

ABSTRACT

RELATIONSHIP BETWEEN MOTHER'S NUTRITIONAL KNOWLEDGE LEVEL ON NUTRITIONAL INTAKE OF CHILDREN AGED 0-59 MONTHS IN THE WORKING AREA OF THE PUSKESMAS SEPUTIH RAMAN DISTRICT, CENTRAL LAMPUNG REGENCY

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Background: Nutrient intake is one of the important needs in the development of toddlers. Nutrient intake affects a person's nutritional status. Lack of nutrition in toddlers can be caused by the attitude or behavior of mothers who are not right in choosing food. This inaccuracy is influenced by the mother's level of knowledge on the nutritional intake of children under five. This study was conducted to see the relationship between the level of mother's nutritional knowledge on nutritional intake of children aged 0-59 months in the working area of the Puskesmas Seputih Raman District, Central Lampung Regency.

Methods: The type of research conducted is in the form of an analytical survey through a cross sectional approach, conducted from January to March 2022 in Seputih Raman District, Central Lampung Regency. The analytical test in this study uses the chi square test.

Results: This study shows that there is a significant relationship between the mother's knowledge level and the nutritional intake of children aged 0-59 months in the working area of the Puskesmas Seputih Raman District, Central Lampung Regency ($p = 0.02$).

Suggestion: For Puskesmas, increase education about nutrition and prevent stunting with 5 levels of prevention, maximize the role of cadres in mentoring mothers. For mothers, follow the counseling conducted by health workers and apply it in daily life.

Keywords: mother's nutritional knowledge, nutritional intake, toddlers

ABSTRAK

HUBUNGAN TINGKAT PENGETAHUAN GIZI IBU TERHADAP ASUPAN GIZI BALITA USIA 0-59 BULAN DI WILAYAH KERJA PUSKESMAS KECAMATAN SEPUTIH RAMAN KABUPATEN LAMPUNG TENGAH

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Latar Belakang : Asupan zat gizi merupakan salah satu kebutuhan penting dalam perkembangan balita. Asupan zat gizi memengaruhi status gizi seseorang. Kurangnya gizi pada balita dapat disebabkan oleh sikap atau perilaku ibu yang tidak tepat dalam pemilihan makanan. Ketidaktepatan tersebut dipengaruhi oleh faktor tingkat pengetahuan ibu terhadap asupan gizi balita. Penelitian ini dilakukan untuk melihat Hubungan Tingkat Pengetahuan Gizi Ibu Terhadap Asupan Gizi Balita Usia 0-59 Bulan di Wilayah Kerja Puskesmas Kecamatan Seputih Raman Kabupaten Lampung Tengah.

Metode: Jenis penelitian yang dilakukan berupa survei analisis melalui pendekatan *cross sectional*, dilakukan pada tanggal 4 sampai 7 Maret 2022 di Kecamatan Seputih Raman Kabupaten Lampung Tengah. Uji analitik pada penelitian ini menggunakan uji *chi square*.

Hasil: Penelitian ini menunjukkan adanya hubungan yang bermakna antara tingkat pengetahuan ibu dengan asupan gizi balita 0-59 bulan di wilayah kerja Puskesmas Kecamatan Seputih Raman, Kabupaten Lampung Tengah ($p = 0,02$).

Saran: Bagi Puskesmas agar meningkatkan edukasi mengenai gizi dan melakukan pencegahan *stunting* dengan *5 level of prevention*, memaksimalkan peran kader dalam pendampingan ibu. Bagi ibu agar mengikuti penyuluhan yang dilakukan oleh tenaga kesehatan serta menerapkannya di kehidupan sehari-hari.

Kata kunci: asupan gizi, balita, pengetahuan gizi ibu