

ABSTRAK

**HUBUNGAN KEBIASAAN POLA MAKAN DAN PERILAKU GERAKAN
TUTUP MULUT (GTM) DENGAN STATUS GIZI PADA BALITA USIA 12
– 59 BULAN DI PUSKESMAS CIPADUNG**

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ABSTRAK

Status gizi balita masih menjadi permasalahan penting di berbagai wilayah, termasuk di wilayah kerja Puskesmas Cipadung Kota Bandung. Penyebabnya adalah kebiasaan pola makan yang kurang tepat sebanyak 25-50%, serta perilaku gerakan tutup mulut sebanyak 50-60%. Penelitian ini bertujuan untuk mengetahui hubungan antara kebiasaan pola makan dan perilaku GTM dengan status gizi pada balita usia 12–59 bulan di Puskesmas Cipadung. Penelitian ini menggunakan observasi analitik dengan desain *cross sectional*. Sampel sebanyak 89 balita diperoleh melalui teknik *proportional random sampling*. Instrumen pengumpulan data berupa kuesioner *Child Feeding Questionnaire* (CFQ) untuk pola makan, *Children Eating Behavior Questionnaire* (CEBQ) untuk GTM, dan pengukuran antropometri untuk status gizi. Data dianalisis secara *univariat* dan *bivariat* menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa sebagian besar balita memiliki pola makan yang tepat (73%) dan tidak mengalami GTM (64%), serta mayoritas memiliki status gizi baik (58,4%). Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara kebiasaan pola makan dengan status gizi ($p = 0,000$), namun tidak terdapat hubungan yang signifikan antara perilaku GTM dengan status gizi ($p = 0,899$). Simpulan dari penelitian ini adalah bahwa kebiasaan pola makan berpengaruh terhadap status gizi balita, sedangkan perilaku GTM tidak berpengaruh secara signifikan. Disarankan kepada tenaga kesehatan untuk lebih fokus dalam memberikan edukasi mengenai pentingnya penerapan pola makan yang seimbang sejak dini guna mencegah permasalahan gizi pada balita.

Kata Kunci : Balita, Gerakan Tutup Mulut, Kebiasaan Pola Makan, Status Gizi
Referensi : 57 Referensi 2016-2025

ABSTRACT
THE RELATIONSHIP BETWEEN DIETARY HABITS AND BEHAVIOR
OF THE MOUTH SHUT UP MOVEMENT (GTM) WITH NUTRITIONAL
STATUS IN TODDLERS AGED 12 – 59 MONTHS AT THE CIPADUNG
HEALTH CENTER

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ABSTRACT

The nutritional status of toddlers is still an important problem in various regions, including in the work area of the Cipadung Health Center in Bandung City. The cause is 25-50% inappropriate eating habits, as well as 50-60% of the behavior of closing mouth movements. This study aims to determine the relationship between dietary habits and GTM behavior and nutritional status in toddlers aged 12–59 months at the Cipadung Health Center. This study uses analytical observation with *a cross sectional* design. A sample of 89 toddlers was obtained through *proportional random sampling* technique. The data collection instruments were *in the form of a Child Feeding Questionnaire (CFQ)* questionnaire for diet, *a Children Eating Behavior Questionnaire (CEBQ)* for GTM, and anthropometric measurements for nutritional status. The data were analyzed *univariate* and *bivariate* using *the Chi-Square* test. The results showed that most of the toddlers had the right diet (73%) and did not experience GTM (64%), and the majority had good nutritional status (58.4%). The results of the statistical test showed that there was a significant relationship between dietary habits and nutritional status ($p = 0.000$), but there was no significant relationship between GTM behavior and nutritional status ($p = 0.899$). The conclusion of this study is that dietary habits have an effect on the nutritional status of toddlers, while GTM behavior does not have a significant effect. It is recommended to health workers to focus more on providing education on the importance of implementing a balanced diet from an early age to prevent nutritional problems in toddlers.

Keywords : Toddlers, Mouth Movement, Dietary Habits, Nutritional Status
Reference : 57 References 2016-2025