

ABSTRAK

Bestari: Hubungan Pola Asuh Makan dan Pengetahuan Gizi Ibu dengan Status Gizi Anak Prasekolah di PAUD Bunda Kelurahan Simangambat Kabupaten Mandailing Natal. Skripsi. Program Studi Gizi. Fakultas Teknik, Universitas Negeri Medan 2025.

Anak Usia pra sekolah merupakan masa dimana anak sangat membutuhkan perhatian dalam tahap perkembangan dan pertumbuhannya karena pada masa ini potensi anak dapat berkembang secara maksimal apabila diperhatikan sejak dini. Menurut Data Survei Kesehatan Indonesia (SKI) prevalensi status gizi (IMT/U) pada anak umur 5 – 6 tahun di Indonesia yaitu gizi buruk 3,5 %, gizi kurang 7,5%, gizi baik 69,4%, gizi lebih 11,9% dan obesitas 7,8%. Banyak faktor yang dapat menyebabkan masalah status gizi, di antaranya pola asuh makan dan pengetahuan gizi ibu. Penelitian ini bertujuan untuk mengetahui hubungan pola asuh makan dan pengetahuan gizi ibu dengan status gizi anak prasekolah di PAUD Bunda Kelurahan Simangambat Kabupaten Mandailing Natal.

Penelitian ini dilaksanakan di PAUD Bunda Kelurahan Simangambat pada bulan September 2025. Penelitian ini menggunakan desain *cross sectional*. Teknik pengambilan sampel menggunakan *total sampling* dengan jumlah sampel sebanyak 53 orang ibu yang anaknya bersekolah (4-6 tahun) di PAUD Bunda Kelurahan Simangambat. Teknik pengumpulan data pola asuh makan dan pengetahuan gizi ibu menggunakan kuesioner dan status gizi menggunakan penimbangan berat badan dan pengukuran tinggi badan. Teknik analisis data menggunakan deskriptif data, dengan uji korelasi *Rank Spearman*.

Hasil analisis uji korelasi *Rank Spearman* menunjukkan hubungan yang positif dan signifikan antara pola asuh makan ibu dengan status gizi anak dengan nilai koefisien korelasi sebesar 0,338 dan $p\text{-value} = 0,013$. Selain itu terdapat hubungan yang positif dan signifikan antara pengetahuan gizi ibu dengan status gizi anak dengan nilai koefisien korelasi sebesar 0,394 dan $p\text{-value} = 0,004$.

Kata Kunci: pola asuh makan, pengetahuan gizi ibu, status gizi

ABSTRACT

Bestari: *The Relationship between Feeding Patterns and Mothers' Nutritional Knowledge with the Nutritional Status of Preschool Children at Bunda Early Childhood Education Center in Simangambat Village, Mandailing Natal Regency. Thesis. Nutrition Study Program. Faculty of Engineering, Medan State University 2025.*

Preschool-aged children are at a stage where they require significant attention regarding their development and growth, as their potential can be maximized if they receive early attention. According to data from the Indonesian Health Survey (SKI), the prevalence of nutritional status (BMI-for-age) among children aged 5–6 years in Indonesia is as follows: severe malnutrition 3.5%, moderate malnutrition 7.5%, adequate nutrition 69.4%, overweight 11.9%, and obesity 7.8%. Many factors can contribute to nutritional status issues, including feeding practices and mothers' nutritional knowledge. This study aims to determine the relationship between mothers' feeding practices and nutritional knowledge and the nutritional status of preschool children at the Bunda Early Childhood Education Center (PAUD) in Simangambat Village, Mandailing Natal Regency.

This study was conducted at the Bunda Early Childhood Education Center in Simangambat Village in September 2025. The study employed a cross-sectional design. The sampling technique used was total sampling, with a sample size of 53 mothers whose children (aged 4–6 years) attended the Bunda Early Childhood Education Center in Simangambat Village. Data collection techniques for mothers' feeding practices and nutritional knowledge used questionnaires, while nutritional status was assessed through weight measurement and height measurement. Data analysis techniques included descriptive statistics, with the Spearman's rank correlation test.

The results of the Spearman's rank correlation test revealed a positive and significant relationship between mothers' feeding practices and children's nutritional status, with a correlation coefficient of 0.338 and a p-value of 0.013. Additionally, there was a positive and significant relationship between mothers' nutritional knowledge and children's nutritional status, with a correlation coefficient of 0.394 and a p-value of 0.004.

Keywords: feeding practices, maternal nutritional knowledge, nutritional status