pendek dan sebagian kecil mengalami status gizi tinggi. Kejadian kekurangan energi protein pada anak usia balita disebabkan berat badan kurang dari normal karena kurang terpaparnya informasi dan kondisi ekonomi tidak memadai.

Diharapkan ibu balita meningkatkan asupan nutrisi yang baik dengan pola makan yang teratur, pemilihan makanan yang sehat untuk balita dan meningkatkan pengetahuan tentang informasi asupan gizi balita. Keluarga diharapkan dapat membantu ibu balita dalam memberikan asupan pada anak. Keluarga juga dapat membantu dalam memenuhi kebutuhan gizi seimbang untuk meningkatkan berat badan secara berkala sesuai usia balita.

Kata kunci : kekurangan energi protein; balita

ABSTRACT

THE EVENT OF PROTEIN ENERGY LACK (KEP) IN CHILDREN IN MONTOR VILLAGE, BANYUATES SAMPANG DISTRICT

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Nutritional problems in developing countries are generally still dominated by protein energy deficiency, nutritional problems in toddlers are often found, including protein energy deficiency, iron anemia, disorders due to iodine deficiency (IDD), vitamin deficiency and obesity problems, malnutrition toddlers will cause growth and development disorders, so serious efforts and strategies for improving nutrition are needed. This study aims to determine the incidence of protein energy deficiency in children under five in Montor Village, Banyuates District, Sampang.

The type of research used is descriptive research. The population in this study were all children under five in the working area of the Bringkoning Banyuates Sampang Health Center as many as 50 people, with a sample size of 45 people. The sampling technique used was *purposive sampling technique*. Research data collection by using a questionnaire.

The results showed that most of the toddlers were underweight and a small portion of the toddlers was overweight. Nutritional status based on TB/U almost half experienced short nutritional status and a small portion experienced high nutritional status. The incidence of protein energy deficiency in children under five is caused by less than normal body weight due to lack of exposure to information and inadequate economic conditions.

It is expected that mothers of toddlers are expected to increase their intake of good nutrition with regular eating patterns, choosing healthy foods for toddlers and increasing knowledge about information on nutritional intake of toddlers. Families are expected to be able to help mothers of toddlers in providing food for children. Families can also help meet the needs of balanced nutrition to increase weight regularly according to the age of the toddler.

Keywords: protein energy deficiency; toddler