

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

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**PERBEDAAN SOSIAL EKONOMI KELUARGA DAN ASUPAN ZAT GIZI
MAKRO ANTARA BALITA GIZI KURANG DAN GIZI NORMAL DI
WILAYAH KERJA PUSKESMAS PAYUNG SEKAKI KOTA PEKANBARU
(DATA SEKUNDER : PPG, 2019)**

xiv + 71 Halaman + 13 Tabel + 3 Gambar + 3 Lampiran

INTISARI

Masalah gizi kurang merupakan masalah gizi terbesar yang ditemukan di Indonesia. Salah satu faktor yang mempengaruhi status gizi balita adalah asupan makan salah satunya asupan zat gizi makro yang tidak mencukupi kebutuhan. Secara tidak langsung kejadian gizi kurang juga dipengaruhi oleh faktor sosial ekonomi keluarga yang meliputi pendidikan, pekerjaan dan pendapatan keluarga. Tujuan dari penelitian untuk mengetahui perbedaan sosial ekonomi keluarga dan asupan zat gizi makro antara balita gizi kurang dan balita gizi normal di wilayah kerja Puskesmas Payung Sekaki kota Pekanbaru.

Jenis penelitian adalah penelitian *observasional* dengan rancangan *cross sectional*. Jenis data penelitian ini adalah data sekunder. Populasi penelitian adalah balita gizi kurang dan balita gizi normal di wilayah kerja Puskesmas Payung Sekaki dengan jumlah sampel sebanyak 52 balita. Data diolah dan dianalisis dengan menggunakan komputer dengan aplikasi SPSS. Analisis data univariat disajikan dalam bentuk distribusi frekuensi setiap variabel. Uji *Independent t-test* dilakukan untuk menguji perbedaan variabel tingkat asupan zat gizi makro balita dan pendapatan keluarga antara balita gizi kurang dan gizi normal.

Hasil penelitian menunjukkan ada perbedaan pendapatan keluarga ($p = 0,000$), asupan energi ($p = 0,001$), asupan karbohidrat ($p = 0,003$) dan asupan protein ($p = 0,040$) pada balita gizi kurang dan gizi normal. Tidak terdapat perbedaan asupan lemak ($p = 0,087$) antara balita gizi kurang dan gizi normal.

Daftar pustaka : 39 (2007 -2019)

Kata kunci : sosial ekonomi keluarga, asupan zat gizi makro, status gizi

**MINISTRY OF HEALTH, REPUBLIC OF INDONESIA
POLYTECHNIC OF HEALTH, RIAU
DIPLOMA III NUTRITION STUDY PROGRAM**

FINAL PROJECT PROPOSAL, 2021

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**DIFFERENCES OF FAMILY SOCIAL ECONOMIC AND MACRO
NUTRITION INTAKE BETWEEN LESS NUTRITION AND NORMAL
TODDLER IN THE WORKING AREA OF PUBLIC HEALTH CENTER
PAYUNG SEKAKI, PEKANBARU (SECONDARY DATA OF PPG, 2019)**

xiv + 71 Pages + 13 Tables + 3 Pictures + 3 Appendices

ABSTRACT

Malnutrition is the biggest nutritional problem found in Indonesia. One of the factors that affect the nutritional status of children under five is food intake, one of which is the intake of macronutrients that are not sufficient. Indirectly, the incidence of malnutrition is also influenced by socio-economic factors of the family which include education, work and family income. The purpose of this study was to determine the socio-economic differences between families and macronutrient intakes between under-fives and under-fives with normal nutrition in the working area of Payung Sekaki Public Health Center, Pekanbaru city.

This type of research is an observational study with a cross sectional design. This type of research data is secondary data. The study population was under-five under five and under five with normal nutrition in the working area of the Payung Sekaki Community Health Center with a total sample of 52 infants. The data is processed and analyzed using a computer with the SPSS application. The analysis is presented in the form of the frequency distribution of each variable. Independent t-test was conducted to examine differences in the level of macronutrient intake of children under five and family income between underweight and normal nutrition.

The results showed that there were differences in family income ($p = 0.000$), energy intake ($p = 0.001$), carbohydrate intake ($p = 0.003$) and protein intake ($p = 0.040$) in undernourished and normal-nourished children under five. There was no difference in fat intake ($p = 0.087$) between undernourished and normal-nourished children under five.

Bibliography : 39 (2007 -2019)

Keyword : social economic, makro nutrient, nutritional status