

ABSTRAK

ANALISIS PERILAKU KELUARGA SADAR GIZI (KADARZI) DENGAN KEJADIAN STUNTING PADA BALITA DI KLINIK PRATAMA RUMAH SEHAT BAZNAS SUKODONO SIDOARJO

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Indonesia masih menghadapi tiga beban masalah gizi, disebut triple burden of malnutrition yaitu stunting, wasting dan obesitas serta kekurangan zat gizi mikro seperti anemia. Triple burden of malnutrition dapat berdampak serius terhadap kualitas Sumber Daya Manusia seperti meningkatkan kerentanan terhadap penyakit, khususnya risiko terjadinya penyakit tidak menular (Kemenkes RI, 2020). Tujuan penelitian ini adalah mengetahui hubungan perilaku Keluarga Sadar Gizi (KADARZI) dengan kejadian stunting pada balita di Klinik Pratama Rumah Sehat BAZNAS Sukodono Sidoarjo.

Rancangan penelitian ini yaitu analitik jenis penelitian *cross sectional*. Variabel independent adalah perilaku Keluarga Sadar Gizi (KADARZI) dan variabel dependennya adalah kejadian stunting. Populasinya adalah semua balita di Klinik Pratama Rumah Sehat BAZNAS Sukodono Sidoarjo yang berjumlah 40 balita. dengan teknik *Purposive Sampling*. Teknik pengambilan data menggunakan kuesioner.

Berdasarkan uji chi square yang dilakukan dengan menggunakan SPSS maka didapatkan hasil $p \text{ value} = 0,000 < \alpha = 0,05$, hal ini menunjukkan bahwa ada hubungan perilaku Keluarga Sadar Gizi (KADARZI) dengan kejadian stunting.

Hasil penelitian ini sesuai dengan hipotesis penelitian, dimana pada hasil penelitian ini terdapat hubungan yang signifikan antara perilaku Keluarga Sadar Gizi (KADARZI) dengan kejadian stunting. Dimana jika keluarga memiliki perilaku Keluarga Sadar Gizi (KADARZI) yang baik maka dapat mengurangi risiko balita mengalami stunting.

Kata kunci : Keluarga Sadar Gizi (KADARZI), stunting.

ABSTRACT

ANALYSIS OF NUTRITIONAL CONSCIOUS FAMILY BEHAVIOR (KADARZI) WITH INCIDENTS OF STUNTING IN TODDLER AT THE PRATAMA RUMAH SEHAT BAZNAS CLINIC

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Indonesia still faces three burdens of nutritional problems, called the triple burden of malnutrition, namely stunting, wasting and obesity as well as micronutrient deficiencies such as anemia. The triple burden of malnutrition can have serious impact on the quality of Human Resources, such as increasing susceptibility to disease, especially the risk of non-communicable diseases (Ministry of Health of the Republic of Indonesia, 2020). The purpose of this study was to determine the relationship between family behavior aware of nutrition (KADARZI) and the incidence of stunting in toddlers at the Pratama Clinic of Rumah Sehat BAZNAS Sukodono Sidoarjo.

The design of this study is analytical cross-sectional research. The independent variable is the behavior of Nutrition Aware Family (KADARZI) and the dependent variable is the incidence of stunting. The population is all toddlers at the Pratama Clinic of Rumah Sehat BAZNAS Sukodono Sidoarjo, totaling 40 toddlers. with Purposive Sampling technique. The data collection technique uses a questionnaire.

Based on the chi square test conducted using SPSS, the results obtained were $p \text{ value} = 0.000 < \alpha = 0.05$, this shows that there is a relationship between family behavior aware of nutrition (KADARZI) and the incidence of stunting.

The results of this study are in accordance with the research hypothesis, where in the results of this study there is a significant relationship between the behavior of nutritionally aware families (KADARZI) and the incidence of stunting. Where if the family has good nutritionally aware family behavior (KADARZI) it can reduce the risk of toddlers experiencing stunting.

Keywords: Nutrition Aware Family (KADARZI), stunting.