

ABSTRAK

Henny R Situmorang, NIM 5173540011. Hubungan Pola Asuh Ibu Dan Kebiasaan Makan Dengan Status Gizi Pada Baduta Di Kecamatan Pagindar Kabupaten Pakpak Bharat. Skripsi. Prodi Gizi. Fakultas Teknik, Universitas Negeri Medan. 2022.

Tujuan penelitian ini untuk mengetahui;(1) Karakteristik Responden;(2) Pola asuh ibu;(3) Kebiasaan makan anak;(4) Status gizi kurang pada anak baduta;(5) Hubungan pola asuh ibu dengan status gizi pada baduta;(6) Hubungan kebiasaan makan dengan status gizi pada baduta;(7) Hubungan pola asuh ibu dan kebiasaan makan dengan status gizi baduta. Tempat penelitian dilaksanakan di Kecamatan Pagindar Kabupaten Pakpak Bharat. Waktu penelitian Januari – Maret 2022. Populasi pada penelitian ini seluruh ibu balita yang memiliki baduta (usia 6-24 bulan). Desain penelitian menggunakan *cross sectional*. Teknik pengumpulan data menggunakan kuisisioner. Teknik analisis data menggunakan deskriptif data uji korelasi *rank spearman* dan uji *regresi linear berganda*.

Berdasarkan hasil penelitian jenis kelamin responden laki- laki sebesar 53,33 persen, usia ibu termasuk kategori dewasa akhir dengan rerata 30, pendidikan ibu kategori (SMP/SMA) dengan rerata 12 tahun, pekerjaan ibu kategori petani. Pola asuh ibu termasuk kategori kurang sebesar 55,56. Kebiasaan makan anak termasuk kategori cukup sebesar 42,22 persen. Status gizi balita termasuk kategori kurang sebesar 51,11 persen. Hasil analisis uji korelasi rank spearman terdapat hubungan yang positif dan signifikan antara pola asuh ibu dengan status gizi baduta ($\rho= 0,616$) pada taraf signifikansi 0,05, artinya semakin baik pola asuh ibu maka semakin baik pula status gizi anak. Terdapat hubungan yang positif dan signifikan antara kebiasaan makan anak dengan status gizi baduta ($\rho= 0,560$) pada taraf signifikansi 0,05., artinya semakin baik kebiasaan makan anak maka semakin baik pula status gizi anak baduta. Terdapat hubungan yang positif dan signifikan antara pola asuh ibu dan kebiasaan makan anak dengan status gizi baduta ($Y = 4,409 + 0,026X_1 + 0,017X_2$). Artinya semakin baik pola asuh ibu dan kebiasaan makan anak maka semakin baik pula status gizi pada anak baduta.

ABSTRACT

Henny R Situmorang, NIM 5173540011. The Relationship between Maternal Parenting Patterns and Eating Habits with Nutritional Status in Baduta in Pagindar District, Pakpak Bharat Regency. Thesis. Nutrition Program. Faculty of Engineering, Medan State University. 2022.

The purpose of this study was to determine; (1) Characteristics of Respondents; (2) Mother's upbringing; (3) Children's eating habits; (4) Poor nutritional status of children under two; (5) The relationship between maternal parenting and nutritional status in under-fives; (6) The relationship between eating habits and nutritional status in under-fives; (7) The relationship between maternal parenting and eating habits with nutritional status of under-fives. The place of research was carried out in Pagindar District, Pakpak Bharat Regency. The time of the study was January – March 2022. The population in this study were all mothers of children under five who had children under five (aged 6-24 months). The research design used cross sectional. Data collection techniques using questionnaires. The data analysis technique used descriptive data of Spearman rank correlation test and multiple linear regression test.

Based on the results of the study, the sex of the male respondents was 53.33 percent, the mother's age was included in the late adult category with an average of 30, the mother's education category (SMP/SMA) with an average of 12 years, the mother's occupation was the farmer category. Mother's parenting is included in the less category of 55.56. Children's eating habits are included in the sufficient category by 42.22 percent. The nutritional status of toddlers is included in the less category by 51.11 percent. The results of the Spearman rank correlation test analysis showed that there was a positive and significant relationship between maternal parenting and the nutritional status of children under two ($\rho = 0.616$) at a significance level of 0.05, meaning that the better the mother's parenting pattern, the better the child's nutritional status. There is a positive and significant relationship between children's eating habits and the nutritional status of children under two years old ($\rho = 0.560$) at a significance level of 0.05, meaning that the better the children's eating habits, the better the nutritional status of children under two years. There is a positive and significant relationship between maternal parenting and children's eating habits with the nutritional status of children under two years old ($Y = 4,409 + 0,026X1 + 0,017X2$). This means that the better the mother's upbringing and the child's eating habits, the better the nutritional status of children under two years old.