

ABSTRAK

HUBUNGAN POLA ASUH ORANG TUA DENGAN STATUS GIZI BALITA DI RW 11 POSYANDU NUSA INDAH KELURAHAN TOSAREN

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Latarbelakang: Pola asuh yang baik dari orang tua akan meningkatkan kondisi status gizi yang optimal. Sebab dengan kondisi status gizi balita tidak optimal berpotensi buruk pada pertumbuhan dan perkembangan anak. Tujuan penelitian ini untuk menganalisis Hubungan pola asuh orang tua dengan status gizi balita di RW 11 Posyandu Nusa Indah Kelurahan Tosaren.

Metode: Desain penelitian menggunakan metode deskriptif korelatif dengan pendekatan *cross-sectional*. Penelitian ini dilakukan di RW 11 Posyandu Nusa Indah Kelurahan Tosaren pada bulan September 2023 dengan jumlah sampel 56 responden. Instrumen penelitian yang digunakan adalah kuesioner. Analisis data menggunakan uji *chi-square test* $\alpha \leq 0,05$.

Hasil dan Analisa Data: Hasil penelitian didapatkan hasil demografi responden mayoritas responden 41 orang (73.2%) berusia 20-35 tahun, 36 orang (64.3%) berpendidikan SMA, 29 orang (51.8%) bekerja sebagai ibu rumah tangga (IRT) dan mayoritas responden balita 31 orang (55.4%) berjenis kelamin laki-laki, 14 orang (25.0%) berusia 49-60 bulan. Pola asuh orang tua, kurang 9 orang (16.1%), cukup 18 orang (32.1%) dan baik 29 orang (51.8%). Status gizi balita, buruk 1 orang (1.8%), kurang 4 orang (7.1%), normal 40 orang (71.4%) dan lebih 11 orang (19.6%). Hasil analisis data menunjukkan ada hubungan pola asuh orang tua terhadap status gizi balita di RW 11 Posyandu Nusa Indah Kelurahan Tosaren. ($p_{value} 0.027 < 0,05$).

Kesimpulan: Ada hubungan pola asuh orang tua terhadap status gizi balita di RW 11 Posyandu Nusa Indah Kelurahan Tosaren.

Kata kunci: Pola Asuh Orang Tua, Status Gizi, Balita

ABSTRACT

The Relationship Between Parenting Styles and Nutritional Status of Toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren

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Background: Effective parenting styles can significantly enhance the nutritional status of children. Poor nutritional status in toddlers can negatively impact their growth and development. This study aims to analyze the relationship between parenting styles and the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren.

Methods: This study utilized a descriptive correlational design with a cross-sectional approach. It was conducted in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren, in September 2023, with a sample size of 56 respondents. The research instrument was a questionnaire. Data analysis was performed using the chi-square test with $\alpha \leq 0.05$.

Results and Data Analysis: The demographic results showed that the majority of respondents, 41 individuals (73.2%), were aged 20-35 years, 36 individuals (64.3%) had a high school education, and 29 individuals (51.8%) were housewives. Most toddlers, 31 individuals (55.4%), were male, and 14 individuals (25.0%) were aged 49-60 months. Parenting styles were categorized as poor (9 individuals, 16.1%), adequate (18 individuals, 32.1%), and good (29 individuals, 51.8%). The nutritional status of toddlers was classified as poor (1 individual, 1.8%), undernourished (4 individuals, 7.1%), normal (40 individuals, 71.4%), and overweight (11 individuals, 19.6%). Data analysis indicated a significant relationship between parenting styles and the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren (p-value $0.027 < 0.05$).

Conclusion: There is a significant relationship between parenting styles and the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren.

Keywords: Parenting Styles, Nutritional Status, Toddlers