

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2024**

ABSTRAK

NUR HALIZA PUTRI KUSNIA

HUBUNGAN KUALITAS, KUANTITAS KONSUMSI PANGAN DAN RIWAYAT PENYAKIT INFEKSI DENGAN STATUS GIZI (IMT/U) SKOR Z PADA BALITA USIA 2-5 TAHUN

(Studi Observasional di Kelurahan Karanganyar Kecamatan Kawalu Kota Tasikmalaya Tahun 2023)

Indonesia tengah dihadapkan dengan tantangan terkait permasalahan gizi. Kelompok usia yang paling rentan terkena masalah gizi adalah balita. Balita mudah mengalami malnutrisi, sehingga berdampak pada status gizi balita. Hal ini secara langsung dipengaruhi oleh kualitas maupun kuantitas asupan makanan yang dikonsumsi balita serta adanya penyakit infeksi. Penelitian ini bertujuan untuk mengetahui hubungan kualitas, kuantitas konsumsi pangan dan riwayat penyakit infeksi dengan status gizi (IMT/U) skor z pada balita di Kelurahan Karanganyar. Penelitian ini adalah observasional dengan desain *cross sectional* yang dilakukan pada bulan Januari hingga Oktober tahun 2023. Populasi dalam penelitian ini yaitu balita usia 2-5 tahun serta sampel penelitian sebanyak 74 balita dengan teknik pengambilan sampel *proporsional random sampling*. Instrumen yang digunakan dalam penelitian ini yaitu kuesioner karakteristik subjek dan responden, riwayat penyakit infeksi, formulir *food recall* 24 jam, porsimetri, kuesioner *individual dietary diversity square*, serta timbangan injak digital dan *stadiometer*. Data hasil penelitian dianalisis dengan uji *chi square* dan *fisher's exact*. Hasil penelitian menunjukkan tidak terdapat hubungan pada kualitas konsumsi pangan ($p = 0,350$), riwayat penyakit infeksi ($p = 1,000$) dan kuantitas konsumsi pangan berdasarkan tingkat kecukupan energi ($p = 0,764$), karbohidrat ($p = 0,169$), protein ($p = 0,710$), dan lemak ($p = 1,000$) dengan status gizi. Bagi peneliti selanjutnya, diharapkan dapat menganalisis variabel-variabel lain yang dapat memperkaya hasil penelitian sebelumnya yang masih memiliki kekurangan.

Kata kunci : kualitas konsumsi pangan, kuantitas konsumsi pangan, riwayat penyakit infeksi, status gizi, balita.

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
TASIKMALAYA
NUTRITION STUDY PROGRAM
2024**

ABSTRACT

NUR HALIZA PUTRI KUSNIA

THE RELATIONSHIP BETWEEN QUALITY, QUANTITY OF FOOD CONSUMPTION AND HISTORY OF INFECTIOUS DISEASES WITH NUTRITIONAL STATUS (WHZ) Z SCORE IN TODDLERS AGED 2-5 YEARS (Observational Study in Karanganyar Village, Kawalu Subdistrict, Tasikmalaya City in 2023)

Indonesia is facing challenges related to nutrition. The age group most vulnerable to nutritional problems is toddlers. Toddlers are prone to malnutrition, which affects their nutritional status. This is directly influenced by the quality and quantity of food intake consumed by toddlers and the presence of infectious diseases. This study aims to determine the relationship between quality, quantity of food consumption and history of infectious diseases with nutritional status (IMT/U) z score in toddlers in Karanganyar Village. This research is observational with a cross sectional design conducted from January to October 2023. The population in this study were toddlers aged 2-5 years and the research sample was 74 toddlers with proportional random sampling technique. The instruments used in this study were subject and respondent characteristic questionnaires, history of infectious diseases, 24-hour food recall forms, portionsimetry, individual dietary diversity square questionnaires, as well as digital step scales and stadiometers. The research data were analyzed with chi square and fisher's exact tests. The results showed that there was no relationship between the quality of food consumption ($p = 0.350$), history of infectious diseases ($p = 1,000$) and quantity of food consumption based on the level of energy adequacy ($p = 0.764$), carbohydrates ($p = 0.169$), protein ($p = 0.710$), and fat ($p = 1,000$) with nutritional status. For future researchers, it is hoped that they can analyze other variables that can enrich the results of previous studies that still have shortcomings.

Keywords: quality of food consumption, quantity of food consumption, history of infectious disease, nutritional status, toddlers.