

HUBUNGAN JUMLAH KUNJUNGAN BALITA KE POSYANDU DENGAN STATUS GIZI BALITA DI KELURAHAN CAKUNG BARAT JAKARTA TIMUR PADA TAHUN 2017 DITINJAU DARI KEDOKTERAN DAN ISLAM

Nevy Ulfah Hanawati¹, Sugma Agung Purbowo², Amir Mahmud³

ABSTRAK

Latar Belakang: Masa emas pertumbuhan berada pada masa balita (usia 12 – 59 bulan), sehingga status gizi balita perlu diperhatikan. Indikator pengukuran status gizi balita dapat dilihat dari perbandingan berat badan per tinggi badan. Salah satu faktor yang mempengaruhi status gizi balita adalah perawatan kesehatan balita, dapat dilakukan dengan menimbang berat badan balita setiap bulannya di posyandu untuk memantau pertumbuhannya. Menurut Islam orang tua berkewajiban membawa anaknya ke posyandu untuk memenuhi hak anak. Penelitian ini bertujuan untuk mengetahui hubungan jumlah kunjungan balita ke posyandu dengan status gizi balita di Kelurahan Cakung Barat Jakarta Timur pada tahun 2017 ditinjau dari kedokteran dan Islam.

Metode: Penelitian deskriptif analitik secara *cross sectional*. Populasi adalah balita usia 12-59 bulan pada RW 4, 7, dan 8 di Kelurahan Cakung Barat Jakarta Timur. Sampel dipilih dengan menggunakan *Multistage Random Sampling* didapatkan 100 balita sebagai sampel. Pengambilan data dilakukan dengan cara wawancara menggunakan kuisioner dengan responden (ibu, ayah, maupun wali dari balita), pengukuran berat badan dan tinggi badan balita secara langsung, serta melihat KMS. Analisis data dilakukan dengan uji *Kolmogorov Smirnov*.

Hasil: Dari 100 balita 69% dengan status gizi cukup (Z-skor $-2,0$ SD sampai dengan $2,0$ SD) dan 71% dengan kunjungan rutin ke posyandu. Dari hasil uji statistik menggunakan uji *Kolmogorov Smirnov* didapatkan nilai $P = 0,01$, sehingga terdapat hubungan jumlah kunjungan balita ke posyandu dengan status gizi balita. Hal ini dikarenakan status gizi balita dapat dipantau oleh kader dan apabila terdapat masalah status gizi dapat ditangani sedini mungkin.

Simpulan: Orang tua sebaiknya membawa balita ke posyandu setiap bulannya untuk memantau status gizi balita. Menurut Islam hukum membawa balita ke posyandu dan mengetahui status gizi balita adalah wajib serta jumlah kunjungan balita ke posyandu merupakan alat untuk mendapatkan status gizi balita yang cukup.

Kata Kunci: Kunjungan posyandu, status gizi, balita

¹Mahasiswa Fakultas Kedokteran Universitas YARSI

²Staf pengajar bagian Ilmu Kesehatan Masyarakat Fakultas Kedokteran Universitas YARSI

³Staf pengajar bagian Agama Islam Fakultas Kedokteran Universitas YARSI

**RELATION BETWEEN THE NUMBER OF CHILDREN UNDER FIVE VISITS
POSYANDU WITH THE NUTRITIONAL STATUS OF THESE CHILDREN IN
WEST CAKUNG EAST JAKARTA IN 2017 REVIEW FROM MEDICINE AND
ISLAM**

Nevy Ulfah Hanawati¹, Sugma Agung Purbowo², Amir Mahmud³

ABSTRACT

Background: *The golden age of growth is at the age of children under five (12 - 59 months), so the nutritional status of that children need to be noticed. The indicators in measuring nutritional status of these children can be seen from the ratio of weight to height. One of the factors that affect the nutritional status of these children is the health care of them, that can be known by weighing the weight of them every month in posyandu to monitor their growth. According to Islam, parents are obliged to bring their children to posyandu to fulfill children's rights. This study aims to determine the relation between the number of children under five visits posyandu with the nutritional status of these children in west Cakung east Jakarta in 2017 review from medicine and Islam.*

Methods: *This cross sectional analytical descriptive study was conducted on children aged 12-59 months at RW 4, 7, and 8 in west Cakung east Jakarta. The sample is selected using Multistage Random Sampling obtained 100 children. The data were collected by using questionnaires with the respondent (mother, father, and guardian of the children), weight and height measurements directly, and looked at KMS of children. Data was analyzed by using Kolmogorov Smirnov test.*

Results: *From 100 children under five 69% with quite nutritional status (Z-score -2.0 SD to 2.0 SD) and 71% with routine visits posyandu. From the results of statistical tests using Kolmogorov Smirnov test obtained P value = 0.01, so there is a relation between the number of children under five visits posyandu with the nutritional status of these children. This is because the nutritional status of children can be monitored by the cadre and if there are nutritional status problems can be handled as early as possible.*

Conclusion: *Parents should bring their children to posyandu every month to monitor the nutritional status of children under five. According to Islamic law, parents have to bring their children to posyandu and find out the nutritional status of their children as well as the number of children visits to posyandu is the cause to get quite nutritional status of children under five.*

Keywords: *Visits posyandu, nutritional status, children under five*

¹Faculty of Medicine, YARSI University

²Departement of Public Health, Faculty of Medicine, YARSI University

³Departement of Islamic Studies, Faculty of Medicine, YARSI University