RINGKASAN

Hubungan Kekurangan Energi Protein (KEP) Dengan Kejadian Diare Serta Faktor –Faktor Yang Mempengaruhi Pada Balita Di Kabupaten Gresik

Oleh: Lilis Majidah

Masalah kekurangan energi protein pada anak-anak terutama balita di Indonesia merupakan persoalan yang sangat besar, semakin hari bukannya semakin berkurang, namun semakin memprihatinkan. Menurut WHO, faktor yang mempengaruhi Kekurangan Energi Protein adalah adanya kurangnya distribusi zat gizi pada anggota keluarga, adanya penyakit infeksi, ketersediaan pangan serta penghasilan rumah tangga. Dampak kekurangan Gizi ini akan muncul KEP sebagai jembatan terbukanya penyakit yang lebih luas dan berbahaya seperti diare, dll. Untuk itu mengkaji KEP pada balita, terserang diare menjadi menarik untuk diteliti.

Tujuan penelitian : Mengetahui seberapa besar risiko balita yang menderita KEP di Kabupaten Gresik terserang diare, jika dibandingkan dengan balita non KEP.

Metode Penelitian : analitik dengan rancangan kasus kontrol dan dilakukan pada balita yang menderita diare dan yang tidak menderita diare. Lokasi penelitian di wilayah Kecamatan Panceng Kabupaten Gresik, Jawa Timur. Sampel diambil dengan teknik random sampling, sejumlah 116 sampel. Analisis statistic dengan menggunakan analisis univariat dan regresi logistic, pada taraf signifikasi 0.05 dan taraf kepercayaan 95%.

Hasil Penelitian : 1. Terdapat hubungan (p=<0.05) antara pemberian vitamin dan imunisasi terhadap kejadian diare, dan tidak terdapat hubungan yang signifikan (p>0.05) antara umur, jenis kelamin, berat badan lahir, umur kehamilan, ASI eksklusif, MP-ASI dan penimbangan terhadap kejadian diare. 2). Ada hubungan yang signifikan (p=<0.05) antara pendidikan ibu, jumlah anggota keluarga, kebiasaan keluarga dan lingkungan rumah terhadap kejadian diare dan tidak ada hubungan yang bermakna antara pekerjaan Ayah/ibu dan pendapatan keluarga terhadap kejadian diare. 3). Terdapat hubungan yang signifikan antara KEP dengan kejadian Diare, p=<0.05. Hasil OR (3,109) artinya bahwa kelompok balita KEP kemungkinan terjadi diare 3,109 kali lebih banyak dari pada kelompok Non KEP . 4). Jumlah anggota keluarga, lingkungan rumah, imunisasi, pendidikan ibu dan kebiasaan keluarga merupakan faktor yang berpengaruh terhadap kejadian diare.

Kesimpulan : Hasil OR diare (3,109), artinya bahwa kelompok balita KEP kemungkinan terjadi diare 3,109 kali lebih banyak dibanding kelompok non KEP.

SUMMARY

Correlation Between Protein Energy Malnutrition With Diarrhea To Know Some Factors Resulting Problem Childhood In Gresik District

By: Lilis Majidah

The case of protein deficiency/malnutrition (PEM) in children particulary the under five years children in Indonesia is a very great problem, from day to day not become decreasing, but be greatly increased. According to WHO, factors affecting the nutritional status were deficiency of nutrient distribution among family members, infection, food availability and the household income. This impact of nutritional deficiency would result in protein energy deficiency a bridge for exposure to widespread disease and dangerous such as diarrhea,, etc. For that reason to examine nutritional status of the under three years children, attack of diarrhea and ARI become interesting furtherly researched.

To know how large of large of under three years children risk suffering of PEM in Gresik District, attack of diarrhea, if compared to non PEM.

It an conducted descriptively with a *case control* design and on under three years children suffering of diarrhea and non diarrhea. The research location was at Panceng Puskesmas, District of Gresik, Central Java. Sample were taken by sampling random technique, us much as 116 samples. The statistical analysis by using univariat test, stratified, and logistic regression, at significance level of 0.05 and confidence degree of 95%.

1). There was correlation (p=<0.05) between immunization status, vitamin A, pregnancy age, with diarrhea and non diarrhea, and there was no significant correlation (p>0.05) among sex type, age, weighting, age of MP ASI, birth weight, to diarrhea and non diarrhea. 2). There was a significant correlation (p=<0.05) among family environment with diarrhea and non diarrhea, and there was no significant correlation among the parents educational status, occupation, family habit, with diarrhea and non diarrhea. 3). There was a significant correlation among the nutritional status with ARI incidence and diarrhea (p=<0.05). Output OR (3,109) meant that the probability of PEM group having diarrhea was 3,109 time more than non PEM 4). The children age variable, immunization, exclusive to ASI and vitamin A, were the factors affecting on children nutritional status.

Output ARI OR (3,109) meant that the probability of PEM group having diarrhea was 3,109 time more than non PEM.

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ABSTRACT

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Key Words : Protein Energy Malnutrition, Diarrhea