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Skripsi, Agustus 2025
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HUBUNGAN PENGETAHUAN IBU TENTANG GIZI SEIMBANG DENGAN STATUS GIZI BALITA DI WILAYAH KERJA PUSKESMAS SUMOWONO

ABSTRAK

Latar Belakang : Balita merupakan kelompok usia yang rentan terhadap gangguan pertumbuhan dan perkembangan, terutama akibat asupan gizi yang tidak memadai. Berdasarkan data SSGI tahun 2023, prevalensi stunting di Jawa Tengah mencapai 20,8%, underweight 17,6%, dan wasting 0,53%. Di wilayah kerja Puskesmas Sumowono ditemukan prevalensi stunting sebesar 27,26%, underweight 17,68%, dan wasting 32,98%. Hasil studi pendahuluan terhadap 10 ibu menunjukkan bahwa 60% belum memahami gizi seimbang, dan Sebagian besar anak mereka status gizi tidak normal. Fakta ini menunjukkan bahwa pemahaman gizi yang dimiliki ibu sangat menentukan status gizi anak. Peran ibu sebagai pengasuh utama menjadikannya sebagai sosok kunci dalam menetapkan pola makan, sehingga kualitas pengetahuan gizi yang dimilikinya memengaruhi tumbuh kembang anak.

Tujuan Penelitian : Guna mengetahui Hubungan Pengetahuan Ibu Tentang Gizi Seimbang Dengan Status Gizi Balita Di Wilayah Kerja Puskesmas Sumowono.

Metode : Desain penelitian ini bersifat deskriptif korelatif dengan pendekatan cross sectional. Populasi terdiri dari 178 ibu yang memiliki anak usia 1–5 tahun di wilayah kerja Puskesmas Sumowono. Sebanyak 64 responden dipilih secara accidental sampling. Data dikumpulkan melalui kuesioner pengetahuan ibu dan pengukuran status gizi balita menggunakan indeks BB/TB berdasarkan standar WHO. Uji chi square digunakan untuk menganalisis data melalui program SPSS.

Hasil : Dari total responden, diketahui bahwa sebagian besar ibu memiliki pengetahuan yang cukup tentang gizi seimbang (32 orang atau 50,0%), sedangkan 15 orang (23,4%) memiliki pengetahuan baik dan 17 orang (26,6%) memiliki pengetahuan kurang. Berdasarkan hasil uji chi-square diperoleh nilai signifikansi $p = 0,489$, yang lebih besar dari $\alpha = 0,05$, sehingga dapat disimpulkan bahwa tidak terdapat hubungan yang signifikan antara pengetahuan ibu mengenai gizi seimbang dan status gizi balita.

Simpulan : Tidak terdapat hubungan yang signifikan antara pengetahuan ibu tentang gizi seimbang dengan status gizi balita di wilayah kerja Puskesmas Sumowono.

Kata Kunci : Gizi Seimbang, Pengetahuan Ibu, Status Gizi, Balita

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THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE ABOUT BALANCED NUTRITION AND NUTRITIONAL STATUS OF TODDLERS IN THE WORKING AREA OF SUMOWONO HEALTH CENTER

ABSTRACT

Background: Toddlers are an age group that is highly vulnerable to growth and developmental disorders, particularly due to inadequate nutritional intake. According to the 2023 SSGI data, the prevalence of stunting in Central Java reached 20.8%, underweight 17.6%, and wasting 0.53%. In the working area of Sumowono Public Health Center, the prevalence of stunting was 27.26%, underweight 17.68%, and wasting 32.98%. A preliminary study involving 10 mothers revealed that 60% did not understand the concept of balanced nutrition, and most of their children were found to have abnormal nutritional status. These facts indicate that a mother's nutritional knowledge significantly influences her child's nutritional status. As the primary caregiver, the mother plays a key role in determining the child's dietary patterns, thus the quality of her nutritional knowledge contributes greatly to the child's growth and development.

Research Objective: To determine the relationship between mothers' knowledge about balanced nutrition and toddlers' nutritional status in the working area of Sumowono Health Center.

Methods: This study employed a descriptive correlational design with a cross-sectional approach. The population consisted of 178 mothers with children aged 1–5 years in the working area of Sumowono Public Health Center. A total of 64 respondents were selected using accidental sampling. Data were collected through a maternal nutrition knowledge questionnaire and measurements of toddlers' nutritional status using the weight-for-height (WHZ) index based on WHO standards. The data were analyzed using the chi-square test with the SPSS software.

Results: Out of the total respondents, it was found that the majority of mothers had a moderate level of knowledge about balanced nutrition (32 individuals or 50.0%), while 15 individuals (23.4%) had good knowledge and 17 individuals (26.6%) had poor knowledge. Based on the results of the chi-square test, the significance value obtained was $p = 0.489$, which is greater than $\alpha = 0.05$; therefore, it can be concluded that there is no significant relationship between mothers' knowledge of balanced nutrition and the nutritional status of toddlers.

Conclusion: There is no significant relationship between mothers' knowledge of balanced nutrition and the nutritional status of toddlers in the working area of Sumowono Public Health Center.

Keywords: Balanced Nutrition, Mothers' Knowledge, Nutritional Status, Toddlers