

ABSTRAK

Intan Febrianti : Hubungan Pengetahuan Ibu Tentang Gizi Seimbang Dengan Status Gizi Balita Di Kampung Paya Kecamatan Kluet Utara Kabupaten Aceh Selatan. Skripsi. Program Studi Gizi, Jurusan Pendidikan Kesejahteraan Keluarga Fakultas Teknik. Universitas Negeri Medan. 2025.

Masalah status gizi balita dipengaruhi oleh faktor langsung seperti kurangnya asupan gizi dan infeksi, serta faktor tidak langsung seperti pengetahuan, sikap orang tua, pendapatan, dan lingkungan. Berdasarkan data nasional, hasil prevalensi gizi kurang di Indonesia mengalami peningkatan dari 7,7 % menjadi 8,5 %. Pengetahuan ibu berperan penting dalam menentukan kecukupan gizi balita karena balita cenderung pasif dan hanya mengonsumsi makanan yang disediakan orang tua. Penelitian ini bertujuan untuk mengetahui : (1) Karakteristik responden (umur balita, tanggal lahir balita, jenis kelamin balita, berat badan balita, tinggi badan, umur ibu, pendidikan ibu, pekerjaan ibu, pekerjaan ayah, pendapatan keluarga perbulan); (2) Pengetahuan Ibu Tentang Gizi Seimbang; (3) Status Gizi Balita; (4) Hubungan Pengetahuan Ibu Tentang Gizi Seimbang Dengan Status Gizi Balita Di Desa Kampung Paya Kecamatan Kluet Utara Kabupaten Aceh Selatan.

Tempat penelitian ini dilaksanakan di Desa Kampung Paya Kecamatan Kluet Utara Kabupaten Aceh Selatan. Waktu penelitian ini dilaksanakan pada Januari-April 2025. Populasi penelitian merupakan ibu yang memiliki balita umur 1-5 tahun di Desa Kampung Paya. Teknik pengambilan sampel menggunakan *purposive sampling* dengan total sebanyak 50 balita. Desain penelitian yang digunakan adalah *cross sectional*. Data karakteristik responden serta pengetahuan ibu tentang gizi seimbang menggunakan kuesioner. Data status gizi balita dengan cara menimbang berat badan balita menggunakan timbangan dacin, mengukur panjang badan balita menggunakan *infantometer/length board* dan mengukur tinggi badan balita menggunakan *microtoise*. Teknik analisis data menggunakan uji korelasi *Rank Spearman*.

Berdasarkan hasil penelitian ini, pengetahuan ibu tentang gizi seimbang di Desa Kampung Paya Kecamatan Kluet Utara Kabupaten Aceh Selatan menunjukkan sebanyak 15 ibu (30%) memiliki pengetahuan dengan kategori baik, dan sebanyak 35 ibu (70%) yang memiliki pengetahuan dengan kategori sedang. Status gizi balita menunjukkan bahwa terdapat 6 balita (12%) memiliki status gizi dengan kategori sangat kurang, 15 balita (30%) memiliki status gizi dengan kategori kurang, dan 29 balita (58%) memiliki status gizi dengan kategori normal. Hasil analisis *Rank Spearman* hubungan pengetahuan ibu tentang gizi seimbang dengan status gizi dapat dilihat nilai signifikansi sebesar 0,000 dan taraf signifikan 0,05 yang artinya terdapat korelasi antara pengetahuan ibu tentang gizi seimbang dengan status gizi. Kemudian, nilai *correlation coefficient* hubungan antara pengetahuan ibu tentang gizi seimbang dengan status gizi sebesar 0,697 atau dapat dikatakan tingkat hubungan arah positif kuat. Semakin tinggi pengetahuan ibu tentang gizi seimbang maka semakin baik status gizi balita.

Kata Kunci : Pengetahuan Gizi Seimbang, Status Gizi Balita

ABSTRACT

Intan Febrianti: The Relationship Between Mother's Knowledge About Balanced Nutrition and Toddler Nutritional Status in Paya Village, Kluet Utara District, South Aceh Regency. Thesis. Nutrition Study Program, Department of Family Welfare Education, Faculty of Engineering, State University of Medan. 2025.

The problem of toddler nutritional status is influenced by direct factors such as lack of nutritional intake and infection, as well as indirect factors such as knowledge, parental attitudes, income, and environment. Based on national data, the prevalence of malnutrition in Indonesia has increased from 7.7% to 8.5%. Mother's knowledge plays an important role in determining the nutritional adequacy of toddlers because toddlers tend to be passive and only consume food provided by their parents. This study aims to determine: (1) Respondent characteristics (toddler age, toddler's date of birth, toddler's gender, toddler's weight, height, mother's age, mother's education, mother's occupation, father's occupation, monthly family income); (2) Mother's knowledge about balanced nutrition; (3) Toddler's nutritional status; (4) The relationship between mother's knowledge about balanced nutrition and toddler's nutritional status in Kampung Paya Village, Kluet Utara District, South Aceh Regency.

This research was conducted in Kampung Paya Village, Kluet Utara District, South Aceh Regency. The research was conducted in January-April 2025. The research population was mothers with toddlers aged 1-5 years in Kampung Paya Village. The sampling technique used purposive sampling with a total of 50 toddlers. The research design used was cross-sectional. Data on respondent characteristics and mothers' knowledge about balanced nutrition were collected using a questionnaire. Data on toddler nutritional status were collected by weighing the toddler's weight using a dacin scale, measuring the toddler's length using an infantometer/length board, and measuring the toddler's height using a microtoise. The data analysis technique used the Spearman Rank correlation test.

Based on the results of this study, maternal knowledge about balanced nutrition in Kampung Paya Village, Kluet Utara District, South Aceh Regency showed that 15 mothers (30%) had good knowledge, and 35 mothers (70%) had moderate knowledge. The nutritional status of toddlers showed that 6 toddlers (12%) had very poor nutritional status, 15 toddlers (30%) had poor nutritional status, and 29 toddlers (58%) had normal nutritional status. The results of the Spearman Rank analysis of the relationship between maternal knowledge about balanced nutrition and nutritional status showed a significance value of 0.000 and a significance level of 0.05, which means there is a correlation between maternal knowledge about balanced nutrition and nutritional status. Then, the correlation coefficient value of the relationship between maternal knowledge about balanced nutrition and nutritional status was 0.697 or it can be said that the level of the relationship is strong positive direction. The higher the mother's knowledge about balanced nutrition, the better the nutritional status of toddlers.

Keywords: Balanced Nutrition Knowledge, Toddler Nutritional Status