

ABSTRAK

Elfanny: Hubungan Pengetahuan Gizi Ibu dan Asupan Energi Pada Bekal dengan Status Gizi Anak di TK Yayasan Pengharapan Sejati Indonesia. Skripsi. Fakultas Teknik Universitas Negeri Medan. 2025.

Status gizi merupakan gambaran terpenuhinya kebutuhan gizi melalui asupan dan penggunaan zat gizi pada tubuh. Gizi yang kurang pada anak dapat menghambat pertumbuhan, menurunnya daya tahan tubuh, dan kecerdasan, sedangkan gizi yang berlebihan dapat menyebabkan obesitas dan penyakit degeneratif. Status gizi dipengaruhi oleh beberapa faktor seperti pengetahuan gizi ibu, asupan energi, status ibu bekerja. Penelitian ini bertujuan untuk mengetahui: (1) karakteristik responden. (2) pengetahuan gizi ibu. (3) asupan energi pada bekal. (4) status gizi anak. (5) hubungan pengetahuan gizi ibu dan status gizi anak (6) hubungan asupan energi pada bekal dengan status gizi. (7) hubungan pengetahuan gizi ibu dan asupan energi pada bekal dengan status gizi anak.

Desain penelitian ini adalah *cross-sectional* dengan sampel sebanyak 46 anak beserta ibu secara *total sampling* dengan kriteria inklusi dan eksklusi. Teknik pengumpulan data menggunakan kuesioner pengetahuan gizi ibu, formulir *Food Recall*, dan pengukuran IMT/U. Teknik analisis data secara deskriptif, uji *Rank-Spearman*, dan uji regresi logistik.

Hasil penelitian menunjukkan karakteristik responden usia ibu termasuk kategori dewasa akhir (30-49 tahun) sebesar 67,4%, pekerjaan ibu pedagang sebesar 45,7%, pendidikan terakhir ibu SMA sebesar 60,9%, jenis kelamin anak laki-laki sebesar 54,3%, dan usia anak 84,8% berusia 5 tahun, pengetahuan gizi ibu kategori cukup sebesar 50%, asupan energi pada bekal termasuk kedalam kategori kurang sebesar 54,3%, dan status gizi anak dengan kategori malnutrisi sebesar 54,3%. Hasil uji *rank-spearman*, terdapat hubungan yang positif dan signifikan antara pengetahuan gizi ibu dengan status gizi anak dengan nilai koefisien sebesar 0,576 dan *p-value* 0,000. Hubungan antara asupan energi pada bekal dengan status gizi anak memiliki hubungan yang positif dan signifikan dengan nilai koefisien sebesar 0,449 dan *p-value* sebesar 0,002. Hasil uji regresi logistik diperoleh persamaan $Y = -9,777 + 0,097 (X_1) + 0,036 (X_2)$. Kesimpulannya adalah terdapat hubungan yang signifikan antara pengetahuan gizi ibu dengan status gizi anak dengan *p-value* 0,002. Asupan energi pada bekal dengan status gizi anak tidak terdapat hubungan yang signifikan.

ABSTRACT

Elfanny: The Relationship between Mother's Nutritional Knowledge and Energy Intake in Provisions with Children's Nutritional Status in TK Yayasan Pengharapan Sejati Indonesia. Thesis. Faculty of Engineering, State University of Medan. 2025.

Nutritional status is a description of the fulfillment of nutritional needs through the intake and use of nutrients in the body. Inadequate nutrition in children can inhibit growth, decrease endurance, and intelligence, while excessive nutrition can cause obesity and degenerative diseases. Nutritional status is influenced by several factors such as maternal nutrition knowledge, energy intake, and working mother status. This study aims to determine: (1) respondent characteristics. (2) nutritional knowledge of mothers. (3) energy intake in provisions. (4) children's nutritional status. (5) the relationship between maternal nutritional knowledge and children's nutritional status (6) the relationship between energy intake in lunch with nutritional status. (7) The relationship between maternal nutritional knowledge and energy intake in lunch with children's nutritional status.

The design of this study was cross-sectional with a sample of 46 children and mothers in total sampling with inclusion and exclusion criteria. Data collection techniques used a mother's nutritional knowledge questionnaire, Food Recall form, and IMT/U measurement. Data analysis techniques were descriptive, Rank-Spearman test, and logistic regression test.

The results showed that the characteristics of respondents of maternal age were in the late adult category (30-49 years) by 67.4%, the mother's occupation was a trader by 45.7%, the mother's last education was high school by 60.9%, the boy's gender was 54.3%, and the child's age was 84.8% 5 years old, the mother's nutritional knowledge was in the moderate category by 50%, the energy intake in the lunch was in the insufficient category by 54.3%, and the child's nutritional status was in the malnutrition category by 54.3%. The results of the rank-spearman test, there is a positive and significant relationship between maternal nutritional knowledge and children's nutritional status with a coefficient value of 0.576 and a p-value of 0.000. The relationship between energy intake in lunch and children's nutritional status has a positive and significant relationship with a coefficient value of 0.449 and a p-value of 0.002. The results of the logistic regression test obtained the equation $Y = -9.777 + 0.097 (X1) + 0.036 (X2)$. The conclusion is that there is a significant relationship between maternal nutritional knowledge and children's nutritional status with a p-value of 0.002. Energy intake in lunch with children's nutritional status does not have a significant relationship.