

ABSTRAK

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HUBUNGAN PENGETAHUAN IBU BALITA UMUR 25-36 BULAN TENTANG GIZI SEIMBANG DENGAN KEJADIAN STUNTING DI WILAYAH KERJA PUSKESMAS BANDUNGSARI (vii + 101 halaman + 11 tabel + 10 lampiran)

Latar Belakang: Stunting menjadi masalah gizi kritis dengan prevalensi di Puskesmas Bandungsari, Brebes, meningkat dari 8,07% (2024) menjadi 10,37% (2025). Rendahnya pengetahuan ibu tentang gizi diduga sebagai faktor dominan, mengingat 66,6% ibu balita stunting memiliki pemahaman gizi rendah (studi pendahuluan). Penelitian ini bertujuan menganalisis hubungan pengetahuan gizi ibu dengan stunting balita 25-36 bulan.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross sectional*. Penelitian dilakukan pada Juli 2025 dengan sampel 76 ibu balita yang dipilih secara purposive dari populasi 315 ibu. Data dikumpulkan melalui kuesioner pengetahuan gizi seimbang (24 item valid, $\alpha=0,947$) dan pengukuran antropometri balita. Analisis statistik menggunakan uji Chi-square.

Hasil: Dari 76 responden, 48,6% memiliki pengetahuan baik, 38,2% cukup, dan 13,2% kurang tentang gizi seimbang. Kejadian stunting sebesar 35,5%, dengan analisis statistik menunjukkan hubungan signifikan antara tingkat pengetahuan ibu dan kejadian stunting ($p=0,000$). Ibu dengan pengetahuan baik hanya 10,8% memiliki anak stunting, sedangkan 100% ibu dengan pengetahuan kurang memiliki anak stunting.

Kata kunci: Kejadian stunting, pengetahuan gizi, gizi seimbang,

ABSTRACT

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THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE OF BALANCED NUTRITION AND THE INCIDENCE OF STUNTING IN CHILDREN AGED 25-36 MONTHS AT BANDUNGSARI COMMUNITY HEALTH CENTER
(vii + 101 pages + 11 tables + 10 appendices)

Background: Stunting remains a critical nutritional issue, with prevalence at Bandungsari Community Health Center, Brebes, increasing from 8.07% (2024) to 10.37% (2025). Low maternal knowledge of nutrition is suspected as a dominant factor, as 66.6% of mothers with stunted children demonstrated poor nutritional understanding (preliminary study). This research aims to analyze the relationship between mothers' nutritional knowledge and stunting in children aged 25-36 months.

Methods: This observational analytic study employed a cross-sectional approach. Conducted in July 2025, it purposively sampled 76 mothers of children from a population of 315. Data were collected through a balanced nutrition knowledge questionnaire (24 valid items, $\alpha=0.947$) and child anthropometric measurements. Statistical analysis used the Chi-square test.

Results: Among 76 respondents, 48.6% had good knowledge, 38.2% moderate, and 13.2% poor understanding of balanced nutrition. Stunting incidence was 35.5%, with statistical analysis revealing a significant relationship between maternal knowledge level and stunting ($p=0.000$). Only 10.8% of mothers with good knowledge had stunted children, while 100% of mothers with poor knowledge had stunted children.

Keywords: Stunting incidence, nutritional knowledge, balanced nutrition