

**GAMBARAN PERTUMBUHAN DAN PERKEMBANGAN ANAK USIA  
3-48 BULAN DI POSYANDU GENITEM KALURAHAN  
SIDOAGUNG GODEAN**

Alea Amadita<sup>1</sup>, Yuni Kusmiyati<sup>2</sup>, Munica Rita Hernayanti<sup>3</sup>  
Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta,  
Jl. Mangkuyudan MJ III/304 Mantrijeron, Yogyakarta, 55143  
Email: amaditaalea@gmail.com

**ABSTRAK**

**Latar Belakang:** *Golden Age* pada anak merupakan masa penting untuk mengoptimalkan tumbuh kembang anak. Peran serta orang tua sangat penting dalam mengoptimalkan fase *golden age* pada balita, dimulai dari 1000 Hari Pertama Kehidupan sampai anak mencapai usia 2 tahun dengan memberikan stimulasi motorik yang mempengaruhi perkembangan dan fungsi otak.

**Tujuan:** Mengetahui gambaran pertumbuhan dan perkembangan anak usia 3-48 bulan di Posyandu Genitem Kalurahan Sidoagung Tahun 2024.

**Metode:** Peneliti menggunakan jenis penelitian deskriptif dengan desain penelitian *cross sectional*. Subjek penelitian yaitu anak usia 3-48 bulan peserta Posyandu Genitem. Instrumen pengukuran menggunakan Kuesioner Pra Skrining Perkembangan, lembar berat badan, dan tinggi badan.

**Hasil:** Dari hasil pertumbuhan menurut IMT/U sebagian besar anak usia 3-6 bulan memiliki gizi baik dengan persentase 66,67%, sedangkan pada usia 7-48 bulan hampir dari seluruh anak memiliki gizi baik dengan persentase 88,73%. Sedangkan, menurut jenis kelamin hampir seluruh anak memiliki gizi baik dengan persentase laki-laki 87,89% dan perempuan 82,78%. Dari hasil perkembangan menurut KPSP anak usia 3-6 bulan semuanya memiliki perkembangan sesuai umur dan anak usia 7-48 bulan yang memiliki perkembangan sesuai sebanyak 94,37%. Sedangkan, menurut jenis kelamin dari anak laki-laki memiliki perkembangan sesuai umur dengan presentase 92,11% dan anak perempuan 97,22%.

**Kesimpulan:** Sebagian besar anak dengan usia 3-48 bulan di Posyandu Genitem memiliki status gizi baik dengan perkembangan sesuai usia.

**Kata Kunci:** KPSP, IMT/U, Pertumbuhan, Perkembangan

**DESCRIPTION OF GROWTH AND DEVELOPMENT OF CHILDREN  
AGED 3-48 MONTHS AT POSYANDU GENITEM KALURAHAN  
SIDOAGUNG GODEAN**

Alea Amadita<sup>1</sup>, Yuni Kusmiyati<sup>2</sup>, Munica Rita Hernayanti<sup>3</sup>  
Midwifery Department, Health Polytechnic of Health Ministry Yogyakarta  
Mangkuyudan Street MJ III/304 Mantrijeron, Yogyakarta, 55143  
Email: amaditaalea@gmail.com

**ABSTRACT**

**Background:** The Golden Age in children is an important period to optimise child development. Parents' participation is very important in optimising the golden age phase in toddlers, starting from the First 1000 days of life until the child reaches the age of 2 years by providing motor stimulation that affects brain development and function.

**Objective:** To find out the description of growth and development of children aged 3-48 months at Posyandu (Integrated Services Program) Genitem, Sidoagung Village, 2024.

**Methods:** This research used descriptive analytics with cross sectional research design. The research subjects were children aged 3-48 months participating in Posyandu Genitem. Measurement instruments used the Developmental Pre-Screening Questionnaire, weight and height sheet.

**Results:** The result showed that growth according to BMI most children aged 3-6 months have good nutrition with a percentage of 66.67%, while at the age of 7-48 months almost all children have good nutrition with a percentage of 88.73%. Meanwhile, according to gender, almost all children were good nutrition with a percentage of 87.89% males and 82.78% females. From the results of development according to Developmental Pre-Screening Questionnaire children aged 3-6 months all have age appropriate development and children aged 7-48 months who have appropriate development are 94.37%. Meanwhile, according to the gender of boys have development according to age with a percentage of 92.11% and girls 97.22%.

**Conclusion:** Most children aged 3-48 months at Posyandu Genitem have good nutritional status with age-appropriate development.

Keywords: BMI, Growth, Development, Developmental Pre-Screening Questionnaire