

## FAKTOR-FAKTOR YANG MEMPENGARUHI WASTING PADA BALITA USIA 6-59 BULAN DI WILAYAH KERJA PUSKESMAS SEWON I

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### ABSTRAK

**Latar Belakang:** *Wasting* atau kurus merupakan masalah gizi kurang yang dialami oleh Balita. Balita yang mengalami *wasting* akan memiliki risiko tumbuh *stunting* bahkan kematian. Prevalensi tertinggi kejadian *wasting* pada Balita di Yogyakarta terdapat di Kabupaten Bantul dengan prevalensi 8,9%.

**Tujuan:** Mengetahui faktor-faktor yang mempengaruhi *wasting* pada Balita usia 6-59 bulan di Wilayah Kerja Puskesmas Sewon 1, Kabupaten Bantul.

**Metode:** Jenis penelitian ini adalah observasional analitik desain *case control* dengan teknik *purposive sampling*. Penelitian dilaksanakan pada bulan Mei 2024. Subjek penelitian Balita usia 6-59 bulan di Wilayah Kerja Puskesmas Sewon 1 berjumlah 204 orang. Analisis data menggunakan *Chi-Square* kemudian berlanjut ke regresi logistic.

**Hasil:** Hasil Analisa statistik didapatkan faktor-faktor yang mempengaruhi kejadian *wasting* yaitu riwayat pemberian ASI Eksklusif dengan Balita yang tidak diberikan ASI Eksklusif ( $p\text{-value} = 0,007$ ), Balita dengan riwayat penyakit diare ( $p\text{-value} = 0,042$ ), Balita dengan riwayat penyakit ISPA ( $p\text{-value} = 0,002$ ). Sedangkan faktor yang paling mempengaruhi kejadian *wasting* pada Balita adalah riwayat pemberian ASI Eksklusif dan ISPA.

**Kesimpulan:** Faktor yang paling mempengaruhi kejadian *wasting* pada Balita usia 6-59 bulan di Wilayah Kerja Puskesmas Sewon 1 adalah faktor riwayat pemberian ASI Eksklusif dan penyakit ISPA.

**Kata kunci:** ASI Eksklusif, Balita, ISPA, *wasting*

**FACTORS THAT INFLUENCE WASTING IN TODDLERS AGED 6-59  
MONTHS IN THE SEWON 1 CENTER WORKING AREA**

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**ABSTRACT**

**Background:** Wasting is a malnutrition problem experienced by toddlers. Toddlers who experience wasting are at risk of stunting and even death. The highest prevalence of wasting among under-five children in Yogyakarta was found in Bantul Regency with a prevalence of 8.9%.

**Objectives:** To find out the factors that affect wasting in toddlers aged 6-59 months in the Working Area of the Sewon 1 Health Center, Bantul Regency.

**Method:** This type of research is observational analysis of case control design with purposive sampling technique. The research was carried out in May 2024. The research subjects of toddlers aged 6-59 months in the Sewon 1 Health Center Working Area amounted to 204 people. The data analysis using Chi-Square then proceeds to logistic regression.

**Result:** The results of the statistical analysis obtained factors that affect the incidence of wasting namely the history of exclusive breastfeeding with toddlers who are not given exclusive breastfeeding ( $p$ -value = 0.007), toddlers with a history of diarrheal disease ( $p$ -value = 0.042), toddlers with a history of Acute respiratory infection disease ( $p$ -value = 0.002). Meanwhile, the factors that most affect the incidence of wasting in toddlers are the history of exclusive breastfeeding and Acute respiratory infection disease.

**Conclusion:** The factors that most affect the incidence of wasting in toddlers aged 6-59 months in the Sewon 1 Health Center Working Area are the factors of the history of exclusive breastfeeding and Acute respiratory infection disease.

**Keyword:** Acute respiratory infection, Exclusive Breastfeeding, Toddlers, wasting