

## ABSTRAK

### STUDI *LITERATURE* ANTISIPASIF KEMAMPUAN IBU DALAM PENCEGAHAN GIZI BURUK PADA BALITA

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Gizi buruk atau malnutrisi merupakan sebuah kondisi yang terjadi ketika asupan makanan seseorang tidak sesuai dengan jumlah nutrisi yang dibutuhkan, kondisi tersebut disebabkan oleh kurangnya pengetahuan orang tua tentang gizi seimbang, pendapatan keluarga, dan besar anggota keluarga. Dampak jangka pendek gizi buruk terhadap perkembangan anak yaitu anak menjadi apatis mengalami gangguan bicara dengan gangguan perkembangan yang lain, sedangkan dampak jangka panjang anak mengalami penurunan skor tes *Intelligence Quetion* (IQ) 10-13 poin penurunan perkembangan kognitif, stunting, dan kelumpuhan. Tujuan penelitian ini adalah mengidentifikasi kemampuan ibu dalam antisipasif gizi buruk pada balita. Metode yang digunakan untuk penelitian ini adalah analisis *review* jurnal. Penulis mengakses 4 jurnal nasional dan 1 jurnal internasional yang terkait dengan judul penelitian. Hasil penelitian menunjukkan rata-rata ibu balita memiliki pengetahuan cukup (61,5%), sikap baik (51,5%), dan kurang (9%). Diperoleh p value (0,004) < a (0,05) yang berarti ada perbedaan pengetahuan mengenai gizi seimbang pada responden sebelum dan sesudah diberikan pendidikan kesehatan melalui konseling gizi/penyuluhan kesehatan. Ibu balita diharapkan untuk lebih meningkatkan pengetahuan tentang gizi buruk, penyebab, tanda gejala, dan penanganan gizi buruk agar terhindar dari gizi buruk dan perkembangan anak tidak terganggu.

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Kata kunci : gizi buruk, pengetahuan

## **ABSTRACT**

### **STUDY OF ANTICIPATIVE LITERATURE OF MOTHER'S ABILITY IN PREVENTING BAD NUTRITION IN TODDLERS**

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*Malnutrition or malnutrition is a condition that occurs when a person's food intake does not match the amount of nutrition needed, the condition is caused by a lack of parental knowledge about balanced nutrition, family income, and the size of family members. The short-term impact of malnutrition on a child's development is that the child becomes apathetic having a speech disorder with other developmental disorders, while the long-term impact of the child has decreased the Intelligence Quotion (IQ) score of 10-13 points decreased cognitive development, stunting, and paralysis. The purpose of this study is to identify the ability of mothers in anticipatory malnutrition in infants. The method used for this research is a journal review analysis. The author accesses 4 national journals and 1 international journal related to the research title. The results showed the average mother of toddlers had sufficient knowledge (61.5%), good attitude (51.5%), and less (9%). Obtained p value (0.004) <a (0.05) which means that there are differences in knowledge about balanced nutrition to respondents before and after being given health education through nutrition counseling / health education. Mothers of toddlers are expected to further increase knowledge about malnutrition, causes, signs, and handling of malnutrition to avoid malnutrition and undeveloped child development. 05) which means that there are differences in knowledge about balanced nutrition among respondents before and after being given health education through nutrition counseling / health counseling. Mothers of toddlers are expected to further increase knowledge about malnutrition, causes, signs, and handling of malnutrition to avoid malnutrition and undeveloped child development. 05) which means that there are differences in knowledge about balanced nutrition among respondents before and after being given health education through nutrition counseling / health counseling. Mothers of toddlers are expected to further increase knowledge about malnutrition, causes, signs, and handling of malnutrition to avoid malnutrition and undeveloped child development.*

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*Keywords: poor nutrition, knowledge*