

ABSTRAK
ASUPAN ENERGI DAN PROTEIN DENGAN STATUS GIZI PADA BALITA DI
WILAYAH KERJA PUSKESMAS PLERET BANTUL

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ABSTRAK

Latar Belakang : Secara global, malnutrisi pada balita masih menjadi masalah kesehatan yang berdampak pada kualitas sumber daya manusia. Pada tahun 2024, prevalensi underweight tercatat sebesar 16,8% dan wasting 6,2%, meningkat dari tahun sebelumnya. Di wilayah kerja Puskesmas Pleret, Bantul, masalah gizi juga masih ditemukan, dengan prevalensi wasting sebesar 6,69%, lebih tinggi dibandingkan angka Provinsi DIY yaitu 5,9%. Masalah gizi ini dapat disebabkan oleh berbagai faktor, salah satunya adalah ketidakseimbangan antara asupan energi dan protein dengan kebutuhan tubuh, yang berakibat pada tidak tercapainya pertumbuhan optimal anak

Tujuan : Penelitian ini bertujuan untuk menganalisis perbedaan asupan energi dan asupan protein dengan status gizi balita di Posyandu Wilayah Kerja Puskesmas Pleret Bantul.

Metode : Jenis penelitian ini adalah analitik observasional dengan jenis rancang bangun penelitian *cross sectional*. Sampel pada penelitian ini merupakan 45 balita di Posyandu Wilayah Kerja Puskesmas Pleret. Data asupan dikumpulkan dengan *food recall* 2x24 jam, status gizi diukur menggunakan antropometri dan dianalisis dengan *WHO Anthro*. Analisis data menggunakan uji *Chi-square* dan *Fisher's Exact Test*.

Hasil dan Pembahasan : Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara asupan energi dengan status gizi BB/U ($p=0,000$) dan BB/TB ($p=0,001$). Selain itu, juga terdapat hubungan yang signifikan antara asupan protein dengan status gizi BB/U ($p=0,000$) dan BB/TB ($p=0,000$).

Kesimpulan : Ada perbedaan antara asupan energi dan protein dengan status gizi balita. Oleh karena itu, diperlukan intervensi untuk meningkatkan asupan gizi balita di wilayah tersebut.

Kata Kunci : Asupan energi, asupan protein, balita, Puskesmas Pleret, status gizi

ABSTRACT
**ENERGY AND PROTEIN INTAKE AND NUTRITIONAL STATUS AMONG
TODDLERS IN THE WORKING AREA OF PLERET COMMUNITY HEALTH
CENTER, BANTUL**

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ABSTRACT

Background: Globally, malnutrition among toddlers remains a major public health concern that affects the quality of human resources. In 2024, the prevalence of underweight reached 16.8% and wasting 6.2%, both showing an increase from the previous year. In the working area of Pleret Public Health Center, Bantul, nutritional problems are still evident, with a wasting prevalence of 6.69%, which is higher than the provincial average of DIY (5.9%). These nutritional issues may arise from various factors, one of which is the imbalance between energy and protein intake and the body's needs, resulting in suboptimal child growth.

Objective: This study aims to analyze the differences in energy and protein intake in relation to the nutritional status of toddlers attending the Posyandu in the Pleret Public Health Center area.

Methods: This research employed an observational analytic design with a cross-sectional approach. The sample consisted of 45 toddlers attending Posyandu in the Pleret Public Health Center working area. Dietary intake data were collected using a 2×24-hour food recall, and nutritional status was assessed through anthropometric measurements and analyzed using WHO Anthro software. Data analysis was conducted using the Chi-square test and Fisher's Exact Test.

Results and Discussion: The findings indicate a significant relationship between energy intake and nutritional status based on weight-for-age (WFA) ($p = 0.000$) and weight-for-height (WFH) ($p = 0.001$). A significant relationship was also found between protein intake and nutritional status based on WFA ($p = 0.000$) and WFH ($p = 0.000$).

Conclusion: There are notable differences in energy and protein intake associated with the nutritional status of toddlers. Therefore, targeted interventions are needed to improve the nutritional intake of toddlers in the area.

Keywords: Energy intake, protein intake, toddlers, Pleret Public Health Center, nutritional status