

ABSTRAK

ARFINA IZZATUL ISLAMI. Gambaran Riwayat Pemberian Obat Cacing, Praktik Kebersihan Diri dan Status Gizi Balita Di Kota Pekanbaru (Data Survei Gizi dan Kesehatan Balita PPG 2025). Dibimbing oleh Sri Mulyani, STP, M.Si dan Muharni, SP, M.Gizi.

Masalah gizi pada balita masih menjadi perhatian dalam bidang kesehatan karena dapat memengaruhi pertumbuhan dan perkembangan anak. Upaya menjaga kesehatan balita dapat dilakukan melalui pemberian dan konsumsi obat cacing serta penerapan kebersihan diri, termasuk mencuci tangan menggunakan sabun. Penelitian ini bertujuan untuk mengetahui gambaran riwayat mendapatkan dan mengonsumsi obat cacing, kebiasaan ibu mencuci tangan menggunakan sabun, serta status gizi balita di Kota Pekanbaru. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan desain *cross-sectional* menggunakan Data Sekunder Survei Gizi Dan Kesehatan Balita PBL PPG tahun 2025. Sampel penelitian berjumlah 360 balita dari 18 puskesmas di Kota Pekanbaru. Hasil penelitian menunjukkan bahwa sebanyak 279 balita (77,5%) mendapatkan obat cacing dan 81 balita (22,5%) tidak mendapatkan obat cacing. Sebanyak 218 balita (60,6%) mengonsumsi obat cacing dan 142 balita (39,4%) tidak mengonsumsi obat cacing. Kebiasaan ibu mencuci tangan menggunakan sabun saat tangan kotor sebesar 90,6%, sebelum menyiapkan makanan 91,4%, sebelum menyuapi anak 88,3%, setelah buang air besar 81,4%, dan setelah menceboki anak 80,3%. Berdasarkan indikator BB/U, sebanyak 279 balita (77,5%) memiliki berat badan normal, berdasarkan PB/U atau TB/U sebanyak 270 balita (75,0%) memiliki panjang atau tinggi badan normal, dan berdasarkan BB/PB atau BB/TB sebanyak 280 balita (77,8%) memiliki status gizi baik. Kesimpulannya, sebagian besar balita mendapatkan obat cacing dan memiliki status gizi normal atau baik serta sebagian besar ibu telah menerapkan kebiasaan mencuci tangan menggunakan sabun.

Kata kunci: balita, obat cacing, kebersihan diri, mencuci tangan, status gizi.

ABSTRACT

ARFINA IZZATUL ISLAMI. Overview of Deworming History, Personal Hygiene Practices, and Nutritional Status of Children Under Five in Pekanbaru City (Nutrition and Health Survey Data Secondary for Toddlers PBL PPG 2025). Supervised by Sri Mulyani, STP, M.Si dan Muharni, SP , M.Gizi.

Nutritional issues among children under five remain a public health concern due to their impact on child growth and development. Efforts to safeguard the health of these children include the administration and consumption of deworming medication and the practice of personal hygiene habits, such as handwashing with soap. This study aimed to examine the history of deworming medication receipt and consumption, mothers' handwashing habits (using soap), and the nutritional status of children under five in Pekanbaru City. This was a quantitative descriptive study with a cross-sectional design, utilizing Nutrition and Health Survey Data Secondary for Toddlers PBL PPG 2025. The study sample consisted of 360 children under five from 18 Community Health Centers (Puskesmas) in Pekanbaru City. The results showed that 279 children (77.5%) received deworming medication, while 81 children (22.5%) did not. Regarding consumption, 218 children (60.6%) consumed the medication, whereas 142 children (39.4%) did not. Mothers' handwashing habits with soap were recorded as follows: 90.6% when hands were dirty, 91.4% before preparing food, 88.3% before feeding the child, 81.4% after defecating, and 80.3% after cleaning the child following defecation. Based on the weight-for-age (W/A) indicator, 279 children (77.5%) had normal weight; based on the length/height-for-age (L/A or H/A) indicator, 270 children (75.0%) had normal length or height; and based on the weight-for-length/height (W/L or W/H) indicator, 280 children (77.8%) had good nutritional status. In conclusion, the majority of children under five received deworming medication and had normal or good nutritional status, and most mothers practiced handwashing with soap.

Keywords: toddlers, deworming medication, personal hygiene, handwashing, nutritional status.