

ABSTRAK

LAYRA MARTFARENZA. Gambaran Status Gizi, Sumber Air Minum, Sumber Makanan Harian, Praktik Mencuci Tangan Ibu dan Kejadian Diare pada Balita di Kota Pekanbaru (Data Survei Gizi dan Kesehatan Balita Tahun 2025, PBL-PPG). Dibimbing oleh DEWI RAHAYU, SP,M.Si dan YESSI MARLINA, S.Gz, MPH.

Diare merupakan salah satu masalah kesehatan yang masih sering terjadi pada balita. Penelitian ini bertujuan untuk mengetahui gambaran status gizi, sumber air minum, sumber makanan harian, praktik mencuci tangan ibu dan kejadian diare pada balita di Kota Pekanbaru tahun 2025. Penelitian ini menggunakan desain *cross-sectional* dengan menggunakan data sekunder Survei Gizi dan Kesehatan Balita tahun 2025. Sampel penelitian berjumlah 327 balita usia 6 – 59 bulan. Hasil penelitian menunjukkan bahwa sebagian besar balita memiliki status gizi baik berdasarkan indikator BB/TB yaitu sebanyak 256 balita (78,3%). Sumber air minum yang paling banyak digunakan adalah air isi ulang sebanyak 232 responden (70,9%) , sedangkan sumber makanan harian balita sebagian besar berasal dari masakan yang diolah sendiri di rumah sebanyak 293 balita (89,6%). Praktik mencuci tangan ibu menggunakan sabun menunjukkan bahwa sebanyak 228 ibu (69,7%) memiliki praktik CTPS kategori baik, dengan persentase tertinggi pada praktik mencuci tangan sebelum menyiapkan makanan yaitu 92,0%. Kejadian diare dalam satu bulan terakhir ditemukan pada 53 balita (16,2%), sedangkan 274 balita (83,8%) tidak mengalami diare. Kesimpulan penelitian ini menunjukkan bahwa sebagian besar balita di Kota Pekanbaru memiliki status gizi baik, menggunakan air isi ulang sebagai sumber air minum, mengonsumsi masakan yang diolah sendiri di rumah, dan memiliki ibu dengan praktik cuci tangan pakai sabun yang baik. Meskipun mayoritas balita tidak mengalami diare, upaya pencegahan tetap perlu ditingkatkan melalui penerapan perilaku hidup bersih dan sehat.

Kata kunci: Balita, Diare, Status gizi, Sumber air minum, Sumber makanan harian, Cuci tangan pakai sabun.

ABSTRACT

LAYRA MARTFARENZA. Overview of Nutritional Status, Drinking Water Sources, Daily Food Sources, Mothers' Handwashing Practices and the Incidence of Diarrhea among Children Under Five in Pekanbaru City (Data from the 2025 Toddler Nutrition and Health Survey, PBL-PPG). Supervised by DEWI RAHAYU, SP., M.Si and YESSI MARLINA, S.Gz., MPH.

Diarrhea remains a common health problem among young children. This study aimed to describe the nutritional status, drinking water sources, daily food sources, maternal handwashing practices, and the incidence of diarrhea among children under five in Pekanbaru City in 2025. This study employed a cross-sectional design using secondary data from the 2025 Nutrition and Health Survey of Children Under Five. The study included 327 children aged 6–59 months. The results showed that most children had normal nutritional status based on the weight-for-height (WFH) index, with 256 children (78.3%) classified as having normal nutritional status. The most commonly used drinking water source was refilled drinking water, used by 232 respondents (70.9%), while the majority of children consumed home-cooked meals prepared at home, accounting for 293 children (89.6%). Maternal handwashing practices using soap indicated that 228 mothers (69.7%) had good handwashing practices, with the highest compliance observed for handwashing before food preparation (92.0%). Diarrhea within the previous month was reported in 53 children (16.2%), while 274 children (83.8%) had not experienced diarrhea. In conclusion, most children under five in Pekanbaru City had normal nutritional status, used refilled drinking water as their primary drinking water source, consumed home-cooked meals, and had mothers with good handwashing practices using soap. Although the majority of children did not experience diarrhea, preventive efforts should continue to be strengthened through the promotion of clean and healthy living behaviors.

Keywords: Children under five, Diarrhea, Nutritional status, Drinking water source, Daily food source, Hand washing with soap.