

ABSTRAK

Suci Aria Alfani, NIM 5193540046. “*Hubungan Sosial Ekonomi dan Pengetahuan Gizi Ibu dengan Status Gizi Balita di Wilayah Kerja Puskesmas Muara*”. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Status gizi balita masih menjadi permasalahan kesehatan masyarakat di Indonesia. Berdasarkan hasil Survei Status Gizi Indonesia tahun 2024, diketahui bahwa prevalensi status gizi balita di Indonesia dalam kategori *stunting* sebesar 19,8%, balita dalam kategori *wasting* sebesar 7,4%, balita dalam kategori *underweight* sebesar 16,8%, dan balita dalam kategori *overweight* sebesar 3,4%. Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik responden yang terdiri dari jenis kelamin, usia balita, usia ibu balita dan besaran keluarga; (2) Sosial ekonomi (pendidikan ibu, pendidikan ayah, pekerjaan ibu, pekerjaan ayah, pendapatan ibu, dan pendapatan ayah); (3) Pengetahuan gizi ibu; (4) Status gizi balita; (5) Hubungan sosial ekonomi dengan status gizi balita; (6) Hubungan pengetahuan gizi ibu dengan status gizi balita; (7) Hubungan sosial ekonomi dan pengetahuan gizi ibu dengan status gizi balita di Wilayah Kerja Puskesmas Muara. Penelitian dilaksanakan di Kecamatan Muara Kabupaten Tapanuli Utara pada bulan Januari 2025. Teknik pemilihan menggunakan teknik *convenience sampling* dengan jumlah sampel sebanyak 87 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data sosial ekonomi dan pengetahuan ibu menggunakan kuesioner, dan status gizi balita dengan melakukan pengukuran berat badan dan tinggi badan. Teknik analisis data menggunakan uji *Rank Spearman* dan uji Regresi Logistik.

Berdasarkan hasil penelitian menunjukkan bahwa lebih banyak ibu yang memiliki pendidikan dengan kategori tamat SMA/Sederajat sebesar 59,8 persen, pendidikan ayah dengan kategori tamat SMA/Sederajat 65,5 persen, pekerjaan ibu dengan kategori bekerja 79,3 persen, pekerjaan ayah dengan kategori bekerja 98,8 persen, pendapatan ibu dengan kategori rendah 66,7 persen, pendapatan ayah dengan kategori rendah 78,2 persen, dan pengetahuan gizi ibu dengan kategori kurang 80,5 persen. Hasil uji *Rank Spearman* terdapat hubungan antara pendapatan ibu dan pendapatan ayah dengan status gizi balita dengan nilai koefisien korelasi sebesar 0,521 (*p-value* 0,000), dan nilai koefisien korelasi sebesar 0,334 (*p-value* 0,002), Pada pengetahuan ibu berhubungan dengan status gizi balita dengan nilai koefisien korelasi sebesar 0,453 (*p-value* 0,000). Hasil analisis regresi logistik menunjukkan pendapatan ibu dan pendapatan ayah berhubungan dengan status gizi balita *p-value* 0,014 < 0,05 dengan nilai OR = 0,198 dan *p-value* 0,013 < 0,05 dengan nilai OR = 0,134. Pada pengetahuan gizi ibu berhubungan dengan status gizi balita *p-value* 0,012 < 0,05 dengan nilai OR = 0,063.

Kata Kunci: Sosial Ekonomi, Pengetahuan Gizi Ibu, Status Gizi Balita

ABSTRACT

Suci Aria Alfani, NIM 5193540046. “The Relationship between Socioeconomic and Nutritional Knowledge of Mothers with Toddler Nutritional Status in the Muara Health Center Work Area”. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2025.

The nutritional status of toddlers is still a public health problem in Indonesia. Based on the results of the 2024 Indonesian Nutritional Status Survey, it is known that the prevalence of nutritional status of toddlers in Indonesia in the stunting category is 19.8%, toddlers in the wasting category are 7.4%, toddlers in the underweight category are 16.8%, and toddlers in the overweight category are 3.4%. This study aims to determine: (1) Characteristics of respondents consisting of gender, age of toddler, age of mother of toddler and family size; (2) Socioeconomic (mother's education, father's education, mother's occupation, father's occupation, mother's income, and father's income); (3) Mother's nutritional knowledge; (4) Nutritional status of infants; (5) The relationship between socioeconomic status and the nutritional status of infants; (6) The relationship between mothers' nutritional knowledge and the nutritional status of infants; (7) The relationship between socioeconomic status and mothers' nutritional knowledge with the nutritional status of infants in the Muara Health Center Work Area. The study was conducted in Muara District, North Tapanuli Regency, in January 2025. The sampling technique used was convenience sampling with a sample size of 87 participants. Data collection techniques for socioeconomic status and maternal knowledge used questionnaires, while infant nutritional status was measured through weight and height measurements.

Based on the research results, it shows that more mothers have education in the category of graduating from high school/equivalent at 59.8 percent, father's education in the category of graduating from high school/equivalent at 65.5 percent, mother's occupation in the category of working at 79.3 percent, father's occupation in the category of working at 98.8 percent, mother's income in the category of low at 66.7 percent, father's income in the category of low at 78.2 percent, and mother's nutritional knowledge in the category of less at 80.5 percent. The results of the Spearman's rank test show a relationship between the mother's income and the father's income with the nutritional status of infants with a correlation coefficient of 0.521 (p-value 0.000), and a correlation coefficient of 0.334 (p-value 0.002), Maternal knowledge is associated with infant nutritional status with a correlation coefficient of 0.453 (p-value 0.000). The results of logistic regression analysis show that maternal income and paternal income are associated with infant nutritional status with a p-value of $0.014 < 0.05$ and an OR value of 0.198, and a p-value of $0.013 < 0.05$ with an OR value of 0.134. Maternal nutritional knowledge is associated with infant nutritional status with a p-value of $0.012 < 0.05$ and an OR value of 0.063.

Keywords: Socioeconomics, Mothers' Nutritional Knowledge, Nutritional Status of Toddlers