Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

DISTRIBUSI REGIONAL KEKURANGAN MIKRONUTRIEN PADA ANAK USIA DINI DI INDONESIA: ANALISIS BERDASARKAN DATA SSGI

SKRIPSI

OLEH:

NI KETUT PUTRI ANGGRENI

202210420311122

PROGRAM STUDI ILMU KEPERAWATAN

FAKULTAS ILMU KESEHATAN

UNIVERSITAS MUHAMMADIYAH MALANG

2026

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Ilmu Keperawatan

LEMBAR PENGESAHAN

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DISTRIBUSI REGIONAL KEKURANGAN MIKRONUTRIEN PADA ANAK USIA DINI DI INDONESIA :

ANALISIS BERDASARKAN DATA SSGI

SKRIPSI

Disusun oleh :

NI KETUT PUTRI ANGGRENI

NIM. 202210420311122

Skripsi ini Telah Disetujui

Pada Tanggal 30 Desember 2025

Pembimbing

Prof.Dr.Yoyok Bekti Prasetyo, M.Kep.,Sp.Kom

NIP. UMM 11203090405

Mengetahui,

Ketua Program Studi Ilmu Keperawatan

Fakultas Ilmu Kesehatan

Universitas Muhammadiyah Malang

Nur Alfi, S.Kep., Ns., M.Kep., Ph.D

NIP. UMM 11414100552

Ni Ketut Putri Anggreni
202210420311122
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DISTRIBUSI REGIONAL KEKURANGAN MIKRONUTRIEN PADA ANAK USIA DINI DI INDONESIA: ANALISIS BERDASARKAN DATA SSGI

SKRIPSI

Disusun Oleh:
Ni Ketut Putri Anggreni
NIM.202210420311122
Diujikan pada tanggal:

Penguji 1

Nur Melizza, S.Kep. Ns., M.Kep.
NIP.UMM. 140316091990

Penguji 2

Erma Wahyu Mashfufa S.Kep., Ns., M.Si
NIP.UMM. 11218030633

Penguji 3

Prof. Dr. Yoyok Bekti Prasetyo, M.Kep., Sp.Kom
NIP.UMM. 11203090405

Mengetahui,

Dr. apt. Hidajah Rachmawati, S.Si., Sp. FRS
NIP.UMM.11406090449

Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

SURAT PERNYATAAN

Saya yang bertanda tangan di bawah ini:

Nama : Ni Ketut Putri Anggreni

NIM : 202210420311122

Program Studi : Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang

Judul Skripsi : Distribusi Regional Kekurangan Mikronutrien Pada Anak Usia Dini Di Indonesia: Analisis Berdasarkan Data SSGI

Menyatakan dengan sebenarnya bahwa Tugas Akhir yang saya tulis ini benar-benar hasil karya saya sendiri, bukan merupakan pengambilalihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri. Apibila dikemudian hari dapat dibuktikan bahwa Tugas Akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Malang, 14 Januari 2026

Yang Membuat Pernyataan,

Ni Ketut Putri Anggreni

NIM. 202210420311122

Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

KATA PENGANTAR

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menjadi pribadi yang bertanggung jawab, disiplin, dan selalu berusaha memberikan yang terbaik untuk keluarga

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Penelitian ini disusun berdasarkan data sekunder dari Studi Status Gizi Indonesia (SSGI) yang diterbitkan oleh Kementerian Kesehatan Republik Indonesia. Data ini dianalisis lebih lanjut oleh penulis guna memperoleh temuan yang relevan dengan tujuan penelitian. Penulis mengucapkan terima kasih kepada pihak Kementerian Kesehatan RI yang telah menyediakan data tersebut sebagai sumber informasi yang sangat berguna dalam proses penelitian ini.

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Penulis

Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

DAFTAR ISI

Ni Ketut Putri Anggreni
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Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

ABSTRAK

Distribusi Regional Kekurangan Mikronutrien Pada Anak Usia Dini Di Indonesia: Analisis Berdasarkan Data SSGI

Ni Ketut Putri Anggreni[1], Yoyok Bekti Prasetyo[2], Nur Melizza[2], Erma Wahyu Mashfufa[4]

E-mail: niketutputrianggreni5@gmail.com

Pendahuluan: Kekurangan mikronutrien pada anak usia dini masih menjadi masalah kesehatan masyarakat di Indonesia karena berdampak pada pertumbuhan, perkembangan kognitif, dan daya tahan tubuh. Data Survei Status Gizi Indonesia (SSGI) menunjukkan prevalensi yang masih relatif tinggi dengan variasi antarwilayah. Faktor geografis, sosial ekonomi, serta karakteristik ibu seperti pendidikan dan pola pengasuhan diduga berperan dalam masalah ini.

Tujuan: Menganalisis distribusi regional dan faktor-faktor yang memengaruhi risiko kekurangan mikronutrien pada anak usia dini di Indonesia berdasarkan data SSGI.

