

## ABSTRACT

Protein Energy Malnutrition represent the nutrition problem which can be caused by a lot of factors, among other things is internal factors which is in the form of characteristic of under fifth years child and external covering factor socio economic and cultural. If the mentioned happened to the under fifth years child, hence will be able to cause pursuing of growth, susceptance to disease especially infection disease and result to lower intellegence. Meanwhile prevalence of Protein Energy Malnutrition in research area was in moderate criterion.

The purpose of this research was to analyse the relationship among some of free variable with the variable trussed by Protein Energy Malnutrition status of under fifth years old of child. Expected by this research can be useful upon which opinion in anticipating and problem solving Protein Energy Malnutrition specially at under fifth years old of child.

The type of this research was analytic observational with the device of cross sectional. Sample equal to 60 responder pulled by simple random sampling. As for accurate variable were free variable that were age, gender, mother education, father education, mother knowledge, father occupation, mother occupation, family income, family expenditure to eat, total of family member, energy consumption and protein consumption, individual hygiene and environmental sanitation, status of under fifth years old of child health with the variable trussed by Protein Energy Malnutrition status.

According to hypothesis and its data type, by a statistical test of chi square and Mann-Whitney (depend on kind of variable) by  $\alpha$  0,05. Research result show there were relation of under fifth years old sex, and total of family member, the protein consumption, and health status with the status of Protein Energy Malnutrition under fifth years old of child.

Conclusion from this research result is the woman more amount in case compared by the men. Degradation the total of family member, repaired of protein consumption, and increased of health status will be followed by repaired of Protein Energy Malnutrition status of under fifth years old of child.

**Keyword :** consumption, energy, protein, health status, status of Protein Energy Malnutrition

## ABSTRAK

Kurang Energi Protein merupakan masalah gizi yang dapat disebabkan banyak faktor, diantaranya adalah faktor internal yang berupa karakteristik balita dan eksternal yang meliputi faktor sosioekonomi dan budaya. Apabila hal tersebut terjadi pada anak balita, maka akan dapat menyebabkan terhambatnya pertumbuhan, kerentanan terhadap penyakit terutama penyakit infeksi dan mengakibatkan rendahnya tingkat kecerdasan. Sementara itu prevalensinya di daerah penelitian masuk dalam kriteria sedang.

Tujuan dari penelitian ini adalah untuk menganalisis hubungan antara beberapa variabel bebas dengan variabel terikat status KEP. Diharapkan penelitian ini dapat bermanfaat sebagai bahan pemikiran dalam mengantisipasi dan menanggulangi masalah Kurang Energi Protein khususnya pada balita.

Jenis penelitian ini adalah *observational analitik* dengan rancangan *cross sectional*. Sampel sebesar 60 responden yang ditarik dengan cara *simple random sampling*. Adapun variabel yang diteliti adalah variabel bebas yaitu umur, jenis kelamin, pendidikan ibu, pendidikan bapak, pengetahuan ibu, pekerjaan bapak, pekerjaan ibu, pendapatan keluarga, pengeluaran keluarga untuk makan, jumlah anggota keluarga, konsumsi energi, konsumsi protein, kebersihan perorangan dan sanitasi lingkungan, status kesehatan balita dengan variabel terikat status KEP.

Sesuai dengan hipotesis dan jenis datanya, dilakukan uji statistik *chi square* dan Mann-Whitney (tergantung jenis variabelnya) dengan  $\alpha$  0,05. Hasil penelitian menunjukkan ada hubungan jenis kelamin, jumlah anggota keluarga, konsumsi protein dan status kesehatan dengan status KEP.

Kesimpulan dari hasil penelitian ini adalah jenis kelamin wanita lebih banyak kasusnya dibandingkan laki-laki. Penurunan jumlah anggota keluarga, perbaikan konsumsi protein, dan peningkatan status kesehatan akan diikuti oleh perbaikan status KEP balita.

Kata kunci : konsumsi, energi, protein, status kesehatan, status KEP