ABSTRAK

ANNISA SALSABILA, Hubungan Keberagaman Makanan Terhadap Status Gizi (TB/U) pada Balita Usia 24-59 Bulan di Wilayah Kota Pekanbaru, Dibimbing oleh Yessi Marlina, S.Gz,M.P.H. Dietisien dan Falinda Oktariani, M.P.d

Stunting pada balita masih menjadi masalah gizi kronis yang perlu mendapat perhatian, salah satunya dipengaruhi oleh rendahnya keberagaman makanan yang dikonsumsi. Penelitian ini bertujuan untuk mengetahui hubungan keberagaman makanan terhadap status gizi berdasarkan indikator Tinggi Badan menurut Umur (TB/U) pada balita usia 24-59 bulan di Kota Pekanbaru. Penelitian menggunakan desain deskriptif dengan analisis data sekunder Survei Gizi dan Kesehatan Balita tahun 2025, melibatkan 224 balita dari 18 Puskesmas dengan teknik purposive sampling. Data dianalisis secara univariat dan bivariat menggunakan uji Chi-Square. Hasil menunjukkan bahwa 78,1% balita memiliki status gizi normal dan 21,9% mengalami status gizi pendek (stunting), sedangkan 78,6% balita mengonsumsi makanan yang beragam. Terdapat hubungan yang signifikan antara keberagaman makanan dengan status gizi balita (p = 0,000), di mana seluruh balita (100%) dengan konsumsi makanan tidak beragam berstatus gizi pendek, sedangkan balita dengan konsumsi makanan beragam sebagian besar (99,4%) berstatus gizi normal. Hasil ini menunjukkan bahwa semakin beragam makanan yang dikonsumsi balita, semakin rendah risiko stunting. Penelitian menyimpulkan bahwa keberagaman makanan berperan penting dalam mendukung pertumbuhan linear balita, sehingga edukasi gizi mengenai pola makan beragam, khususnya sumber protein hewani, perlu ditingkatkan melalui posyandu dan puskesmas guna mencegah stunting.

Kata Kunci: Balita, Keberagaman Makanan, Status Gizi, Stunting.

ABSTRACT

ANNISA SALSABILA. The Relationship between Dietary Diversity and Nutritional Status (HAZ) among Children Aged 24–59 Months in Pekanbaru City. Supervised by Yessi Marlina, S.Gz, M.P.H. Dietisien and Falinda Oktariani, M.Pd.

Stunting among children under five remains a chronic nutritional problem of concern, one of the contributing factors being low dietary diversity. This study aimed to determine the relationship between dietary diversity and nutritional status based on the Height-for-Age (HAZ) indicator among children aged 24–59 months in Pekanbaru City. The study used a descriptive design with secondary data analysis from the 2025 Nutrition and Health Survey of Children, involving 224 children from 18 Community Health Centers (Puskesmas) selected through purposive sampling. Data were analyzed using univariate and bivariate analysis with the Chi-Square test. The results showed that nutritional status consisted of 3.1% tall, 74.9% normal, 16.1% stunted, and 6.3% severely stunted, while 78.6% of children consumed a diverse diet. There was a significant relationship between dietary diversity and nutritional status ($p = 0.000$), where children with low dietary diversity were entirely classified as stunted/severely stunted, whereas most children with diverse diets (99.4%) had normal/tall nutritional status. These findings indicate that the more diverse a child's diet, the lower the risk of stunting. The study concludes that dietary diversity plays an important role in supporting children's linear growth, so nutrition education on diverse eating patterns—particularly animal-source protein intake—should be strengthened through posyandu (integrated health posts) and Puskesmas to prevent stunting.

Keywords: Children Under Five, Dietary Diversity, Nutritional Status, Stunting.