

ABSTRACT

Generally, children in poor families and in remote areas with limited access to food and health facilities, have malnutrition. However, there are few children actually have a good nutritional status even in such unfavorable conditions. This situation is called a positive deviance. This research was conducted to describe the positive deviance in the nutritional status of toddlers in remote areas.

This research was a qualitative descriptive study with cross sectional design. The number of informants was 8 mothers from poor families who had children aged 6-60 months in good nutrition, which was determined by purposive sampling technique. The data was obtained through anthropometric measurements of children, in-depth interviews, and direct observation. The research variables were family characteristics, environmental conditions, socio-culture, consumption level of energy and protein, and the positive deviance (feeding habits, care habits, hygiene habits, and health services habits).

The results showed that although the parents of toddlers was poor family with low education levels, they had positive habits in terms of feeding were giving colostrum and breastmilk since born, and gave various solid foods. Positive of care habits were watchfull when toddlers played and father didn't smoke around them. Positive of hygiene habits were washing hand with soap and flowed water, and placed the toddler's cutlery in boiled water. Positive of health services habits were antenatal care routine to the midwife, routine to brought their toddler to the 'posyandu', and completed the immunization.

The conclusion is the positive deviance in the nutritional status of toddlers happens due to the positive habits that parents do to their children. Positive deviant mothers should share their positive habits to the people around them so that the whole community can implement the positive habits in their own family.

Keywords : positive deviance, nutritional status, toddler, remote areas

ABSTRAK

Umumnya balita dengan keluarga miskin dan berada pada daerah terpencil dengan akses terhadap pangan dan fasilitas kesehatan terbatas, mengalami kekurangan gizi. Namun, ada beberapa balita justru memiliki status gizi baik meskipun berada pada kondisi tidak menguntungkan. Keadaan ini disebut penyimpangan positif. Penelitian ini dilakukan untuk menggambarkan penyimpangan positif status gizi balita di daerah terpencil Kabupaten Sidoarjo.

Penelitian bersifat deskriptif kualitatif dengan desain *cross sectional*. Jumlah informan sebanyak 8 ibu dari keluarga miskin yang memiliki balita gizi baik berusia 6-60 bulan, ditentukan dengan teknik *purposive sampling*. Data diperoleh melalui pengukuran antropometri balita, wawancara mendalam, dan pengamatan langsung. Variabel penelitian yaitu karakteristik keluarga, kondisi lingkungan, sosial budaya, tingkat konsumsi energi dan protein, serta penyimpangan positif (kebiasaan pemberian makan, kebiasaan pengasuhan, kebiasaan kebersihan, dan kebiasaan mendapat pelayanan kesehatan).

Hasil penelitian menunjukkan bahwa meskipun orang tua balita tergolong miskin dengan tingkat pendidikan rendah, namun mereka memiliki kebiasaan positif dalam hal pemberian makan, yaitu pemberian kolostrum dan ASI sejak lahir, dan memberikan makanan padat bervariasi. Kebiasaan positif dalam pengasuhan yaitu selalu mengawasi balita ketika bermain dan ayah tidak merokok ketika bersama dengan balita. Kebiasaan positif dalam kebersihan yaitu mencuci tangan dengan sabun dan air mengalir, dan merendam peralatan makan balita dengan air panas. Kebiasaan positif dalam mendapat pelayanan kesehatan yaitu informan rutin memeriksakan kehamilan pada bidan, rutin membawa balita ke posyandu, dan melengkapi imunisasi.

Kesimpulan yang dapat diambil yaitu penyimpangan positif status gizi balita terjadi karena adanya kebiasaan positif yang dilakukan orang tua balita dari keluarga miskin. Ibu penyimpang positif hendaknya membagikan kebiasaan positif yang dilakukan kepada masyarakat sekitar agar masyarakat dapat menerapkan kebiasaan positif pada masing-masing keluarga.

Kata kunci : penyimpangan positif, status gizi, balita, daerah terpencil