

PROSES ASUHAN GIZI KOMUNITAS
PADA BALITA DI DESA WIROKERTEN BANGUNTAPAN
BANTUL YOGYAKARTA

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ABSTRAK

Latar Belakang: Usia di bawah lima tahun adalah masa keemasan (*golden period*), maupun jendela kesempatan (*window of opportunity*) serta masa kritis (*critical period*) (Kusbiantoro, 2015). Potensi yang dimiliki anak balita sangat besar pada usia ini, oleh karena itu pemenuhan kebutuhan seperti perawatan, asupan nutrisi, kesehatan, daya tahan tubuh, perhatian dan kasih sayang dari orang tua, serta pendidikan sangat penting untuk diperhatikan sehingga balita dapat berkembang secara optimal.

Tujuan: Mengetahui proses asuhan gizi terstandar pada balita di Desa Wirokerten, Banguntapan, Sleman, Yogyakarta.

Metode: Jenis penelitian ini adalah deskriptif dengan rancangan penelitian studi kasus.

Hasil: Berdasarkan recall 2 x 24 jam 76.74% balita dengan asupan energi kurang, 15.69% balita dengan asupan energi baik, dan 7.84% balita dengan asupan energi lebih. Sebanyak 19.61% balita dengan asupan protein kurang, 3.92% balita dengan asupan protein baik, dan 76.47% balita dengan asupan protein lebih. Sebanyak 72.55% balita dengan asupan lemak kurang, 17.65% balita dengan asupan lemak baik, dan 9.80% balita dengan asupan lemak lebih. Sebanyak 88.24% balita dengan asupan karbohidrat kurang, 9.80% balita dengan asupan karbohidrat baik, dan 1.96% balita dengan asupan karbohidrat lebih.

Kesimpulan: Sebagian besar asupan makan balita di Desa Wirokerten, Banguntapan, Bantul masih kurang atau lebih dari AKG (100%).

Kata kunci: Asuhan gizi, asupan makan

COMMUNITY NUTRITION CARE PROCESS
IN TODDLERS IN THE VILLAGE OF WIROKERTEN
BANGUNTAPAN BANTUL YOGYAKARTA

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ABSTRACT

Background: Age under five years is a golden period (golden period), as well as a window of opportunity (window of opportunity) and a critical period (Kusbiantoro, 2015). The potential of children under five is very large at this age, therefore fulfilling needs such as care, nutrition intake, health, endurance, attention and affection from parents, as well as education are very important to note so that toddlers can develop optimally.

Objective: To find out the standardized nutrition care process for toddlers in Wirokerten Village, Banguntapan, Sleman, Yogyakarta.

Objective: Knowing the process of standardized nutrition care for toddlers in Wirokerten Village, Banguntapan, Sleman, Yogyakarta.

Method: This type of research is descriptive with a case study research design.

Results: Based on 2 x 24 hours recall 76.74% of toddlers with less energy intake, 15.69% of toddlers with good energy intake, and 7.84% of toddlers with more energy intake. A total of 19.61% toddlers with less protein intake, 3.92% toddlers with good protein intake, and 76.47% toddlers with more protein intake. As many as 72.55% of toddlers with less fat intake, 17.65% of toddlers with good fat intake, and 9.80% of toddlers with more fat intake. As many as 88.24% of toddlers with less carbohydrate intake, 9.80% of toddlers with good carbohydrate intake, and 1.96% of toddlers with more carbohydrate intake.

Conclusion: Most of the intake of toddler feeding in Wirokerten Village, Banguntapan, Bantul is still less or more than the RDA (100%).

Keywords: Nutrition care, food intake