

**PERILAKU HIDUP BERSIH DAN SEHAT PADA KELUARGA
BALITA GIZI KURANG YANG DATANG DI SPOT RUMAH GIZI DESA
GRANTUNG, KECAMATAN BAYAN, KABUPATEN PURWOREJO**

Yudita Galuh Kusumastuti¹, Nur Hidayat², Almira Sitasari³

^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl.Tatabumi No.3 Banyuraden Gamping Sleman Yogyakarta 55293
(Email: Yuditagaluh10@gmail.com)

INTISARI

Anak balita rentan menderita kurang gizi. Untuk itu diperlukan perhatian khusus. Pencegahan dan penanggulangan gizi kurang tidak hanya memperbaiki aspek makanan, tetapi juga lingkungan, pola asuh, tersedianya air bersih, dan kesehatan lingkungan. Dalam hal ini lingkungan berupa PHBS. Cakupan PHBS yang rendah akan menyebabkan suatu individu atau keluarga terserang penyakit sehingga derajat kesehatan yang rendah dapat memicu terjadinya masalah gizi. Penelitian ini bertujuan untuk mengetahui gambaran perilaku hidup bersih dan sehat (PHBS) pada keluarga yang memiliki balita dengan status gizi kurang yang datang di Spot Rumah Gizi Desa Grantung, Kecamatan Bayan, Kabupaten Purworejo. Jenis penelitian ini adalah *survei*, dengan desain *cross sectional*. Lokasi penelitian di Desa Grantung pada bulan Mei 2018. Sampel dalam penelitian ini adalah balita yang tercatat di Spot Rumah Gizi dengan status gizi kurang sejumlah 19 balita, sedangkan responden dalam penelitian ini adalah ibu dari balita yang terpilih sebagai sampel. Aspek yang diteliti yaitu perilaku hidup bersih dan sehat (PHBS), karakteristik balita gizi kurang yang meliputi umur dan jenis kelamin, serta karakteristik ibu balita meliputi umur, pendidikan dan pekerjaan ibu. Cara pengambilan data PHBS dengan pengisian kuesioner dan observasi di rumah sampel penelitian. Hasil penelitian ini menunjukkan lebih dari separuh balita gizi kurang berjenis kelamin perempuan dan berumur 12-36 bulan, lebih dari separuh ibu balita berumur 20-35 tahun dan berpendidikan SD-SMP, serta sebagian besar ibu balita tidak bekerja. PHBS responden dikategorikan stratifikasi III sebanyak 42%, diikuti stratifikasi IV sebanyak 36% dan paling rendah stratifikasi II sebanyak 21,1%. Kurang dari separuh responden belum memberikan ASI secara eksklusif, masih melakukan kebiasaan merokok, jamban belum memenuhi syarat dan hanya sebagian kecil yang melakukan kebiasaan makan makanan beranekaragam (buah dan sayur) setiap harinya.

Kata kunci : Perilaku Hidup Bersih dan Sehat (PHBS), balita gizi kurang, Spot rumah gizi

**CLEAN AND HEALTHY LIFESTYLE BEHAVIOR IN THE CHILDREN
UNDER 5 YEAR OLD FAMILY WHO LACK OF NUTRIENT WHO
COME TO THE NUTRITION SPOT HOUSE GRANTUNG VILLAGE,
BAYAN SUBDISTRICT, PURWOREJO REGENCY**

Yudita Galuh Kusumastuti¹, Nur Hidayat², Almira Sitasari³

^{1,2,3})Department Nutrition of Poltekkes Kemenkes Yogyakarta
Jl.Tatabumi No.3 Banyuraden Gamping Sleman Yogyakarta 55293
(Email: Yuditagaluh10@gmail.com)

ABSTRACT

Children under 5 years old are susceptible group to lack of nutrient. It needs special attention. Combating and preventing the lack of nutrient not only by improving the food aspect, but also the child under 5 years old environment, parenting skills, clean water supply and the health of the environment. Especially PHBS. The lack of clean & healthy behavior cause family more expose to the disease. The aim of the research was to know the behavior of the clean and healthy life for the family who have the children under 5 years old with the lack of nutrient status who come to the nutrition spot house in Grantung village, Bayan subdistrict, Purworejo regency. This was survey reseach, with the cross sectional design. The research location was in Grantung village in May 2018, the sample of the research were the children under 5 years old that registered at the Nutrition Spot House with the lack of nutrient status. There were 19 children in the research. The aspect that was examined was the behavior of the clean and healthy life, the characteristic of the lack of nutrient children that covered the age and sex, also the characteristic of the mother of the children under 5 years old are age, education and the mother's job. Data was assessed by filling the questionnaire and observation at home of the research sample. The result of this research indicated that half of the children under 5 years old who lack of nutrient are female and they are 12 to 36 months old, more than a half of the mothers of the children under 5 years old are 20 to 35 years old and educated from primary schools and secondary schools and most of them are jobless. The children under 5 years old respondent categorized in level III there were 42%, followed by level IV there were 36%, and the lowest level II there were 21,1%. Less than a half of the respondents were not given exclusive breastfeeding, still active in smoking habit, the toilet has not been able to fulfill the requirement and only few of them eat various food everyday.

Keyword : Clean and healthy lifestyle behavior (PHBS), the children under 5 years old who lack of nutrient, nutrition spot house