

ABSTRAK

Budaya Konsumsi Pangan Lokal “Nirmeniran” Terhadap Peningkatan Status Gizi Balita Di Desa Longos Tahun 2024

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Pendahuluan: Kabupaten Sumenep merupakan salah satu daerah di Jawa Timur yang termasuk dalam kategori penderita gizi kurang dengan jumlah terbanyak. Puskesmas Gapura telah mencatat angka kejadian gizi kurang di Desa Longos pada tahun 2022 tercatat sebanyak 8%. Tujuan penelitian untuk mengetahui adakah hubungan budaya konsumsi pangan lokal “Nirmeniran” terhadap peningkatan status gizi pada balita di Desa Longos. **Metode penelitian:** Kuantitatif dengan jenis penelitian korelasi atau asosiasi. Responden penelitian ini adalah ibu balita di Desa Longos. Teknik pengambilan sampel menggunakan teknik *Random Sampling*, dengan sample 63 ibu balita. Pengumpulan data menggunakan kuisioner dan observasi BB/TB. Uji statistic menggunakan uji *Spearman's Rho Correlation*. **Hasil penelitian:** Menunjukkan sebagian besar ibu balita di Desa Longos sering memberikan minuman atau jamu dengan kandungan pangan lokal “Nirmeniran” kepada anaknya, dan sebagian besar balita memiliki status gizi baik. Hasil uji statistik menunjukkan ρ value = 0,000 dengan nilai $\alpha = 0,05$, jadi $\rho (0,000) < \alpha (0,05)$ yang berarti ada hubungan antara budaya konsumsi pangan lokal “Nirmeniran” terhadap peningkatan status gizi balita di Desa Longos tahun 2024. **Kesimpulan:** Ada hubungan antara budaya konsumsi pangan lokal “Nirmeniran” terhadap peningkatan status gizi balita di Desa Longos tahun 2024. Oleh karena itu diharapkan untuk memberikan pengetahuan terkait pemanfaatan pangan lokal “Nirmeniran” dalam meningkatkan status gizi balita sehingga dapat mencegah atau mengurangi angka gizi kurang.

Kata Kunci : Budaya Konsumsi Pangan Lokal, “Nirmeniran”, Status Gizi

ABSTRACT

Local Food Consumption Culture "Nirmeniran" Towards Improving the Nutritional Status of Toddlers in Longos Village in 2024

By: Anisa

Introduction: Sumenep regency is one of the regions in East Java, and it is included in the category of underweight sufferers with the highest number. Gapura Health Center has recorded a nutritional inactivity rate in Longos Village in 2022 at 8%. The study aimed to determine whether the local food consumption "Nirmeniran" is related to improving the nutritional status of toddlers in Longos village. Research method: This research was quantitative research with a type of correlation or association. The respondents were mothers of toddlers in Longos Village. The sampling technique used the Random Sampling technique, with 63 respondents. Data collection used questionnaires and BB/TB observations. The statistical test used Spearman's Rho Correlation test. Research results showed that most mothers of toddlers in Longos Village often give drinks or herbal medicine with local food, "Nirmeniran" to their children, and most toddlers have good nutritional status. The results of the statistical test show that p value = 0.000 with a value of $\alpha = 0.05$, so p (0.000) < α (0.05), which means that there is a relationship between the local food consumption culture "Nirmeniran" and the improvement of the nutritional status of toddlers in Longos Village in 2024. Conclusion: There is a relationship between the local food consumption culture "Nirmeniran" and the improvement of the nutritional status of toddlers in Longos Village in 2024. Therefore, it is expected to provide knowledge related to the use of local food, "Nirmeniran," to improve the nutritional status of toddlers so that they can prevent or reduce the amount of undernutrition.

Keywords: Local Food Consumption Culture, "Nirmeniran", Nutritional Status