

**ABSTRAK**

Kekurangan gizi pada awal kehidupan berdampak serius terhadap kualitas sumber daya manusia di masa depan. Hal ini dikarenakan kurang gizi akan menyebabkan kegagalan pertumbuhan, berat badan lahir rendah (BBLR), pendek, kurus, serta daya tahan tubuh yang rendah. Masalah gizi dipengaruhi secara langsung oleh asupan gizi dan pola asuh yang meliputi praktik pengasuhan terkait hygiene sanitasi. Tujuan dari penelitian ini adalah menganalisis hubungan praktik pengasuhan terkait hygiene sanitasi dan kecukupan gizi dengan status gizi balita (BB/U).

Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross sectional*. Sampel dalam penelitian ini adalah balita usia 24-60 bulan dengan mengambil 3 desa di Kecamatan Prambon Kabupaten Nganjuk berdasarkan jumlah balita terbanyak. Jumlah sampel penelitian sebesar 52 balita yang dipilih secara *propotional random sampling*. Pengambilan data menggunakan metode wawancara dengan kuisioner dan observasi. Analisis statistik dilakukan dengan menggunakan *Chi-Square* ( $\alpha=0,05$ ).

Hasil penelitian menunjukkan ada hubungan antara kecukupan energi ( $p=0,001$ ), kecukupan protein ( $p=0,003$ ), kecukupan vitamin A ( $p=0,021$ ), kecukupan vitamin C ( $p=0,026$ ), penyiapan dan pemberian makanan ( $p=0,001$ ), praktik hygiene ( $p=0,002$ ), personal hygiene anak dan pengasuh ( $p=0,001$ ) dan hygiene sanitasi makanan/minuman dan peralatan makan di rumah ( $p=0,026$ ) dengan status gizi balita (BB/U). Sebaliknya tidak ada hubungan antara kecukupan kalsium ( $p=1,000$ ), kecukupan zinc ( $p=1,000$ ), sanitasi dalam rumah ( $p=0,250$ ) dan kondisi lingkungan rumah ( $p=0,155$ ) dengan status gizi balita (BB/U).

Kesimpulan dari penelitian ini adalah praktik pengasuhan terkait hygiene sanitasi dan kecukupan gizi berhubungan dengan status gizi balita (BB/U). Oleh karena itu, disarankan melakukan peningkatan konsumsi pangan pada balita serta melakukan edukasi yang praktis dan efektif terkait dengan pengasuhan pada balita.

Kata kunci: status gizi, kecukupan gizi, pengasuhan, hygiene sanitasi

## ABSTRACT

Malnutrition in early life have a serious impact on the quality of human resources in the future. This is due to malnutrition will cause growth failure, low birth weight (LBW), stunted, wasted, and also low body immunity. Nutritional problems are directly affected by nutrition intake and parenting include care practices related to hygiene and sanitation. The purpose of this research is to analyze the association of child care practices related to hygiene and sanitation and adequate nutrition to nutritional status of children underfive.

The research was an analytical observation with cross sectional design. A sample size was children underfive age 24-60 months which were taken from the three villages in Kecamatan Prambon Kabupaten Nganjuk based on the highest number of children underfive in the villages. The sample size was 52 children using proportional random sampling method. Retrieving data through interview by using questionnaires and through observation. Chi-square test was used in the statistical analysis ( $\alpha=0,05$ ).

The result of the research showed that there was a relation between adequate nutrition of energy ( $p=0,001$ ), adequate nutrition of protein ( $p=0,003$ ), adequate nutrition of vitamin A ( $p=0,021$ ), adequate nutrition of vitamin C ( $p=0,026$ ), preparation and feeding ( $p=0,001$ ), hygiene practices ( $p=0,002$ ), personal hygiene of children and caregivers ( $p=0,001$ ) and hygiene and sanitation of food / beverage and tableware at home ( $p=0,026$ ) with nutritional status of children underfive (BB/U). Otherwise, relation was not found between adequate nutrition of calcium ( $p=1,000$ ), adequate nutrition of zinc ( $p=1,000$ ), sanitation in homes ( $p=0,250$ ) and environment home ( $p=0,155$ ) to nutritional status of children underfive.

The research concludes that care practices related to hygiene and sanitation and adequate nutrition have relation to nutritional status of children underfive. Therefore, it is advised to increase food intake in toddlers and conduct practical and effective education related to parenting.

Keyword: nutritional status, adequate nutritions, care, hygiene and sanitation