

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

**TUGAS AKHIR, JUNI 2022**

**SELFIRA ARIFIN**

**HUBUNGAN KERAGAMAN PANGAN TERHADAP STATUS GIZI BADUTA  
(6-24 BULAN) DI KELURAHAN TANJUNG RHU WILAYAH KERJA  
PUSKESMAS LIMPULUH KOTA PEKANBARU**

**x + 46 Halaman + 9 Tabel + 2 Gambar + 11 Lampiran**

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**ABSTRAK**

Keragaman pangan masih menjadi masalah gizi utama di negara berkembang seperti Indonesia. Keanekaragaman pangan merupakan salah satu upaya dalam menurunkan masalah pangan dan gizi. Menurut data Riskesdas 2018 proporsi makanan beragam di Provinsi Riau yang dikonsumsi anak umur 6-23 bulan sebesar 38,7%. Tujuan penelitian ini yaitu untuk mengetahui hubungan keragaman pangan terhadap status gizi pada baduta. Jenis penelitian ini adalah deskriptif dengan desain penelitian *cross sectional*. Teknik pengambilan sampel yang digunakan adalah *proportionate random sampling*, dengan jumlah sampel sebanyak 71 orang. Analisa data secara univariat dan bivariat menggunakan uji *chi square*. Hasil penelitian ini adalah sebanyak 52% dengan keragaman pangan tinggi dan 48% dengan keragaman pangan rendah, terdapat 83% dengan status gizi normal, 10% status gizi kurang, 3% status gizi sangat kurang dan 4% dengan status gizi lebih. Kesimpulan dari penelitian ini mengatakan bahwa tidak terdapat hubungan yang signifikan antara keragaman pangan dengan status gizi (BB/U) baduta usia 6-24 bulan di Kelurahan Tanjung Rhu Kecamatan Limapuluh ( $p=0,155$ ).

**Daftar Pustaka : 32 (2010-2021)**

**Kata Kunci : Keragaman pangan, Status Gizi, Baduta**

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

**FINAL PROJECT, JUNE 2022**

**SELFIRA ARIFIN**

**THE RELATIONSHIP OF FOOD DIVERSITY TO THE NUTRITIONAL  
STATUS OF TWO-YEAR-OLD (6-24 MONTHS) INFANTS IN THE TANJUNG  
RHU SUB-DISTRICT, THE WORKING AREA OF THE LIMAPULUH PUBLIC  
HEALTH CENTER, PEKANBARU CITY**

**x + 46 pages + 9 tables + 2 picture + 11 attachment**

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**ABSTRACT**

Food diversity is still a major nutritional problem in developing countries such as Indonesia. Food diversity is one of the efforts to reduce food and nutrition problems. According to Basic Health Research data of 2018, the proportion of diverse foods in Riau Province consumed by children aged 6-23 months was 38.7%. The purpose of this study was to determine the relationship of food diversity to the nutritional status of children under two-year-old. This type of research is descriptive with a cross sectional research design. The sampling technique used was proportionate random sampling, with a total sample of 71 people. Data analysis was univariate and bivariate using chi square test. The results of this study were 52% with high food diversity and 48% with low food diversity, there were 83% with normal nutritional status, 10% with poor nutritional status, 3% with very poor nutritional status and 4% with more nutritional status. The conclusion of this study said that there was no significant relationship between food diversity and nutritional status (BW/A) of children under-tuos aged 6-24 months in Tanjung Rhu Village, Limapuluh District (p=0.155)

**Bibliography : 32 (2010-2021)**

**Keyword : Food diversity, Nutritional Status, Two-year-old infants**