Metode: Penelitian ini menggunakan desain analitik observasional dengan pendekatan potong lintang *(cross-sectional)* dan data sekunder SSGI. Sampel awal berjumlah 62.000 anak, kemudian diseleksi berdasarkan kriteria inklusi dan eksklusi sehingga diperoleh 19.381 responden. Analisis dilakukan secara univariat, bivariat dengan uji chi-square, dan multivariat menggunakan regresi logistik multinomial.

Hasil: Analisis univariat menunjukkan sebagian besar responden berasal dari wilayah WIB dan daerah perkotaan, dengan pendidikan ibu terbanyak tamat SLTA/MA. Analisis bivariat menunjukkan hubungan bermakna antara wilayah regional, pendidikan ibu, pekerjaan ibu, serta pola pemberian makan dengan risiko kekurangan mikronutrien ($p < 0,05$). Analisis multivariat menunjukkan anak di wilayah perkotaan memiliki risiko lebih rendah dibanding perdesaan (OR = 0,763; $p < 0,001$), serta anak di wilayah WITA lebih rendah dibanding WIT (OR = 0,576; $p < 0,001$). Risiko lebih tinggi ditemukan pada anak dengan ibu tidak bersekolah (OR = 1,309; $p = 0,045$) dan tamat SD/MI (OR = 1,289; $p = 0,011$). Pola makan selain ASI yang tidak baik juga meningkatkan risiko (OR = 1,281; $p = 0,005$).

Kesimpulan: Risiko kekurangan mikronutrien dipengaruhi faktor geografis dan karakteristik ibu, terutama pendidikan dan pola pemberian makan. Pendidikan ibu menunjukkan hubungan paling konsisten. Upaya pencegahan perlu dilakukan melalui edukasi gizi, penguatan layanan kesehatan, dan pemerataan intervensi gizi.

Kata Kunci: Kekurangan mikronutrien, anak usia dini, pendidikan ibu, SSGI

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[1] Mahasiswa Ilmu Keperawatan, Fakultas Ilmu Kesehatan, Universitas Muhammadiyah Malang, Indonesia

[2] Dosen Ilmu Keperawatan, Fakultas Ilmu Kesehatan, Universitas Muhammadiyah Malang, Indonesia

Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

[3] Dosen Ilmu Keperawatan, Fakultas Ilmu Kesehatan, Universitas Muhammadiyah Malang, Indonesia

[4] Dosen Ilmu Keperawatan, Fakultas Ilmu Kesehatan, Universitas Muhammadiyah Malang, Indonesia

Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

ABSTRACT

Regional Distribution of Micronutrient Deficiencies among Early Childhood in Indonesia

Ni Ketut Putri Anggreni[1], Yoyok Bekti Prasetyo[2], Nur Melizza[2], Erma Wahyu Mashfufa[4]

E-mail: niketutputrianggreni5@gmail.com

Introduction: Micronutrient deficiency among young children remains a major public health problem in Indonesia, affecting growth, cognitive development, and immune function. Data from the Indonesian Nutrition Status Survey (SSGI) indicate that prevalence remains relatively high and varies across regions. Geographical disparities, socioeconomic conditions, and maternal characteristics particularly education and caregiving practices are considered contributing factors.

Objective: To analyze the regional distribution and determinants of micronutrient deficiency among young children in Indonesia based on SSGI data.

Methods: This analytical observational study used a cross-sectional design with secondary data from SSGI. The initial sample included 62,000 children selected through stratified sampling. After applying inclusion, exclusion, and data completeness criteria, 19,381 respondents were analyzed. Variables included micronutrient status, residential area, maternal education, maternal employment, and post-exclusive breastfeeding feeding practices. Data were analyzed using univariate analysis, chi-square tests for bivariate analysis, and multinomial logistic regression for multivariate analysis.

Results: Most respondents lived in urban areas within the Western Indonesia Time (WIB) region, and most mothers had completed senior high school. Significant associations were found between regional location, maternal education, maternal employment, feeding practices, and micronutrient deficiency risk ($p < 0.05$). Multivariate analysis showed lower risk among urban children compared to rural (OR = 0.763; $p < 0.001$) and among those in WITA compared to WIT (OR = 0.576; $p < 0.001$). Higher risk was observed in children of mothers with no formal education (OR = 1.309; $p = 0.045$) and primary education (OR = 1.289; $p = 0.011$). Inappropriate feeding practices also increased risk (OR = 1.281; $p = 0.005$).

Conclusion: Micronutrient deficiency risk is influenced by geographic and maternal factors, with maternal education showing the most consistent association.

