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## **HUBUNGAN KEIKUTSERTAAN IBU PADA KELAS IBU BALITA DENGAN PENGETAHUAN IBU TENTANG STATUS GIZI BALITA DI KELURAHAN KARANGJATI KECAMATAN BERGAS**

### **ABSTRAK**

**Latar Belakang :** Masalah gizi balita memerlukan perhatian khusus berdasarkan hasil Survei Status Gizi Indonesia (SSGI) tahun 2022, prevalensi gizi kurang pada balita di Indonesia meningkat mencapai 17,1%, Sedangkan pada dinas kesehatan Kabupaten Semarang pada tahun 2023 jumlah balita dengan kasus gizi kurang mengalami kenaikan mencapai 3.878 balita (6,6%). Di Puskesmas Bergas terdapat 81 balita yang mengalami kurang gizi. Dari hasil studi pendahuluan terhadap 5 responden, 3 ibu yang aktif mengikuti kelas ibu balita, 2 ibu mampu menjelaskan semua indikator mengenai status gizi. Dimana 1 ibu lainnya yang juga mengikuti kelas belum memahami indikator status gizi secara utuh. Sementara 2 ibu yang tidak mengikuti kelas menunjukkan hasil yang bervariasi, di mana satu di antaranya hanya mengetahui berat badan sebagai indikator dan satu lainnya justru mengetahui mengenai status gizi dan cara pemantauan status gizi.

**Tujuan Penelitian:** Untuk mengetahui hubungan keikutsertaan ibu pada kelas ibu balita dengan pengetahuan ibu tentang status gizi balita di kelurahan Karangjati Kecamatan Bergas.

**Metode:** penelitian ini menggunakan desain analitik kolerasi. Populasi dalam penelitian ini adalah 582 responden. Sampel dalam penelitian ini adalah 85 responden yang ditentukan menggunakan pendekatan rumus Slovin dengan tingkat kesalahan 10%. Teknik pengambilan sampel dengan teknik *accidental sampling*, alat pengumpulan data menggunakan kuesioner. Uji analisis menggunakan uji *chi square*.

**Hasil :** Sebagian besar reponden tidak aktif mengikuti kelas ibu balita berjumlah 43 responden (50.6%). Pengetahuan responden sebagian besar memiliki pengetahuan yang baik sebanyak 54 responden (63.5%). Hasil uji *chi square* dengan derajat kesalahan  $\alpha = 0,05$  diperoleh hasil nilai  $p= 0.000 < \alpha = 0,05$ .

**Simpulan:** Terdapat hubungan antara keikutsertaan dalam kelas ibu balita dan pengetahuan status gizi balita di kelurahan Karangjati Kecamatan Bergas.

**Kata kunci:** Keikutsertaan Kelas Ibu Balita, Pengetahuan, Status Gizi

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## THE RELATIONSHIP BETWEEN THE MOTHER'S PARTICIPATION IN THE TODDLER MOTHER CLASS AND THE MOTHER'S KNOWLEDGE ABOUT THE NUTRITIONAL STATUS OF TODDLERS IN KARANGJATI VILLAGE, BERGAS SUB-DISTRICT

### ABSTRACT

**Background:** The issue of toddler nutrition requires special attention based on the results of the 2022 Indonesian Nutritional Status Survey (SSGI), the prevalence of malnutrition in toddlers in Indonesia increased to 17.1%. Meanwhile, the Semarang Regency Health Office in 2023 the number of toddlers with cases of malnutrition increased to 3,878 toddlers (6.6%). At the Bergas Community Health Center, there were 81 toddlers experiencing malnutrition. From the results of a preliminary study of 5 respondents, 3 mothers who actively participated in the class for mothers of toddlers, 2 mothers were able to explain all indicators of nutritional status. Where 1 other mother who also attended the class did not fully understand the indicators of nutritional status. Meanwhile, the two mothers who did not attend the class showed varying results, where one of them only knew weight as an indicator and the other actually knew about nutritional status and how to monitor nutritional status.

**Research Objective:** To determine the relationship between mothers' participation in toddler mother classes and mothers' knowledge about toddler nutritional status in Karangjati sub-district, Bergas district.

**Methods:** This study used a correlational analytical design. The population in this study was 582 respondents. The sample in this study was 85 respondents, determined using the Slovin formula approach with a 10% error rate. This determination was carried out to obtain a representative sample of the population. The sampling technique used was accidental sampling, and a questionnaire was used as the data collection tool. The analysis test used the chi-square test.

**Results:** Most respondents were not actively participating in the mother and toddler class, amounting to 43 respondents (50.6%). Most respondents had good knowledge, amounting to 54 respondents (63.5%). The results of the chi-square test with a degree of error of  $\alpha = 0.05$  obtained a p-value of  $0.000 < \alpha = 0.05$ .

**Conclusion:** There is a relationship between participation in toddler mother class and knowledge of nutritional status of toddlers in Karangjati village, Bergas sub-district.

**Keywords:** Participation in Mother Toddler Class, Knowledge, Nutritional Status