

Universitas Ngudi Waluyo
Program Studi Kebidanan, Sarjana Kebidanan
Skripsi, Juli 2025
Riska Dayang Safitri
157241019

HUBUNGAN KARAKTERISTIK IBU DENGAN STATUS GIZI BALITA DI PUSKESMAS KESESI I KABUPATEN PEKALONGAN

ABSTRAK

Balita merupakan kelompok usia rentan terhadap masalah gizi. Kasus balita gizi kurang di Puskesmas Kesesi I mencapai 6%, gizi buruk 0,25% dan stunting 6,93%. Salah satu faktor yang mempengaruhi status gizi balita yaitu karakteristik ibu. Penelitian ini bertujuan untuk mengetahui hubungan karakteristik ibu dengan status gizi balita di Puskesmas Kesesi I Kabupaten Pekalongan. Penelitian kuantitatif dengan desain *cross sectional*. Sampel penelitian adalah ibu yang memiliki balita usia 6-24 bulan sebanyak 87 orang dengan teknik *purposive sampling*. Instrumen pengumpulan data menggunakan buku register KIA. Analisis data menggunakan *t* univariat dan uji *Spearman rho*. Hasil penelitian ini menunjukkan bahwa responden sebagian besar memiliki kategori usia dewasa awal (26-35 tahun) (50,6%), pendidikan tamat SMP (50,6%), ibu rumah tangga (72,4%), multigravida (62,1%), memiliki balita dengan status gizi normal (79,3%). Terdapat hubungan usia ibu (*p value* 0,020), pendidikan (*p value* 0,047), pekerjaan (*p value* 0,028) dan paritas (*p value* 0,007) dengan status gizi balita di Puskesmas Kesesi I Kabupaten Pekalongan. Penelitian ini menunjukkan bahwa ada hubungan antara usia ibu, pendidikan, pekerjaan dan paritas dengan status gizi balita di Puskesmas Kesesi I. Diharapkan Puskesmas rutin mengadakan konseling gizi bagi balita dengan memperhatikan karakteristik ibu.

Kata kunci : Balita, Karakteristik ibu, Status gizi

Ngudi Waluyo University
Undergraduate Midwifery Study Program In Midwifery
Thesis, July 2025
Riska Dayang Safitri
157241019

RELATIONSHIP BETWEEN MOTHER'S CHARACTERISTICS AND NUTRITIONAL STATUS OF TODDLERS AT THE KESESI I COMMUNITY HEALTH CENTER IN PEKALONGAN REGENCY

ABSTRACT

Infants are a vulnerable age group in terms of nutritional problems. Cases of malnutrition among infants at the Kesesi I Community Health Center reached 6%, severe malnutrition 0.25%, and stunting 6.93%. One of the factors influencing the nutritional status of infants is maternal characteristics. This study aims to determine the relationship between maternal characteristics and the nutritional status of infants at the Kesesi I Community Health Center in Pekalongan Regency. This was a quantitative study with a cross-sectional design. The study sample consisted of 87 mothers with infants aged 6–24 months, selected using purposive sampling. Data collection instruments used the KIA register book. Data analysis employed univariate analysis and the Spearman rho test. The results of this study indicate that most respondents were in the early adult age category (26–35 years) (50.6%), had completed junior high school education (50.6%), were housewives (72.4%), were multigravida (62.1%), and had infants with normal nutritional status (79.3%). There was a relationship between maternal age (p -value 0.020), education (p -value 0.047), occupation (p -value 0.028), and parity (p -value 0.007) with the nutritional status of infants at Kesesi I Health Center, Pekalongan District. This study shows that there is a relationship between maternal age, education, occupation, and parity with the nutritional status of infants at Kesesi I Health Center. It is hoped that the health center will regularly conduct nutritional counseling for infants, taking into account the characteristics of the mothers.

Keywords: Toddlers, Maternal characteristics, Nutritional status