

ABSTRAK

Rina Elvrida Berutu: Hubungan Pengetahuan Gizi Seimbang Dan Pola Asuh Makan Terhadap Kejadian Stunting Anak Usia 24-60 Bulan Di Wilayah Kerja Puskesmas Siempat Rube. Skripsi. Fakultas Teknik Universitas Negeri Medan. 2024

Masih terdapat 14,1% anak 24-60 bulan yang mengalami stunting di wilayah kerja Puskesmas Siempat Rube pada tahun 2023. Tujuan penelitian ini untuk mengetahui: (1) Gambaran karakteristik responden. (2) Pengetahuan gizi seimbang ibu balita. (3) Pola asuh makan ibu. (4) Kejadian stunting anak 24-60 bulan. (5) Hubungan pengetahuan gizi seimbang ibu terhadap kejadian stunting (6) Pola asuh makan ibu terhadap kejadian stunting (7) Hubungan pengetahuan gizi seimbang dan pola asuh makan terhadap kejadian stunting anak 24-60 bulan di wilayah kerja Puskesmas Siempat Rube.

Metode penelitian menggunakan desain *cross-sectional*. Populasi dalam penelitian ini yaitu semua ibu balita yang memiliki anak usia 24-60 bulan di wilayah kerja Puskesmas Siempat Rube sebanyak 505 orang. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah sampel 43 orang. Teknik pengumpulan data dilakukan dengan wawancara menggunakan kuesioner tertutup. Teknik analisis data secara deskriptif, uji *rank spearman* untuk menganalisis hubungan antara pengetahuan gizi seimbang terhadap kejadian stunting dan hubungan pola asuh makan terhadap kejadian stunting, serta regresi logistik untuk menganalisis hubungan pengetahuan gizi seimbang dan pola asuh makan terhadap kejadian stunting.

Hasil penelitian ini menunjukkan bahwa sebagian besar balita berjenis kelamin laki-laki (51,2%) 22 orang dan berusia 48 – 60 bulan (58,1%) 25 orang. Mayoritas ibu balita termasuk kelompok usia dewasa awal (74,4%) 32 orang, pendidikan terakhir ibu tamat SMA (48,8%) 21 orang, pekerjaan petani (90,7%) 39 orang. Pendidikan dan pekerjaan ayah, sebagian besar tamat SMA (44,2%) 44,2 orang, bekerja sebagai petani (93%) 40 orang. Besaran keluarga sebagian besar termasuk sedang (46,8%) 21 orang dan pendapatan keluarga rendah (76,6%) 33 orang. Hampir semua pengetahuan gizi seimbang ibu termasuk kategori kurang (90,7%) 39 orang, sementara rerata skor pola asuh makan ibu sebesar 58,35. Prevalensi stunting anak 24 - 60 bulan sebesar (69,8%) 30 orang. Pengetahuan gizi seimbang ibu berhubungan signifikan terhadap kejadian stunting $p = 0,042 < (0,05)$. Pola asuh makan ibu berhubungan signifikan terhadap kejadian stunting $p = 0,046 < (0,05)$. Berdasarkan uji regresi logistik terdapat hubungan yang signifikan antara pengetahuan gizi seimbang dan pola asuh makan terhadap kejadian stunting $p = 0,012 < (0,05)$. Ibu balita yang memiliki pengetahuan gizi seimbang cukup lebih memproteksi anaknya mengalami stunting sebesar 0,056 kali dibandingkan ibu yang memiliki pengetahuan gizi seimbang kurang. Setiap peningkatan 1 poin skor pola asuh makan ibu, dapat memproteksi kejadian stunting sebesar 0,910 kali.

Kata kunci : Stunting, pola asuh makan, pengetahuan gizi seimbang

ABSTRACT

Rina Elvrida Berutu: The Relationship between Knowledge of Balanced Nutrition and Parenting Patterns on Stunting Incidences in Children Aged 24-60 Months in the Working Area of the Siempat Rube Community Health Center. Thesis. Medan State University Faculty of Engineering. 2024

There are still 14.1% of children aged 24 - 60 months who experience stunting in the Siempat Rube Community Health Center working area in 2023. The aim of this research is to find out: (1) A description of the characteristics of the respondents. (2) Knowledge of balanced nutrition among mothers of toddlers. (3) Parenting patterns of mothers. (4) The incidence of stunting in children 24 - 60 months. (5) The relationship between maternal knowledge of balanced nutrition and the incidence of stunting (6) Parenting patterns on the incidence of stunting (7) The relationship between knowledge of balanced nutrition and parenting patterns on the incidence of stunting in children 24-60 months in the working area of the Siempat Rube Community Health Center.

The research method used a cross-sectional design. The population in this study was all mothers of toddlers who had children aged 24 - 60 months in the working area of the Siempat Rube, totaling 505 people. The sampling technique used purposive sampling with a sample size of 43 people. The data collection technique used a questionnaire. Descriptive data analyzed techniques, the Spearman rank test to analyzed the relationship between knowledge of balanced nutrition and the incidence of stunting and the relationship between eating patterns and the incidence of stunting, as well as logistic regression to analyzed the relationship between knowledge of balanced nutrition and parenting patterns on the incidence of stunting.

The results of this study showed that the majority of toddlers were male (51.2%) 22 people and 25 people aged 48-60 months (58.1%). The majority of mothers of toddlers belong to the early adulthood age group (74.4%) 32 people, the mother's last education was high school (48.8%) 21 people, work as a farmer (90.7%) 39 people. Father's education and occupation, graduated from high school (44.2%) 44.2 people, worked as farmers (93%) 40 people. Most family sizes included medium (46.8%) 21 people and low family income (76.6%) 33 people. Almost all mothers' knowledge of balanced nutrition was in the poor category (90.7%) 39 people, while the average score for mothers' eating habits was 58.35. The prevalence of stunting in children 24-60 months is (69.8%) 30 people. Maternal knowledge of balanced nutrition is significantly related to the incidence of stunting, $p=0.042 < (0.05)$. Mother's eating patterns are significantly related to the incidence of stunting, $p=0.046 < (0.05)$. Based on the logistic regression test, there is a significant relationship between knowledge of balanced nutrition and eating patterns on the incidence of stunting, $p=0.012 < (0.05)$. Mothers of toddlers have sufficient knowledge of balanced are more likely to protect their children from experiencing stunting by 0.056 times. Every 1 point increase in the mother's nutritional parenting score can protect the incidence of stunting by 0.910 times.

Keyword : *Stunting, knowledge of balanced nutrition and eating habits*