

## ABSTRAK

### HUBUNGAN TINGKAT PENGETAHUAN IBU TENTANG GIZI BALITA TERHADAP STATUS GIZI BALITA DI POSYANDU DESA WAY GALIH KECAMATAN TANJUNG BINTANG KABUPATEN LAMPUNG SELATAN

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**Latar Belakang:** Status gizi balita dipengaruhi faktor langsung salah satunya yaitu asupan makan. Pemberian asupan makan dipengaruhi oleh pengetahuan ibu dalam cara pemberian dan pemilihan jenis makanan untuk balitanya. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan ibu tentang gizi terhadap status gizi balita.

**Metode:** Penelitian ini menggunakan pendekatan *cross sectional*, dengan teknik pengambilan sampel *multi-stage* yang terdiri dari *proportionate stratified random sampling* dan *simple random sampling*. Lokasi Penelitian yaitu di 9 Posyandu Desa Way Galih, Kecamatan Tanjung Bintang, Kabupaten Lampung Selatan. Responden berjumlah 53 orang. Pada penelitian ini terdapat 2 variabel, yaitu tingkat pengetahuan ibu tentang gizi dan status gizi balita. Variabel tingkat pengetahuan ibu tentang gizi diukur dengan kuesioner yang telah divalidasi dan variabel status gizi diukur dengan BB/U, TB/U, BB/TB dan IMT/U. Data yang terkumpul dianalisis secara univariat dan bivariat dengan *Chi-Square*.

**Hasil:** Didapatkan tingkat pengetahuan ibu dalam kategori cukup sebesar 62,3% dan kategori kurang sebesar 37,7%. Pada status gizi didapatkan status gizi normal 69,8% dan tidak normal 30,2%. Berdasarkan analisis bivariat, terdapat hubungan antara tingkat pengetahuan ibu dengan status gizi balita ( $p = 0.001$  )

**Simpulan:** Didapatkan hubungan bermakna antara tingkat pengetahuan ibu tentang gizi dengan status gizi balita di Posyandu Desa Way Galih, Kecamatan Tanjung Bintang, Kabupaten Lampung Selatan.

**Kata kunci:** balita, pengetahuan gizi ibu, status gizi balita

## ABSTRACT

### THE RELATIONSHIP OF MOTHER'S KNOWLEDGE ABOUT CHILD NUTRITION AND CHILD NUTRITIONAL STATUS AT POSYANDU WAY GALIH VILLAGE, TANJUNG BINTANG DISTRICT, SOUTH LAMPUNG REGENCY

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**Background:** Nutritional status of toddlers is influenced by direct factors, namely food intake and infectious diseases. The provision of food intake is influenced by the mother's knowledge in how to provide and choose the type of food for her toddler. This study aims to determine the relationship between the level of maternal knowledge about nutrition and the nutritional status of toddlers.

**Method:** This study used a cross-sectional approach, with a multi-stage sampling technique consisting of proportionate stratified random sampling and simple random sampling. The research location was at 9 Posyandu in Way Galih Village, Tanjung Bintang District, South Lampung Regency. Respondents numbered 53 people. In this study there were 2 variables, namely the level of maternal knowledge about nutrition and the nutritional status of toddlers. The variable level of maternal knowledge about nutrition was measured by a validated questionnaire and the variable nutritional status was measured by W/A, H/A, W/H and BMI/A. The collected data were analyzed univariately and bivariate with Chi-Square.

**Results:** Based on the univariate results, the level of maternal knowledge was at a sufficient level of 62.3% and a poor level of 37.7%. In nutritional status, 69.8% had normal nutritional status and 30.2% had abnormal nutritional status. Based on bivariate analysis, there was a relationship between the level of maternal knowledge and the nutritional status of toddlers ( $p = 0.001$ )

**Conclusion:** There is a significant relationship between the level of maternal knowledge about nutrition and the nutritional status of toddlers at the Posyandu in Way Galih Village, Tanjung Bintang District, South Lampung Regency.

**Keywords:** maternal nutritional knowledge, toddler nutritional status, toddler