

ABSTRAK

ELISABETH WIJAYANTI. Gambaran Status Sosial Ekonomi Keluarga dan Status Gizi Balita Usia 6-59 Bulan di Wilayah Kerja Puskesmas Melur. Dibimbing oleh IRMA SUSAN PARAMITA dan NUR KHOLIS.

Status gizi balita dipengaruhi oleh kondisi sosial ekonomi keluarga yang mencakup pendidikan, pekerjaan, pendapatan, dan jumlah anggota keluarga. Di Kota Pekanbaru, prevalensi *underweight* sebesar 15,9% berdasarkan SKI 2023. Penelitian ini bertujuan untuk mengetahui gambaran status sosial ekonomi keluarga dan status gizi balita usia 6–59 bulan di wilayah kerja Puskesmas Melur. Jenis penelitian ini adalah deskriptif dengan desain *cross-sectional* menggunakan data sekunder hasil survei Perencanaan Program Gizi (PPG) Tahun 2025. Sampel berjumlah 24 balita yang diambil dengan teknik *total sampling*. Hasil penelitian menunjukkan bahwa pendidikan ibu paling banyak berada pada kategori sedang (50,0%), pekerjaan ayah paling banyak adalah wiraswasta (50,0%), dan pekerjaan ibu paling banyak adalah ibu rumah tangga (79,2%). Pendapatan keluarga paling banyak berada pada kategori tinggi (66,7%), sedangkan kategori rendah sebesar 33,3%. Jumlah anggota keluarga paling banyak berada pada kategori sedang, yaitu 4–6 orang (62,5%). Berdasarkan status gizi BB/U, sebanyak 25,0% balita mengalami *underweight*. Simpulan penelitian ini adalah masalah gizi pada balita di wilayah kerja Puskesmas Melur masih tergolong tinggi dan perlu penanganan yang komprehensif melalui pendekatan sosial ekonomi keluarga.

Kata kunci: balita, jumlah anggota keluarga, pekerjaan, pendapatan keluarga, pendidikan ibu, status gizi

ABSTRACT

ELISABETH WIJAYANTI. Description of Family Socioeconomic Status and Nutritional Status of Children Under Five Aged 6-59 Months in the Working Area of Puskesmas Melur. Supervised by IRMA SUSAN PARAMITA and NUR KHOLIS.

The nutritional status of children under five is influenced by family socioeconomic conditions, including education, occupation, income, and family size. In Pekanbaru City, the prevalence of *underweight* was 15.9% based on the 2023 Indonesian Health Survey (SKI). This study aimed to describe the family socioeconomic status and nutritional status of children aged 6–59 months in the working area of Melur Public Health Center. This study used a descriptive *cross-sectional* design with secondary data from the 2025 Nutrition Program Planning (PPG) survey. The sample consisted of 24 children selected using *total sampling*. The results showed that maternal education was most frequently in the moderate category (50.0%), fathers' occupation was most frequently self-employment (50.0%), and mothers' occupation was most frequently homemaking (79.2%). Family income was most frequently in the high category (66.7%), while 33.3% was in the low category. Family size was most frequently in the moderate category, consisting of 4–6 family members (62.5%). Based on nutritional status assessed using weight-for-age (W/A), 25.0% of the children were underweight. This study concludes that nutritional problems among children under five in the working area of Melur Public Health Center remain relatively high and require comprehensive management through a family socioeconomic approach.

Keywords: children under five, family income, family size, nutritional status, occupation, maternal education.