ABSTRAK

Kejadian banjir kerap menimbulkan hambatan pada rantai penyediaan pangan, sehingga akses keluarga terhadap makanan bergizi bagi bayi menjadi terbatas. Kondisi tersebut berpotensi menurunkan kualitas asupan gizi sekaligus menghambat capaian perkembangan motorik kasar, khususnya pada rentang usia 6–24 bulan yang merupakan fase krusial peralihan menuju MP-ASI. Tujuan penelitian ini adalah menganalisis pengaruh keterbatasan pangan bergizi pascabanjir terhadap status gizi dan perkembangan motorik kasar bayi di wilayah kerja UPT Puskesmas Desa Lalang. Metode yang digunakan berupa pendekatan kuantitatif dengan rancangan crosssectional bersifat retrospektif, melibatkan 70 bayi terdampak banjir yang diambil melalui teknik total sampling. Pengumpulan data dilakukan melalui kuesioner keterbatasan pangan, pengukuran antropometri, serta instrumen KPSP, dengan analisis data memakai uji Pearson Chi-Square dan koefisien Cramer's V. Hasil penelitian memperlihatkan bahwa pada periode pascabanjir, sebanyak 60% bayi berada pada kategori keterbatasan pangan ringan dan 40% pada kategori sedang. Dari sisi status gizi, ditemukan 50% bayi tergolong gizi lebih, 28,6% gizi baik, dan 21,4% gizi kurang. Adapun capaian motorik menunjukkan 50% kategori baik, 28,6% meragukan, dan 21,4% mengalami penyimpangan. Uji statistik mengonfirmasi adanya keterkaitan bermakna antara keterbatasan pangan dengan status gizi (p=0,000; Cramer's V=0,816) maupun dengan capaian motorik (p=0,000; Cramer's V=0,854), keduanya tergolong sangat erat. Simpulan dari penelitian ini menegaskan bahwa terbatasnya akses pangan bergizi setelah bencana banjir memberi dampak kuat terhadap kondisi gizi dan capaian motorik kasar bayi usia 6–24 bulan.

Kata kunci: akses pangan; gizi bayi; motorik kasar; pascabencana; banjir

ABSTRACT

Flooding often disrupts food supply chains, restricting household access to nutritious food for infants. This circumstance may lower dietary quality and hinder gross motor milestones, particularly among infants aged 6–24 months a critical period marking the transition toward complementary feeding. This study aimed to examine the effect of limited nutritious food following flooding on nutritional status and gross motor development among infants within the working area of UPT Puskesmas Desa Lalang. The method applied a quantitative retrospective cross-sectional design, involving 70 flood-affected infants selected through total sampling. Data were gathered using a food-limitation questionnaire, anthropometric measurement, and the KPSP developmental screening tool, then examined through Pearson Chi-Square testing alongside Cramer's V coefficient. Findings indicated that in the post-flood period, 60% of infants fell into the mild food-limitation category, while 40% were classified as moderate. Regarding nutritional status, 50% of infants were overweight, 28.6% had normal status, and 21.4% were undernourished. Motor development outcomes showed 50% in the normal category, 28.6% questionable, and 21.4% showing developmental deviation. Statistical analysis confirmed a meaningful association between food limitation and nutritional status ($p=0.000$; Cramer's $V=0.816$), as well as with motor development ($p=0.000$; Cramer's $V=0.854$), both falling within the very strong category. The study concludes that restricted access to nutritious food following flood disasters exerts a substantial influence on both the nutritional condition and gross motor achievement of infants aged 6–24 months.

Keywords: food access; infant nutrition; gross motor; post-disaster; flood