

ABSTRACT

Generally nutrition problem in Indonesia especially PEM, is still considered to be higher than in other countries of ASEAN. This problem causes suffering to children especially to those who are under five years old. Nutrient can give influence on their growth and development, and it has effect them, even since they were fetus before being delivered. Nutrient has an important role, the faster the growth and development are taking place, the more nutrient is needed. The interaction will affect their nutrition status.

The objective of this research was to know whether there was a different growth and development between children-12 months age children-that have adequate nutrition status and inadequate ones. It was an analytical research using Cross Sectional Study. The data were aquaired from interview and observation that given directly to the sample. Simple random sampling was the way taken from population to get sample. Independent variable was the nutrition status and dependent variable was the growth and development. The technique used to analyze the data was analytical way using comparative statistical *t-test* with α 0,05. The result of the analisis showed that the growth of the children that have adequate nutrition status were different with the children that have inadequate nutrition status ($p < 0,05$) and the development of the children whose adequate nutrition status were different with the children whose inadequate nutrition status ($p < 0,05$).

The resume of the research was a significant difference between the growth and development of the children-12 months age children that have adequate nutrition status and the children-the same age of those-that have inadequate nutrition status. It is suggested to do a research to observe their growth and development and is to stimulate the development regularly.

Key word : Growth, development, children-12 month age children, adequate nutrition status, inadequate nutrition status

ABSTRAK

Secara umum masalah gizi di Indonesia, terutama KEP, masih lebih tinggi daripada negara ASEAN lainnya dan sebagian besar diderita oleh anak-anak terutama pada pada usia balita. Gizi pada anak sangat berpengaruh terhadap tumbuh kembang bahkan sejak masih dalam kandungan sekalipun, gizi memegang peranan penting. Semakin besar laju pola pertumbuhan dan pola perkembangan, semakin besar pula kebutuhan nutrisinya dan hal ini akan mempengaruhi status gizinya. Meskipun status gizi anak dan pertumbuhan baik akan tetapi masih dapat juga terjadi penyimpangan pada perkembangan.

Penelitian ini bertujuan mempelajari perbedaan pertumbuhan dan perkembangan anak usia 12 bulan antara status gizi baik dan status gizi kurang. Penelitian ini termasuk penelitian analitik dengan pendekatan studi *Cross Sectional*. Data ini dikumpulkan dengan wawancara dan observasi langsung pada sampel yang ditarik dari populasi dengan cara *simple random sampling*. Variabel bebas penelitian adalah status gizi dan variabel tergangungnya adalah pertumbuhan dan perkembangan. Sedang teknik analisis data dilakukan secara analitik menggunakan uji statistik komparasi *t-test* dengan $\alpha = 0,05$. Dari hasil analisa yang dilakukan menunjukkan bahwa pertumbuhan status gizi baik berbeda dengan status gizi kurang ($p < 0,05$) dan perkembangan status gizi baik berbeda dengan status gizi kurang ($p < 0,05$). Maka dapat disimpulkan bahwa penelitian ini terdapat adanya perbedaan pertumbuhan dan perkembangan anak usia 12 bulan antara status gizi baik dan status gizi kurang.

Disarankan dalam penelitian perbedaan pertumbuhan dan perkembangan anak usia 12 bulan antara status gizi baik dan status gizi kurang perlu untuk dilakukan kegiatan pemantauan pertumbuhan dan perkembangan serta stimulasi perkembangan dengan teratur.

Kata kunci : Pertumbuhan, perkembangan, anak usia 12 bulan, status gizi baik, status gizi kurang