

## ABSTRACT

Underweight is a problem caused by many factors, factors that directly affect nutritional status are nutritional intake and infectious disease. Nutritional intake of children under 2 years is determined by breastfeeding and complementary feeding practice. In addition, other factors that influence children's nutritional intake are household food security. The objective of this study is to analyze the difference of breastfeeding and complementary feeding practice, nutritional intake, infectious disease and household food security between children with underweight and normal nutritional status in Tanah Kali Kedinding.

Type of this study was analytical observational with cross-sectional design. The number of samples were 40 mothers with normal children and 40 mothers with underweight children. The sampling method was taken by simple random sampling technique. Data were collected by using questionnaire, food recall 1x24 hour, FFQ, US-HFSSM and measuring weight of the children. Data were analyzed by using Mann-Whitney, Independent T-Test and Chi square.

The result found there were differences of breastfeeding and complementary feeding practice (0.032), infectious disease (0.035) and household food security ( $p=0.012$ ). There was no difference of energy intake (0.100), protein intake (0.104) and iron intake ( $p=0.209$ ) between children with underweight and normal nutritional status in Tanah Kali Kedinding.

Based on the result it can be concluded that underweight is more related to breastfeeding and complementary feeding practice, infectious disease and household food security. So it is suggested that need cross-program improvement through collaboration of various sectors including nutrition, environmental health and stakeholder in Tanah Kali Kedinding Sub-District by specific and sensitive interventions.

Keyword: feeding practice, nutritional intake, infectious disease, household food security

## ABSTRAK

Gizi kurang merupakan masalah yang dipengaruhi oleh banyak faktor, faktor yang secara langsung mempengaruhi status gizi adalah asupan zat gizi dan penyakit infeksi. Asupan zat gizi dipengaruhi praktik pemberian makan yang mencakup pemberian ASI dan MP-ASI. Selain praktik pemberian makan, asupan zat gizi balita dipengaruhi oleh ketahanan pangan rumah tangga. Tujuan penelitian ini untuk menganalisis perbedaan praktik pemberian ASI dan MP-ASI, asupan zat gizi, penyakit infeksi dan status ketahanan pangan rumah tangga pada balita status gizi kurang dan normal di Kelurahan Tanah Kali Kedinding.

Penelitian ini merupakan penelitian observasional analitik, menggunakan pendekatan *cross sectional*. Sampel penelitian sebanyak 80 balita yang diambil secara acak dengan metode *simple random sampling*. Pengumpulan data menggunakan kuesioner, *food recall* 1x24 jam, *Food Frequency Questionnaire* (FFQ), US-HFSSM dan penimbangan berat badan balita. Analisis data pada penelitian ini menggunakan uji *Mann Whitney*, *Independent T-Test* dan *Chi Square*.

Hasil penelitian menunjukkan terdapat perbedaan praktik pemberian ASI dan MP-ASI ( $p=0,032$ ), penyakit infeksi ( $p=0,035$ ) dan status ketahanan pangan rumah tangga ( $p=0,012$ ) antara balita gizi kurang dan normal. Sedangkan asupan energi ( $p=0,100$ ), asupan protein ( $p=0,104$ ), dan asupan zat besi ( $p= 0,209$ ) antara balita gizi kurang dan normal tidak ditemukan perbedaan.

Berdasarkan hasil penelitian dapat disimpulkan terdapat perbedaan praktik pemberian ASI dan MP-ASI, penyakit infeksi dan status ketahanan pangan rumah tangga pada balita gizi normal dan gizi kurang. Untuk itu, perlunya adanya upaya perbaikan lintas program melalui kerjasama berbagai sektor seperti bagian gizi, kesehatan lingkungan dan pihak Kelurahan Tanah Kali Kedinding melalui intervensi gizi spesifik dan sensitif.

Kata kunci: praktik pemberian ASI dan MP-ASI, asupan zat gizi, penyakit infeksi, status ketahanan pangan rumah tangga.