

HUBUNGAN ANTARA FREKUENSI KUNJUNGAN BALITA KE POSYANDU DAN KENAIKAN BERAT BADAN BALITA DI WILAYAH KERJA PUSKESMAS PAKEM

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ABSTRAK

Latar Belakang : Masalah gizi balita meliputi stunting, wasting, dan *underweight*. Meskipun *underweight* belum menjadi prioritas utama seperti stunting, kondisi ini tetap memerlukan perhatian khusus. Pemantauan pertumbuhan balita melalui penimbangan rutin di posyandu merupakan upaya penting untuk mendeteksi dini gangguan pertumbuhan. Frekuensi kunjungan balita ke posyandu berperan dalam keberhasilan pemantauan dan intervensi gizi, namun cakupan kunjungan yang tidak rutin masih sering terjadi.

Tujuan : Mengetahui hubungan antara frekuensi kunjungan balita ke posyandu dan kenaikan berat badan balita di wilayah kerja Puskesmas Pakem.

Metode : Penelitian ini merupakan penelitian kuantitatif observasional dengan desain kohort retrospektif. Analisis data menggunakan uji alternatif *Fisher's Exact test*.

Hasil : Dari 32 balita yang rutin ke posyandu, sebanyak 5 balita (15,6%) mengalami kenaikan berat badan ≥ 8 kali dalam 1 tahun, dan 27 balita (84,4%) mengalami kenaikan berat badan < 8 kali dalam 1 tahun. Dari 1 balita yang tidak rutin ke posyandu mengalami kenaikan berat badan < 8 kali dalam 1 tahun. Tidak terdapat hubungan yang signifikan antara frekuensi kunjungan balita ke posyandu dan kenaikan berat badan balita di wilayah kerja Puskesmas Pakem dengan *p-value* 1,000 ($p > 0,05$).

Kesimpulan : Penelitian ini menunjukkan bahwa tidak terdapat hubungan yang signifikan antara frekuensi kunjungan balita ke posyandu dan kenaikan berat badan balita di wilayah kerja Puskesmas pakem.

Kata Kunci : Kunjungan ke posyandu, kenaikan berat badan, balita

***CORRELATION BETWEEN THE FREQUENCY OF TODDLER VISITS TO
POSYANDU AND TODDLER WEIGHT IMPROVEMENT IN THE PAKEM
COMMUNITY HEALTH CENTER AREA***

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ABSTRACT

Background : Nutritional issues for toddlers include stunting, wasting, and underweight. Although underweight is not yet a top priority like stunting, this condition still requires special attention. Monitoring toddler growth through regular weighing at integrated health posts (Posyandu) is crucial for early detection of growth disorders. The frequency of toddler visits to Posyandu plays a role in the success of nutritional monitoring and interventions, but irregular visits are still common.

Objective : To determine the relationship between the frequency of toddler visits to posyandu and toddler weight gain in the working area of Pakem Community Health Center.

Method : This study is a quantitative observational study with a retrospective cohort design. Data analysis was conducted using the alternative Fisher's Exact test.

Result : Of the 32 toddlers who regularly attended the integrated health post (Posyandu), 5 toddlers (15.6%) experienced weight gain ≥ 8 times in 1 year, and 27 toddlers (84.4%) experienced weight gain < 8 times in 1 year. Of the 1 toddler who did not regularly attend the integrated health post (Posyandu), weight gain < 8 times in 1 year was observed. There was no significant relationship between the frequency of toddler visits to the integrated health post (Posyandu) and toddler weight gain in the working area of the Pakem Community Health Center with a p-value of 1,000 ($p > 0.05$).

Conclusion : This study shows that there is no significant relationship between the frequency of toddler visits to posyandu and toddler weight gain in the working area of Pakem Community Health Center.

Keywords : Posyandu visits, weight gain, toddlers.