

## ABSTRAK

Status gizi kurang pada batita masih menjadi masalah kesehatan anak di banyak Negara, terutama di Indonesia masih tinggi angka status gizi kurang akibat perilaku KADARZI (Keluarga Sadar Gizi) yang kurang baik. Perilaku keluarga sadar gizi meliputi penimbangan berat badan secara rutin, memberikan ASI eksklusif dan makan beraneka ragam. Penelitian ini bertujuan menganalisis hubungan perilaku keluarga tentang gizi dengan kejadian status gizi kurang pada batita usia 13-36 Bulan Di Desa Kedungbondo Kecamatan Balen Kabupaten Bojonegoro.

Berdasarkan tujuannya penelitian ini merupakan penelitian analitik dengan desain *cross sectional*. Populasinya adalah seluruh ibu batita dan batita usia 13-36 bulan di Desa Kedungbondo Kecamatan Balen Kabupaten Bojonegoro bulan Maret 2022 sebanyak 153 orang. Sampel diambil dengan teknik *Simple Random Sampling* sejumlah 109 responden. Variabel *independent* adalah perilaku keluarga tentang gizi, sedangkan variabel *dependent* adalah kejadian status gizi kurang. Pengumpulan data menggunakan lembar kuesioner dan lembar observasi. Untuk menganalisis adanya hubungan digunakan uji *Chi Square* dengan  $\alpha$  0,05.

Hasil penelitian menunjukkan bahwa perilaku keluarga sadar gizi penimbangan berat badan secara rutin rata-rata (56%) dalam kategori kurang baik, rata-rata (58.7%) tidak memberikan ASI eksklusif, pemberian makan beragam rata-rata (55.0%) dalam kategori tidak memberikan makanan beragam. Sedangkan kejadian gizi kurang pada batita usia 13-36 bulan sebagian besar (56.9%) dalam kategori status gizi kurang. Hasil analisis dengan uji *chi square* didapatkan  $p$  value = 0,000 < 0,05.

Berdasarkan uraian diatas dapat disimpulkan bahwa ada hubungan perilaku keluarga tentang gizi dengan kejadian status gizi kurang.

Sehingga disarankan pada ibu untuk memperbaiki perilaku tentang gizi (penimbangan secara rutin, pemberian ASI eksklusif dan makan beraneka ragam).

Kata kunci: penimbangan, ASI eksklusif, makan beraneka ragam, status gizi.

## **ABSTRACT**

*Malnutrition in toddlers is still a child health problem in many countries, especially in Indonesia, where there is still a high rate of malnutrition due to poor KADARZI (Nutritionally Aware Families) behavior. Nutritionally conscious family behaviors include regular weight weighing, exclusive breastfeeding and variety eating. This study aims to analyze the relationship of family behavior about nutrition with the incidence of malnutrition in toddlers aged 13 to 36 months in Kedungbondo Village, Balen District, Bojonegoro Regency.*

*Based on the purpose of this research is an analytical research with cross sectional design. The population is all mothers of toddlers and toddlers aged 13 to 36 months in Kedungbondo Village, Balen District, Bojonegoro Regency in March 2022 as many as 153 people. Samples were taken using Simple Random Sampling technique with a total of 109 respondents. The independent variable is family behavior about nutrition, while the dependent variable is the incidence of undernutrition status. Data collection was done using questionnaire sheets and observation sheets. To analyze the relationship, Chi Square test was used with  $\alpha$  0.05.*

*The results showed that the behavior of nutritionally aware families weighing regularly on average (56%) in the category was not good, on average (58.7%) did not provide exclusive breastfeeding, feeding a variety on average (55.0%) in the category did not provide diverse foods. While the incidence of undernutrition in toddlers aged 13 to 36 months was mostly (56.9%) in the undernutrition status category. The results of the analysis with the chi square test obtained  $p$  value = 0.000 0.05.*

*Based on the description above, it can be concluded that there is a relationship between family behavior about nutrition and the occurrence of malnutrition status.*

*So it is advisable for mothers to improve behaviors about nutrition (regular weighing, exclusive breastfeeding and variety feeding).*

*Keywords: weighing, exclusive breastfeeding, assorted foods, nutritional state.*