

ABSTRACT

AN OVERVIEW OF THE NUTRITIONAL STATUS OF TODDLERS IN JERUKSEGER VILLAGE, GEDEG DISTRICT, MOJOKERTO REGENCY

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The incidence of malnutrition in children under five was still a health problem that needs to be watched out for in Indonesia. The phenomena that occur in the field show the fact that there were still many malnourished children which have an impact on poor health status in the future. The purpose of this study was to describe the nutritional status of toddlers in Jerukseger Village, Gedeg District, Mojokerto Regency. The research design was descriptive. The population of this study were all toddlers in Jerukseger Village, Gedeg District, Mojokerto Regency in August 2023, totaling 259 toddlers. The sampling technique used cluster random sampling to obtain 52 toddlers. The research instrument used body weight scales and observation sheets. Data analysis used frequency distribution and percentage. The results showed that respondents who had normal weight were 35 children (67.3%), severe underweight were 8 children (15.4%), underweight were 7 children (13.5%), and overweight were 2 children (3.8%). Data analysis showed that most of the toddlers in Jerukseger Village, Gedeg District, Mojokerto Regency were mostly normal weight. Mothers know the needs of toddlers and how to process good food so that the nutrients needed by toddlers can be fulfilled.

Keywords: *Toddler, Nutritional Status, Normal Weight*

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ABSTRAK

GAMBARAN STATUS GIZI BALITA DI DESA JERUKSEGER KECAMATAN GEDEG KABUPATEN MOJOKERTO

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Angka kejadian berat badan kurang pada balita masih menjadi masalah kesehatan yang perlu diwaspadai di Indonesia. Fenomena yang terjadi di lapangan menunjukkan fakta bahwa masih banyak ditemukan anak berat badan kurang yang berdampak pada status kesehatan yang kurang baik di masa yang akan datang. Tujuan penelitian ini adalah untuk mengetahui gambaran status gizi balita di Desa Jerukseger Kecamatan Gedeg Kabupaten Mojokerto. Desain penelitian ini adalah deskriptif. Populasi penelitian ini adalah seluruh balita di Desa Jerukseger Kecamatan Gedeg Kabupaten Mojokerto pada bulan Agustus 2023 yang berjumlah 259 balita. Teknik sampling menggunakan *cluster random sampling* sehingga didapatkan 52 balita. Instrument penelitian ini menggunakan timbangan berat badan dan lembar observasi. Analisa data menggunakan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa responden yang mempunyai berat badan normal yaitu sebanyak 35 anak (67,3%), berat badan sangat kurang sebanyak 8 anak (15,4%), berat badan kurang sebanyak 7 anak (13,5%), dan risiko berat badan lebih sebanyak 2 anak (3,8%). Analisa data menunjukkan bahwa balita di Desa Jerukseger Kecamatan Gedeg Kabupaten Mojokerto sebagian besar berat badan normal. Ibu mengetahui kebutuhan balita dan bagaimana cara mengolah makanan yang baik agar zat gizi yang dibutuhkan balita dapat terpenuhi.

Kata Kunci: Balita, Status Gizi, Berat Badan Normal

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