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ABSTRACT

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THE RELATIONSHIP BETWEEN QUANTITY AND QUALITY OF FOOD CONSUMPTION WITH THE INCIDENCE OF UNDERWEIGHT ON TODDLERS AGED 2 – 5 YEARS OF AGE

(Study in Karanganyar Village, Kawalu Subdistrict

Tasikmalaya City in 2023)

Underweight is a condition where children under five are undernourished or malnourished. The main cause of underweight children is the food they consume. The influence of food consumption is seen in terms of quantity and quality. The prevalence of underweight in Karanganyar Village is 14.85% of 123 cases of underweight toddlers. This study aims to determine the relationship between the quantity and quality of food consumption with the incidence of underweight in toddlers aged 2 - 5 years. The method in this study is observational using a cross sectional design. The research subjects amounted to 52 toddlers from a population of 828 toddlers aged 2 - 5 years who were selected using proportional random sampling method. Data analysis was performed using the chi square test. The results of the study obtained toddlers who were underweight as much as 15.4%. The results of data analysis of food consumption quantity showed that there was a relationship between energy adequacy and the incidence of underweight ($p=0.038$), carbohydrate adequacy with underweight ($p=0.021$), protein adequacy with underweight ($p=0.025$), fat adequacy with underweight ($p=0.008$). There is an association between the quality of food consumption and the incidence of underweight ($p=0.039$).

Keywords: *Quality , quantity of food consumption, underweight*