

**GAMBARAN PENGETAHUAN IBU BALITA TENTANG GIZI
SEIMBANG DAN KEJADIAN *STUNTING* DI KELURAHAN
JUNREJO WILAYAH KERJA PUSKESMAS
JUNREJO KOTA BATU TAHUN 2019**

Abstrak

Gangguan pertumbuhan fisik yang sudah lewat, berupa penurunan kecepatan pertumbuhan dalam perkembangan manusia yang merupakan dampak utama dari gizi kurang disebut *stunting*. Retardasi linier (*stunting*) menunjukkan kekurangan gizi yang kronis, yang terjadi dalam jangka waktu yang lama. Sementara berat badan mencerminkan keadaan gizi saat ini. Tujuan penelitian ini yaitu menggambarkan pengetahuan ibu balita tentang gizi seimbang dan kejadian *stunting*. Dari Studi pendahuluan didapatkan hasil bahwa dari jumlah balita Kelurahan Junrejo sebanyak 113 balita (23,6%) yang mengalami *stunting*.

Metode penelitian ini bersifat deskriptif. Sampel penelitian sebanyak 88 sampel. Teknik pengambilan sampel menggunakan *Simple Random Sampling*.

Hasil penelitian ini menunjukkan responden yang berpengetahuan kurang sebesar 40 orang (45,5%) dan balita yang memiliki status gizi pendek yaitu 74 balita (83,1%).

Peneliti menyarankan agar ibu balita menambah pengetahuan tentang gizi seimbang supaya mencegah terjadinya anak *stunting*.

Kata Kunci: Pengetahuan, Gizi Seimbang, Stunting

**DESCRIPTION OF MOTHER'S KNOWLEDGE ABOUT BALANCED
NUTRITION AND EVENTS OF STUNTING IN KELURAHAN
JUNREJO WORK REGION OF PUSKESMAS JUNREJO
KOTA BATU IN 2019**

Abstract

Disruption of physical growth that has passed, in the form of decreasing the speed of growth in human development which is the main impact of malnutrition is called stunting. Linear retardation (chronic stunting) shows chronic malnutrition, which occurs for a long time. While weight reflects the current state of nutrition. The purpose of this study is to describe the knowledge of mothers under five about balanced nutrition and the incidence of stunting. From the preliminary study, it was found that 113 toddlers (23.6%) had stunting from the number of toddlers in Junrejo Village.

This research method is descriptive. The research sample was 88 samples. The sampling technique uses Simple Random Sampling.

The results of this study showed that knowledge was less than 40 people (45.5%) and studied had a short nutritional status of 74 toddlers (83.1%).

The researcher suggested that mothers of children under five add knowledge about balanced nutrition in order to prevent the occurrence of stunting children.

Keywords: Knowledge, Balanced Nutrition, Stunting