

ABSTRAK

Dhea Rivani Gultom: Hubungan Pengetahuan Ibu Terkait 1.000 Hari Pertama Kehidupan (HPK) dan Pola Asuh dengan Status Gizi Baduta di Wilayah Kerja Puskesmas Lumban Sinaga. Skripsi. Prodi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2026.

Status gizi baduta masih menjadi salah satu permasalahan kesehatan masyarakat yang dapat dipengaruhi oleh berbagai faktor diantaranya yaitu pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK) dan pola asuh yang diterapkan dalam pengasuhan anak. Berdasarkan data Survei Kesehatan Indonesia (SKI) tahun 2023, prevalensi status gizi pada baduta di Indonesia didapatkan bahwa 2,6% mengalami *severely wasting*, 6,6% mengalami *moderate wasting*, dan 4,1% mengalami *overweight* dan *obese*. Penelitian ini bertujuan untuk mengetahui: 1) Karakteristik responden; 2) Pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK); 3) Pola asuh ibu baduta; 4) Status gizi baduta; 5) Hubungan pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK) dengan status gizi baduta; 6) Hubungan pola asuh dengan status gizi baduta; dan 7) Hubungan pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK) dan pola asuh dengan status gizi baduta. Lokasi penelitian di wilayah kerja Puskesmas Lumban Sinaga. Waktu penelitian Mei - Juni 2026. Desain penelitian *cross sectional*. Populasi penelitian seluruh ibu yang memiliki baduta berusia 6-24 bulan sebanyak 220 orang. Teknik pengambilan sampel menggunakan *purposive sampling* sehingga diperoleh sampel sebanyak 58 orang. Teknik pengumpulan data pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK) dan pola asuh menggunakan kuesioner dan data status gizi melalui penimbangan berat badan dan pengukuran panjang badan. Teknik analisis data secara deskriptif, uji korelasi *Chi-Square* dan uji Regresi Logistik. Berdasarkan hasil penelitian menunjukkan bahwa pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK) sebagian besar tergolong baik sebesar 41,4%. Pola asuh yang diterapkan ibu sebagian besar tergolong baik sebesar 60,3%. Status gizi baduta sebagian besar tergolong normal sebesar 74,1%. Hasil analisis uji *Chi-Square* menunjukkan bahwa terdapat hubungan yang positif dan signifikan antara pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK) dengan status gizi baduta ($p=0,002$; $PR=0,844$; $PR=8,686$; 95% $CI=0,244-2,912$; 95% $CI=2,190-34,449$). Hasil analisis uji *Chi-Square* menunjukkan bahwa tidak terdapat hubungan antara pola asuh dengan status gizi baduta ($p=0,060$ $PR=3,107$; 95% $CI=0,923-10,462$). Hasil analisis uji Regresi Logistik menunjukkan terdapat hubungan antara pengetahuan ibu terkait 1.000 Hari Pertama Kehidupan (HPK) dengan status gizi baduta ($p=0,003$; $OR=4,113$) tetapi tidak terdapat hubungan antara pola asuh dengan status gizi baduta ($p=0,146$; $OR=2,732$).

Kata Kunci : Baduta, Pengetahuan Ibu, Pola Asuh, 1.000 HPK, Status Gizi

ABSTRACT

Dhea Rivani Gultom: The Relationship between Mother's Knowledge Regarding the First 1,000 Days of Life (HPK) and Parenting Patterns with the Nutritional Status of Toddlers in the Working Area of Lumban Sinaga Community Health Center. Thesis. Nutrition Study Program. Department of Family Welfare Education. Faculty of Engineering. State University of Medan. 2026.

The nutritional status of toddlers remains a public health issue, influenced by various factors, including maternal knowledge regarding the First 1,000 Days of Life (HPK) and parenting practices. Based on data from the 2023 Indonesian Health Survey (SKI), the prevalence of nutritional status among toddlers in Indonesia was 2.6% with severe wasting, 6.6% with moderate wasting, and 4.1% with overweight and obesity. This study aims to determine: 1) Respondent characteristics; 2) Maternal knowledge regarding the First 1,000 Days of Life (HPK); 3) Parenting practices of mothers of toddlers; 4) Nutritional status of toddlers; 5) The relationship between maternal knowledge regarding the First 1,000 Days of Life (HPK) and nutritional status of toddlers; 6) The relationship between parenting practices and nutritional status of toddlers; and 7) The relationship between maternal knowledge regarding the First 1,000 Days of Life (HPK) and parenting practices and nutritional status of toddlers. The study was conducted in the Lumban Sinaga Community Health Center. The study period was May-June 2026. The study design was cross-sectional. The study population consisted of 220 mothers of toddlers aged 6-24 months. Purposive sampling was used to obtain a sample size of 58 children. Data collection techniques included maternal knowledge regarding the First 1,000 Days of Life (HPK) and parenting patterns, using questionnaires, and nutritional status data through weight and length measurements. Data analysis techniques used were descriptive, with chi-square correlation tests and logistic regression tests. The results showed that the majority of mothers' knowledge regarding the First 1,000 Days of Life (HPK) was considered good (41.4%). The majority of mothers' parenting patterns were considered good (60.3%). The majority of toddlers' nutritional status was considered normal (74.1%). The results of the Chi-Square test analysis showed that there was a positive and significant relationship between maternal knowledge regarding the First 1,000 Days of Life (HPK) with the nutritional status of toddlers ($p = 0.002$; $PR = 0.844$; $PR = 8.686$; $95\% CI = 0.244-2.912$; $95\% CI = 2.190-34.449$). The results of the Chi-Square test analysis showed that there was no relationship between parenting patterns and the nutritional status of toddlers ($p = 0.060$ $PR = 3.107$; $95\% CI = 0.923-10.462$). The results of the Logistic Regression test analysis showed that there was a relationship between maternal knowledge regarding the First 1,000 Days of Life (HPK) with the nutritional status of toddlers ($p = 0.003$; $OR = 4.113$) but there was no relationship between parenting patterns and the nutritional status of toddlers ($p = 0.146$; $OR = 2.732$).

Keywords: *Toddlers, Maternal Knowledge, Parenting Pattern, 1,000 Days of Childhood, Nutritional Status*