

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

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**HUBUNGAN TINGKAT PENDAPATAN RUMAH TANGGA DAN  
TINGKAT KETAHANAN PANGAN RUMAH TANGGA DENGAN  
STATUS GIZI BALITA DI KELURAHAN LEMBAH DAMAI  
KECAMATAN RUMBAI**

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**ABSTRAK**

Salah satu kelompok yang rawan terhadap permasalahan gizi adalah balita. Permasalahan gizi yang sering terjadi pada balita yaitu *stunting*, *wasting* dan *overweight*. Pendapatan rumah tangga dan ketahanan pangan rumah tangga merupakan faktor tidak langsung yang dapat mempengaruhi status gizi seseorang. Tujuan penelitian ini adalah untuk mengetahui hubungan tingkat pendapatan rumah tangga dan ketahanan pangan rumah tangga dengan status gizi balita di Kelurahan Lembah Damai Kecamatan Rumbai Pesisir.

Jenis penelitian ini adalah penelitian kuantitatif dengan desain penelitian *cross sectional*. Sampel dalam penelitian ini adalah ibu yang mempunyai balita usia 24-59 bulan yang berjumlah 71. Teknik pengambilan sampel menggunakan *purposive sampling*. Variabel penelitian ini mencakup tingkat pendapatan rumah tangga, ketahanan pangan rumah tangga dengan teknik pengumpulan data menggunakan kuesioner dan status gizi balita dengan teknik pengumpulan datanya menggunakan pengukuran antropometri, yang kemudian dianalisis dengan uji statistik *Chi-Square*.

Hasil penelitian menunjukkan tidak ada hubungan antara tingkat pendapatan dengan status gizi balita ( $p=0.182$ ) dan terdapat hubungan antara tingkat ketahanan pangan keluarga dengan status gizi balita ( $p=0.003$ ).

**Kata Kunci : Status Gizi, Pendapatan Rumah Tangga, Ketahanan Pangan**

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PROGRAM STUDY DIPLOMA III OF NUTRITION**

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**THE RELATIONSHIP BETWEEN HOUSEHOLD INCOME LEVEL AND  
HOUSEHOLD FOOD SECURITY LEVEL WITH NUTRITIONAL STATUS  
OF TODDLERS BW/BT (BODY WEIGHT/BODY HEIGHT) IN VILLAGE  
OF LEMBAH DAMAI DISTRICT RUMBAI**

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**ABSTRACT**

One of the groups that are prone to nutritional problems are toddlers. Nutritional problems that often occur in toddlers are *stunting*, *wasting* and *overweight*. Household income and household food security are indirect factors that can affect a person's nutritional status. The purpose of this study was to determine the relationship between household income level and household food security level with nutritional status of toddlers BW/BT (Body Weight/Body Height) in village of Lembah Damai District Rumbai.

This type of research is a quantitative research with a cross-sectional research design. The sample in this study were mothers who had toddlers aged 24-59 months, totaling 71. Sampling technique using purposive sampling. The variables of this study include the level of household income, the level of household food security with data collection techniques using a questionnaire and the nutritional status of children under five with data collection techniques using anthropometric measurements, which are then analyzed using the chi square statistical test.

The results showed that there was no relationship between the level of household income and the nutritional status of children under five ( $p=0.182$ ) and there was a relationship between the level of family food security and the nutritional status of children under five ( $p=0.003$ ).

**Key Words : Nutritional Status, Household Income, Household Food Security**