

ABSTRAK

FASYA RAFLIA PUTRI. (Analisis Hubungan Berat Badan Lahir dan Sosial Ekonomi dengan Status Gizi Balita di Kota Pekanbaru). Dibimbing oleh MUHARNI dan ALKAUSYARI AZIZ.

Masalah status gizi balita masih menjadi isu kesehatan masyarakat yang dipengaruhi faktor langsung dan tidak langsung, termasuk berat badan lahir dan sosial ekonomi keluarga. Penelitian ini bertujuan menganalisis hubungan berat badan lahir dan sosial ekonomi dengan status gizi balita di Pekanbaru berdasarkan indikator BB/U, TB/U, dan BB/TB. Penelitian menggunakan desain observasional analitik dengan pendekatan cross-sectional memakai data sekunder Survei Kesehatan dan Status Gizi Balita TBL Perencanaan Program Gizi Tahun 2025. Sampel sebanyak 360 balita dengan teknik total sampling. Analisis dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dan *Fisher's Exact Test*. Hasil penelitian menunjukkan terdapat hubungan signifikan antara berat badan lahir dengan status gizi berdasarkan BB/U ($p=0,010$), namun tidak pada TB/U ($p=1,000$) dan BB/TB ($p=0,200$). Pendidikan ayah berhubungan signifikan dengan BB/U ($p=0,046$), demikian pula pendidikan ibu ($p=0,028$), tetapi tidak pada indikator lain. Pekerjaan ayah, pekerjaan ibu, dan pengeluaran keluarga tidak menunjukkan hubungan signifikan dengan status gizi berdasarkan seluruh indikator ($p>0,05$). Disimpulkan bahwa berat badan lahir dan pendidikan orang tua berhubungan dengan status gizi balita, terutama berdasarkan indikator BB/U, sehingga perlu perhatian dalam upaya pencegahan masalah gizi sejak dini pada balita.

Kata kunci: berat badan lahir, sosial ekonomi, status gizi, balita, BB/U.

ABSTRACT

FASYA RAFLIA PUTRI. (Analysis of the Relationship Between Birth Weight and Socioeconomic Factors with Nutritional Status of Children Under Five in Pekanbaru City). Supervised by MUHARNI and ALKAUSYARI AZIZ.

Nutritional status problems among children under five remain a public health concern influenced by direct and indirect factors, including birth weight and family socioeconomic status. This study aimed to analyze the relationship between birth weight, socioeconomic factors, and the nutritional status of children under five in Pekanbaru based on the indicators of weight-for-age (W/A), height-for-age (H/A), and weight-for-height (W/H). This analytical observational study used a cross-sectional design with secondary data from the 2025 Health and Nutritional Status Survey of Children Under Five conducted during the Nutrition Program Planning Field Practice. A total of 360 children under five were included using total sampling. Data were analyzed using univariate analysis and *Chi-Square* or *Fisher's Exact* tests. Birth weight was significantly associated with nutritional status based on W/A ($p=0.010$), but not H/A ($p=1.000$) or W/H ($p=0.200$). Father's education ($p=0.046$) and mother's education ($p=0.028$) were significantly associated with W/A, whereas father's occupation, mother's occupation, and family expenditure showed no significant association with any nutritional status indicator ($p>0.05$). Birth weight and parental education were associated with the nutritional status of children under five, particularly based on the W/A indicator, highlighting the importance of early prevention of nutritional problems.

Keywords: birth weight, socioeconomic factors, nutritional status, children under five, weight-for-age.