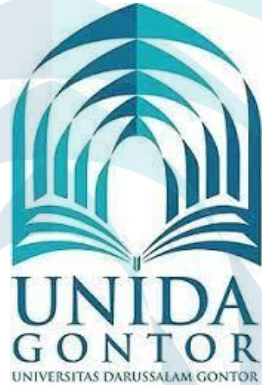


THESIS
**THE RELATIONSHIP BETWEEN SOCIO-ECONOMIC, EATING
PATTERNS AND EXCLUSIVE BREASTFEEDING WITH
UNDERNUTRITION IN TODDLERS IN MERAK VILLAGE**



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PONOROGO**

2025

APPROVAL SHEET

THESIS DEFENCE

It is hereby stated that the thesis with the title :

**THE RELATIONSHIP BETWEEN SOCIO-ECONOMIC, EATING PATTERNS AND
EXCLUSIVE BREASTFEEDING WITH UNDERNUTRITION IN TODDLERS IN
MERAK VILLAGE**

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It has been reviewed and recommended to meet scientific standards, in terms of both scope and quality

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I sincerely declare that the research contained in this thesis is my own work and does not belong to anyone else. This thesis has never been published before, except for some parts with original references.

If in the future it is found that this work is plagiarism, I am ready to be given administrative and academic sanctions.

Ponorogo, February 5th 2025

Writer

A red official stamp from Universitas Darussalam Gontor is visible, featuring a Garuda emblem and the text "UNIVERSITAS DARUSSALAM GONTOR". A handwritten signature in blue ink is written over the stamp.

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ABSTRACT

THE RELATIONSHIP BETWEEN SOCIO-ECONOMIC, EATING PATTERNS AND EXCLUSIVE BREASTFEEDING WITH UNDERNUTRITION IN TODDLERS IN MERAK VILLAGE

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One of the most common nutritional problems in Indonesia is undernutrition among toddlers. According to WHO, approximately 17% or 98 million toddlers in developing countries experience undernutrition. Undernutrition is influenced by socioeconomic factors, dietary patterns, and exclusive breastfeeding. This study aims to analyze the relationship between socioeconomic factors, dietary patterns, and exclusive breastfeeding with undernutrition in toddlers in Merak Village. This study was a case-control design with a sample size of 50 for each group, calculated using the Lemeshow formula and selected through purposive sampling. The dependent variable of this study is undernutrition, which was measured using weight-for-age (W/A). Data analysis was analyzed by chi-square tests and multivariate analysis through logistic regression. The research instruments included questionnaires. The bivariate test results obtained significant relationships between undernutrition and several factors were family income (p-value 0.012; OR 0.316), meal frequency (p-value 0.000; OR 11.156), food intake amount (p-value 0.000; OR 24.571), and exclusive breastfeeding (p-value 0.000; OR 0.141). Meanwhile, no significant relationships were found for maternal education (p-value 0.288; OR 0.566), father's occupation (p-value 0.691; OR 1.000), and mother's occupation (p-value 0.161; OR 1.909). The multivariate test results indicated that meal frequency, food intake amount, and exclusive breastfeeding are factors influencing undernutrition in toddlers. The most dominant factor is exclusive breastfeeding. Conclusion family income, dietary patterns, and exclusive breastfeeding are risk factors for undernutrition in toddlers.

Keywords: Socioeconomics, eating patterns, exclusive breastfeeding, undernutrition, toddlers.

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ABSTRAK

HUBUNGAN ANTARA SOSIAL EKONOMI, POLA MAKAN DAN PEMBERIAN ASI EKSKLUSIF DENGAN GIZI KURANG PADA BALITA DI DESA MERAK

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Salah satu masalah gizi yang paling banyak terjadi di Indonesia yaitu gizi kurang pada balita. Menurut WHO bahwa sekitar 17% atau 98 juta balita di negara-negara berkembang mengalami gizi kurang. Gizi kurang dipengaruhi oleh sosial ekonomi, pola makan dan pemberian ASI eksklusif. Penelitian ini bertujuan untuk menganalisis hubungan antara sosial ekonomi, pola makan dan pemberian ASI eksklusif dengan gizi kurang di Desa Merak. Metode penelitian ini *case control* dengan sampel jumlah 50 masing-masing kelompok dihitung menggunakan rumus *lemeshow* dan menggunakan metode *purposive sampling*. Variabel terikat penelitian ini adalah gizi kurang yang diukur menggunakan BB/U. Analisis data menggunakan uji *chi-square* dan multivariat menggunakan uji regresi logistik. Instrumen penelitian menggunakan kuesioner. Hasil uji bivariat diperoleh hubungan signifikan yaitu pendapatan keluarga *p-value* 0,012;OR 0,316, frekuensi makan *p-value* 0,000;OR 11,156, jumlah asupan makan *p-value* 0,000;OR 24,571 dan pemberian ASI *p-value* 0,000;OR 0,141 dan hasil tidak ada hubungan yaitu pendidikan ibu *p-value* 0,288;OR 0,566, pekerjaan ayah *p-value* 0,691;OR 1,000 dan pekerjaan ibu *p-value* 0,161;OR 1,909. Hasil uji multivariat yaitu bahwa frekuensi makan, jumlah asupan makan dan pemberian ASI eksklusif merupakan faktor yang mempengaruhi gizi kurang pada balita. Adapun faktor yang paling dominan adalah pemberian ASI eksklusif. Kesimpulan yaitu pendapatan keluarga, pola makan dan pemberian ASI eksklusif merupakan faktor risiko terjadinya gizi kurang pada balita.

Kata kunci: Sosial ekonomi, pola makan, pemberian ASI eksklusif, gizi kurang, balita.

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The author realizes that this writing is far from perfect, therefore, the author is open to all suggestions and criticism so that this thesis can benefit us all.

Ponorogo, 1 Januari 2025

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