

HUBUNGAN POLA ASUH IBU BEKERJA TERHADAP STATUS GIZI BALITA USIA 1-5 TAHUN DI WILAYAH PUSKESMAS KASIHAN 1, BANTUL, YOGYAKARTA

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INTISARI

Latar belakang : Masalah gizi merupakan salah satu masalah yang masih aktual dan belum dapat diselesaikan sepenuhnya. Data pada Puskesmas Kasihan 1 Bantul menunjukkan terdapat 0,19% balita dengan gizi buruk, 4,80% balita gizi kurang, 2,74% balita *wasting*, 3,03% balita *overweight*, 5,01% balita *obesitas*, serta 5,34% balita dengan *stunting*. Ibu bekerja biasanya menitipkan balitanya pada saudara maupun asisten rumah tangga, sehingga ibu tidak dapat memantau secara langsung asupan gizi yang dikonsumsi oleh balitanya.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara pola asuh ibu bekerja terhadap status gizi balita usia 1-5 tahun di wilayah Puskesmas Kasihan 1, Bantul, Yogyakarta.

Metode : Jenis penelitian ini adalah kuantitatif dengan desain *cross sectional*. Pengambilan sampel dengan *cluster sampling* dan *accidental sampling*. Variabel diuji dengan menggunakan *spearman rank*.

Hasil : Sebagian besar responden berjenis kelamin laki-laki (55.6%). Status gizi balita didominasi oleh gizi normal. Jumlah balita malnutrisi sebesar 18.5%. sebagian besar responden menerapkan pola asuh baik sebesar (68.5%). Ibu yang menerapkan pola asuh baik dengan memiliki balita gizi normal sebesar 55.6%, sedangkan ibu yang menerapkan pola asuh kurang dengan gizi normal yaitu hanya sebesar 25.9%. Hasil analisa statistik menggunakan *spearman rank* menunjukkan bahwa tidak terdapat hubungan yang bermakna antara pola asuh ibu bekerja terhadap status gizi balita usia 1-5 tahun ($p = 0.293$).

Kesimpulan : Tidak terdapat hubungan antara pola asuh ibu bekerja terhadap status gizi balita usia 1-5 tahun.

Keywords : Pola asuh, status gizi, ibu bekerja

**THE CORELATION BETWEEN WORKING MOTHERS PARENTING
TOWARD THE NUTRITION STATE OF AGE 1-5 YEAR OLD IN
KASIHAN 1 PRIMARY HEALTHCARE REGION, BANTUL,
YOGYAKARTA**

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ABSTRACK

Background : Problem about nutrition is one of many actual problems that cannot be solved entirely. The data in Kasihan 1 Primary Healthcare Bantul indicates that there is 0.19% toddler with poor nutrition, 4.80% toddler with insufficient nutrition, 2.74% toddler with wasting problem, 3.03% toddler are underweight, 5.01% toddler are obese, and 5.34 % toddler with stunting problem. Working mother usually leave their toddler with their relatives or house maids so the mothers cannot directly supervise the nutrition intake of their toddler.

Objective : The research aimed at learning the correlation between working mothers parenting toward the nutrition state of 1-5 year old children in Kasihan 1 Primary Healthcare Region, Bantul, Yogyakarta

Method : The type of research is quantitative with cross sectional design. The samples were gathered with cluster and accidental sampling. The variables were tested using spearman rank

Results : Most respondents were male 55.6%. The dominant nutrition state of the toddler was normal. The number of toddler with malnutrition was 18.5%. Most respondents applied good parenting 68.5%. Mothers who applied good parenting and had toddler with normal nutrition were 55.6%. Mothers who applied fair parenting and health children with normal nutrition were 25.9%. The result of statistical analysis using spearman rank indicated that there wasn't significant correlation between working mother parenting toward the nutrition state of 1-5 year old ($p = 0.293$).

Conclusion : There is no correlation between working mother parenting toward nutrition state of children 1-5 years old.

Keywords : Parenting, nutrition state, working mother