

ABSTRAK

Status gizi merupakan salah satu faktor penting yang memengaruhi pertumbuhan dan perkembangan anak, terutama pada usia 18–24 bulan yang merupakan periode emas perkembangan. Gangguan status gizi dapat menghambat perkembangan anak apabila tidak terdeteksi dan ditangani sejak dini. Penelitian ini bertujuan untuk mengetahui hubungan status gizi dengan perkembangan anak usia 18–24 bulan di wilayah kerja UPTD Puskesmas Pangandaran. Penelitian menggunakan desain observasional analitik dengan pendekatan *cross sectional*. Subjek penelitian adalah 77 anak usia 18–24 bulan yang dipilih menggunakan teknik *proportional stratified sampling* dengan *quota sampling*. Data status gizi diperoleh melalui pengukuran berat badan dan panjang badan menggunakan timbangan digital serta length board/infantometer, kemudian diklasifikasikan berdasarkan standar antropometri WHO. Perkembangan anak diukur menggunakan Kuesioner Pra Skrining Perkembangan (KPSP). Analisis data dilakukan menggunakan uji Chi-Square dengan tingkat kemaknaan 95% ($\alpha = 0,05$). Hasil penelitian menunjukkan bahwa sebagian besar anak memiliki status gizi baik (70,1%) dan perkembangan sesuai (87%). Hasil uji Chi-Square menunjukkan terdapat hubungan yang signifikan antara status gizi dengan perkembangan anak usia 18–24 bulan ($\chi^2 = 53,834$; $p = 0,001$). Disimpulkan bahwa status gizi berhubungan secara signifikan dengan perkembangan anak. Oleh karena itu, pemantauan status gizi dan perkembangan secara rutin melalui posyandu perlu terus ditingkatkan sebagai upaya deteksi dini dan pencegahan gangguan tumbuh kembang anak.

Kata kunci: Balita, KPSP, Perkembangan Anak, Status Gizi

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND CHILD DEVELOPMENT AMONG CHILDREN AGED 18–24 MONTHS IN THE WORKING AREA OF UPTD PUSKESMAS PANGANDARAN IN 2026

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ABSTRACT

Nutrition status is one of the most important factors influencing children's growth and development, particularly at the age of 18–24 months, which is considered a critical period of development. Poor nutritional status may hinder child development if it is not identified and managed at an early stage. This study aimed to determine the relationship between nutritional status and the development of children aged 18–24 months in the working area of UPTD Puskesmas Pangandaran. This study employed an analytical observational design with a cross-sectional approach. The subjects were 77 children aged 18–24 months selected using a proportional stratified sampling and quota sampling sampling technique. Nutritional status data were obtained through body weight and body length measurements using a digital weighing scale and a length board/infantometer, then classified according to the World Health Organization (WHO) anthropometric standards. Child development was assessed using the Pre-Screening Developmental Questionnaire (Kuesioner Pra Skrining Perkembangan/KPSP). Data were analyzed using the Chi-Square test with a significance level of 95% ($\alpha = 0.05$). The results showed that most children had normal nutritional status (70.1%) and age-appropriate development (87%). The Chi-Square test indicated a significant relationship between nutritional status and child development among children aged 18–24 months ($\chi^2 = 53.834$; $p = 0.001$). It can be concluded that nutritional status is significantly associated with child development. Therefore, regular monitoring of nutritional status and child development through integrated health service posts (Posyandu) should be strengthened as an early detection and prevention strategy for growth and developmental disorders in children.

Keywords: *Toddlers, Developmental Pre-Screening Questionnaire (KPSP), Child Development, Nutritional Status*

