

. RINGKASAN

Hubungan Faktor Lingkungan Postnatal Keluarga dengan Terjadinya Gangguan Pertumbuhan pada Anak Cacat

Subarto

Upaya peningkatan kesehatan anak diperlukan untuk mengatasi permasalahan kesehatan khususnya pada masa pertumbuhan dan perkembangan anak sejak dalam kandungan sampai usia sekolah. Untuk mengatasi masalah kesehatan anak dapat dilakukan melalui pencegahan penyakit dan peningkatan gizi.

Anak usia Sekolah Dasar merupakan harapan bangsa yang perlu mendapat perhatian dari segi pendidikan maupun gizi. Tahun 1998 terdapat 0.6 % penduduk Indonesia penyandang cacat dan 20 % dari penyandang cacat adalah anak usia sekolah.

Penelitian ini merupakan penelitian deskriptif yang bertujuan mempelajari dan menganalisis faktor lingkungan postnatal keluarga yang berhubungan dengan kejadian gangguan pertumbuhan anak. Subjek penelitian adalah anak-anak YPAC kota Makassar yang berjumlah 45 orang.

Data yang dikumpulkan meliputi tinggi badan , berat badan, dan faktor-faktor yang berhubungan dengan status gizi anak, yaitu usia ibu, pendidikan dan pekerjaan orang tua, gizi (kecukupan kalori dan protein), penyakit anak, jumlah anak, penerimaan orang tua dan perhatian orang tua terhadap anak .

Dalam penelitian ini ditemukan 14 orang anak cacat mengalami gangguan pertumbuhan, ini disebabkan oleh lingkungan postnatal yang kurang baik.

Rasio prevalensi gangguan pertumbuhan (BB/U) pada anak dengan lingkungan postnatal kurang sebesar 4.5 dibandingkan pada anak dengan

lingkungan postnatal baik adalah 0.22. Rasio prevalensi gangguan pertumbuhan (TB/U) pada anak dengan lingkungan postnatal kurang sebesar 1,3 dibandingkan pada anak dengan lingkungan postnatal baik adalah 0.79. Rasio prevalensi gangguan pertumbuhan (BB/U dan TB/U) pada anak dengan lingkungan postnatal kurang sebesar 2.8 dibandingkan pada anak dengan lingkungan postnatal baik adalah 0.36.

Prevalensi gangguan pertumbuhan anak cacat berdasarkan indeks BB/U sebanyak 4 orang (8.89 %), berdasarkan indeks TB/U 12 orang (26.6 %) dan berdasarkan indeks BB/U dan TB/U sebanyak 14 orang (31.11 %). Gangguan pertumbuhan terbanyak pada anak dengan jenis kecacatan tuna daksa, tuna rungu dan *Down Syndrom*.

Lingkungan postnatal keluarga yang berhubungan dengan gangguan pertumbuhan anak ialah penyakit anak, kecukupan gizi (kalori dan protein), penerimaan dan perhatian orang tua terhadap anak. Yang tidak berhubungan dengan gangguan pertumbuhan anak ialah pendidikan orang tua, pekerjaan orang tua dan usia ibu .

Subjek penelitian yang mengalami gizi kurang diberikan *feed back* berupa penyuluhan dan pendidikan gizi untuk memberdayakan keluarga sehingga dapat memperhatikan keadaan gizi anaknya, namun hasilnya belum optimal.

Perlu peningkatan pengetahuan lingkungan postnatal yang baik dan senantiasa diciptakan kondisi sadar gizi pada keluarga serta penelitian lebih lanjut mengenai hal tersebut untuk melihat berbagai faktor yang berhubungan dengan gangguan pertumbuhan anak secara luas dalam waktu yang lebih lama.

SUMMARY

RELATIONSHIP BETWEEN FAMILY POSNATAL ENVIRONMENTAL FACTORS AND THE OCCURRENCE OF GROWTH DISODERS IN DISABLED CHILDREN

Suharto

Efforts to improve children's health should be attempted to overcome health problems, particularly during children growth and development from prenatal until school-age period. Overcoming health problems in children can be carried out by disease prevention and nutrition improvement. Elementary school aged children deserve attention in the fulfillment of their education and nutrition. In 1998, 0.6 % of Indonesian population are disabled, and 20 % of these were school-aged children.

This was a descriptive study aimed to investigation and analyze family postnatal environmental factors related to the occurrence of children growth disorders. Subjects of the study were children lived in the House for Disabled Children (YPAC) in Makassar, totally 45 individuals. Data collected were regarding body height, body weight, dan factors related to children nutritional status, i.e., maternal age, parental education and occupation, nutrition (calory dan protein sufficiency), pediatric disease, number of children, as well as parental acceptance and attention to the children.

A number of 14 disbaled children were found to have growth disorders due to poor postnatal environment. The ratio of growth disorders prevalence (W/A) in children with poor postnatal einvironment was 4.5, compared to children with good postnatal environment, which was 0.22. Tha ratio of growth disorders prevalence (H/A) in children with poor postnatal environment was 1.3 compared to children with good postnatal environment, which was 0.79. The ratio of growth disorders prevalence (W/A and H/A) in children with poor postnatal environment was 2.8, compared to children with good postnatal environment which was 0.36. The prevalence of gowth disorders among disabled children bas on W/A index was 4 individuals (8.89 %), based on H/A index 12 individuals (26.6 %) and W/A dan H/A index was 14 individuals (31.11 %). Growth disorders was mostly found in children with paralysis, deafness, and down syndrome. Family postnatal environment related to growth disorders was pediatric disease, nutritional (calory and protein) sufficiency, and parental acceptance and attention to their children. Factors not related were parental education and occupation and maternal age.

Subjects with malnutrition should be given with feed back, which is presenting as nutritional promotion and education to empower the family in order to be able to provide attention to children nutritional condition. The efforts that had been attempted, however, remained less optimal. The knowledge on good postnatal environment should be improved and nutritional awareness condition should be created in the family. Further studies in a longer periode are needed to disclosure various factors related to children growth disorders

ABSTRACT

The Relationship between Family Post-natal Environmental Factor and Growth Disorders in Disabled Children

Suharto

Elementary school aged children deserve attention in the fulfillment of their education and nutrition . In 1998, 0.6 % of Indonesian population are disabled, and 20 % of these were school-aged children.

This research is intended to study and analyze family post-natal environmental factor which is related to growth disorders in disabled children. The subjects of the research were 45 children from the YPAC in Makassar City.

Based on the height and weight measurement it was found out there were 14 disabled children who suffered from growth disorders which was caused by unfavorable post-natal environment.

The ratio between growth disorders prevalence W/A in children with unfavorable post-natal environment was 4.5 times compared to those with favorable post-natal environment which was 0.22. The ratio of growth disorders compared to those with favorable post-natal environment was 0.79. The ratio of growth disorders prevalence W/A and H/A in children with unfavorable post-natal environment was 2.8 times compared to those with favorable post natal environment was 0.36.

The Subjects of the research who suffered from malnutrition was given feed back in the form of guidance and nutrition training to make the families well informed so that they would take more attention their children's nutrition. Due to the short intervention, the result was far from maximum.

The knowledge on good postnatal environment should be improved and nutritional awareness condition should be created in the family. Further studies in a longer periode are needed to disclosure various factors related to children growth disorders.

Key words : Environmental factors, growth disorders