Keywords: Micronutrient deficiencies, early childhood, maternal education, SSGI

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[1] Student of Nursing, Faculty of Health Sciences, Universitas Muhammadiyah Malang, Malang, Indonesia

[2] Lecturer of Nursing, Faculty of Health Sciences, Universitas Muhammadiyah Malang, Malang, Indonesia

Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

[3] Lecturer of Nursing, Faculty of Health Sciences, Universitas Muhammadiyah Malang, Malang, Indonesia

[4] Lecturer of Nursing, Faculty of Health Sciences, Universitas Muhammadiyah Malang, Malang, Indonesia

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Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

Lampiran 4 Hasil Deteksi Plagiasi

UNIVERSITAS MUHAMMADIYAH MALANG

FAKULTAS ILMU KESEHATAN

ILMU KEPERAWATAN
s1-keperawatan.umm.ac.id | s1-keperawatan@umm.ac.id

SURAT KETERANGAN HASIL DETEKSI PLAGIASI

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro Tugas Akhir Prodi Program Studi Ilmu Keperawatan, Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang yang telah dilaksanakan pada 6/18/2025, pada karya ilmiah mahasiswa di bawah ini :

Nama : Ni Ketut Putri Anggreni
Nim : 202210420311122
Prodi : Ilmu Keperawatan
Judul Naskah : DISTRIBUSI REGIONAL KEKURANGAN MIKRONUTRIEN PADA ANAK USIA DINI DI INDONESIA: ANALISIS BERDASARKAN DATA SSGI
Jenis Naskah : Proposal Skripsi
Keperluan : Seminar Proposal

Hasilnya dinyatakan Memenuhi Syarat, dengan Rincian Sebagai Berikut :

No	Jenis Naskah	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1 (Pendahuluan)	10	10%
2.	Bab 2 (Tinjauan Pustaka)	25	15%
3.	Bab 3 & 4 (Kerangka Konsep / Metodologi)	35	18%
4.	Bab 5 & 6 (Hasil & Pembahasan)	15	
5.	Bab 7 (Kesimpulan & Saran)	5	
6.	Naskah Publikasi	25	

Keputusan : Lolos

Malang, 6/18/2025
Mengetahui,
Hormat Kami,

Edi Purwanto, MNg
Kaprodi

Muhammad Ari Arfianto, M.Kep.
Biro Skripsi

Catatan :
Pemeriksa : Muliyana S.Psi

Kampus I
Jl. Bandung 1 Malang, Jawa Timur
P: +62 341 551 253 (Hunting)
F: +62 341 460 435

Kampus II
Jl. Bendungan Sutami No.188 Malang, Jawa Timur
P: +62 341 551 149 (Hunting)
F: +62 341 582 060

Kampus III
Jl. Raya Tlogomas No.246 Malang, Jawa Timur
P: +62 341 464 318 (Hunting)
F: +62 341 460 435
E: webmaster@umm.ac.id

Ni Ketut Putri Anggreni
202210420311122
Ilmu Keperawatan

UNIVERSITAS MUHAMMADIYAH MALANG

FAKULTAS ILMU KESEHATAN

ILMU KEPERAWATAN
s1-keperawatan.umm.ac.id | s1-keperawatan@umm.ac.id

SURAT KETERANGAN HASIL DETEKSI PLAGIASI

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro Tugas Akhir Prodi Program Studi Ilmu Keperawatan, Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang yang telah dilaksanakan pada 12/30/2025, pada karya ilmiah mahasiswa di bawah ini :

Nama : Ni Ketut Putri Anggreni
Nim : 202210420311122
Prodi : Ilmu Keperawatan
Judul Naskah : Distribusi Regional Kekurangan Mikronutrien pada Anak Usia Dini Di Indonesia: Analisis Berdasarkan Data SSGI
Jenis Naskah : Skripsi
Keperluan : Seminar Hasil

Hasilnya dinyatakan Memenuhi Syarat, dengan Rincian Sebagai Berikut :

No	Jenis Naskah	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1 (Pendahuluan)	10	
2.	Bab 2 (Tinjauan Pustaka)	25	
3.	Bab 3 & 4 (Kerangka Konsep / Metodologi)	35	
4.	Bab 5 & 6 (Hasil & Pembahasan)	15	9%
5.	Bab 7 (Kesimpulan & Saran)	5	5%
6.	Naskah Publikasi	25	10%

Keputusan : Lolos

Mengetahui,

Nur Aini, M.Kep., PhD
Kaprodi

Malang, 12/30/2025
Hormat Kami,

Muhammad Ari Arfianto, M.Kep.
Biro Skripsi

Catatan :
Pemeriksa : Muliyana S.Psi

Kampus I
Jl. Bandung 1 Malang, Jawa Timur
P: +62 341 551 253 (Hunting)
F: +62 341 460 435

Kampus II
Jl. Bendungan Sutami No.188 Malang, Jawa Timur
P: +62 341 551 149 (Hunting)
F: +62 341 582 060

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Jl. Raya Tlogomas No.246 Malang, Jawa Timur
P: +62 341 464 318 (Hunting)
F: +62 341 460 435
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