

ABSTRAK

Mhd Hafiz Fachri : Hubungan Pengetahuan Gizi Ibu Dan Pola Asuh Makan Dengan Status Gizi Anak Prasekolah Di TK Al Reza Kota Bireuen. Skripsi. Prodi Gizi. Fakultas Teknik. Univeritas Negeri Medan. 2022

Tujuan penelitian ini untuk mengetahui : 1) Karakteristik responden yaitu usia anak prasekolah, pendidikan Ayah dan Ibu, pekerjaan Ayah dan Ibu, pendapatan Ayah dan Ibu, dan besaran keluarga. 2) Pengetahuan gizi ibu 3) Pola asuh makan 4) Status gizi anak prasekolah 5) Hubungan pengetahuan gizi ibu dan pola asuh makan dengan status gizi anak prasekolah di Tk Al Reza Kota Bireuen. Lokasi Penelitian di Sekolah TK Al Reza Kota Bireuen. Teknik pengambilan sampel dilakukan dengan cara *total sampling*, dengan jumlah sampel 41 orang anak prasekolah. Desain penelitian *cross setional*. Teknik pengumpulan data menggunakan kuesioner dan pengukuran berat badan dan umur. Teknik analisis data menggunakan deskriptif data uji korelasi *rank spearman* dan *uji regresi linier berganda*.

Berdasarkan hasil penelitian Pengetahuan gizi ibu termasuk kategori kurang sebesar 60,98 persen. Pola asuh makan termasuk kategori Kurang sebesar 64,41persen. Status gizi anak prasekolah termasuk kategori gizi kurang dengan 41,46 persen. Hasil analisis uji korelasi *rank spearman* terdapat hubungan positif dan signifikan antara pengetahuan gizi ibu dan pola asuh makan dengan status gizi anak prasekolah dengan nilai koefisien korelasi sebesar 0,698 dan nilai *p-value* sebesar 0,000 pada taraf signifikan 0,05 artinya semakin baik pengetahuan gizi ibu maka semakin baik pula status gizi anak prasekolah. Berdasarkan hasil analisis *rank spearman* terdapat hubungan yang positif dan signifikan antara pola asuh makan dengan status gizi anak prasekolah dengan nilai koefisien korelasi sebesar 0,837 dan nilai *p-value* sebesar 0,000 pada taraf signifikansi 0,05 artinya semakin baik pola asuh makan ibu terhadap anak maka semakin baik pula status gizi anak prasekolah. Berdasarkan hasil analisis *regresi linier berganda* terdapaat hubungan yang positif dan signifikan antara pengetahuan gizi ibu dan pola asuh makan dengan status gizi anak prasekolah ($Y = -1,6 + 0,101_{x1} + 0,019_{x2}$). Artinya semakin baik pengetahuan gizi ibu dan pola asuh makan anak prasekolah maka semakin baik pula status gizi anak prasekolah.

ABSTRACT

Mhd Hafiz Fachri: The Relationship between Knowledge of Mother's Nutrition and Dietary Parenting Patterns with Nutritional Status of Preschool Children in Al Reza Kindergarten, Bireuen City. Thesis. Nutrition Program. Faculty of Engineering. Medan State University. 2022

The purpose of this study was to determine: 1) Characteristics of respondents, namely the age of preschool children, education of father and mother, occupation of father and mother, income of father and mother, and family size. 2) Knowledge of maternal nutrition 3) Parenting eating patterns 4) Nutritional status of preschool children 5) Relationship of knowledge of maternal nutrition and feeding patterns with nutritional status of preschool children at Al Reza Kindergarten, Bireuen City. Research location at Al Reza Kindergarten School, Bireuen City. The sampling technique was carried out by total sampling, with a sample of 41 preschool children. Cross-sectional research design. Data collection techniques used questionnaires and measurements of weight and age. The data analysis technique used descriptive data of Spearman rank correlation test and multiple linear regression test.

Based on the results of the study, knowledge of maternal nutrition was included in the less category by 60,98 percent. Food parenting is included in the Less category by 68,41 percent. The nutritional status of preschool children is categorized as undernourished with an average 41,46 percent. The results of the Spearman rank correlation test analysis showed that there was a positive and significant relationship between knowledge of maternal nutrition and feeding patterns with the nutritional status of preschool children with a correlation coefficient value of 0.698 and a p-value of 0.000 at a significant level of 0.05, meaning the better the mother's nutritional knowledge, the better. the better the nutritional status of preschool children. Based on the results of the Spearman rank analysis, there is a positive and significant relationship between eating parenting and the nutritional status of preschool children with a correlation coefficient value of 0.837 and a p-value of 0.000 at a significance level of 0.05, meaning that the better the mother's eating pattern for the child, the better. good nutritional status of preschool children. Based on the results of multiple linear regression analysis, there is a positive and significant relationship between knowledge of maternal nutrition and eating patterns with the nutritional status of preschool children ($Y = -1.6 + 0.101x_1 + 0.019x_2$). This means that the better the knowledge of maternal nutrition and eating patterns of preschool children, the better the nutritional status of preschool children.