Gambaran Konsumsi Energi, Protein, dan Zat Besi pada Balita Gizi Buruk di Rumah Singgah Kota Pekalongan

Talitha Farahita[1], Agustin Syamsianah[2], Salsa Bening[3]
[123]Program Studi D III Gizi Fakultas Ilmu Keperawatan dan Kesehatan
Universitas Muhammadiyah Semarang

Gizi buruk masih menjadi masalah gizi utama di Indonesia. Prevalensi gizi buruk di Indonesia menurut indikator BB/U mencapai 17,7%. Balita merupakan salah satu kelompok usia yang rentan mengalami masalah gizi. Makanan yang dikonsumsi usia balita menentukan pertumbuhan dan perkembangan di masa yang akan datang. Kurangnya konsumsi zat gizi dapat menyebabkan masalah gizi, salah satunya gizi buruk. Penelitian ini bertujuan untuk mengetahui konsumsi energi, protein, dan zat besi pada balita gizi buruk.

Penelitian ini merupakan penelitian deskriptif. Populasi penelitian ini balita gizi buruk yang mendapat pelayanan di rumah singgah gizi kota pekalongan dengan menggunakan teknik total sampling sejumlah 9 balita. Data konsumsi energy dan protein diperoleh melalui wawancara kepada responden dengan formulir *Food Recall* 24 Jam, dan data konsumsi zat besi menggunakan formulir *SQ-FFQ*.

Hasil penelitian menunjukkan rata-rata konsumsi energi 386,35±168,32 kkal, protein 14,76±6,87 gr, dan zat besi 1,71±0,53 mg. Sebesar 70% gizi buruk memiliki kategori konsumsi energi defisit, sebesar 66,7% gizi buruk memiliki kategori konsumsi protein defisit berat, dan tingkat kecukupan zat besi pada balita gizi buruk semuanya memiliki kategori kurang.

Kata Kunci : Balita, Gizi Buruk, Konsumsi Energi Protein dan Zat Besi.

Description of Consumption of Energy, Protein and Iron in Malnourished Toddlers in Open Houses in Pekalongan City

Talitha Farahita[1], Agustin Syamsianah[2], Salsa Bening[3]
[123]Nutrition Science Study Program The Faculty of Nursing and Health
University of Muhammadiyah Semarang

The most important nutrient problem in Indonesia is malnutrition.According to the prevalence of BB / U indicators, malnutrition in Indonesia reached 17.7%. Children under the age of five are susceptible to nutritional problems. The growth and development of children is strongly influenced by the food they consume. Lack of consuming nutritious foods causes nutritional problems, one of which is malnutrition. This research aims to determine the consumption of energy, protein, and iron in malnourished infants.

This research uses a descriptive method. The population in this study were children under the age of five who suffered from malnutrition who received services in a nutrition center in Pekalongan City. This research uses a total sampling technique from 9 children included in the data. The researchers found data on children consuming energy and protein through interviews with respondents using the Food Recall 24-hour form, and children who consumed iron using the SQ-FFQ form.

The results showed that the average energy consumption was 386.35 ± 168.32 kcal, protein 14.76 ± 6.87 gr, and iron 1.71 ± 0.53 mg. Malnutrition has a category of energy consumption deficit of 70%. Malnutrition has a category of heavy protein consumption deficit of 66.7%. The level of adequacy of iron in all children under five years who get malnutrition is less than the category.

Keywords: Children under five years, malnutrition, consumption of protein energy and iron