

ABSTRAK

“PENGETAHUAN IBU TENTANG GIZI BALITA DENGAN KEJADIAN *UNDERWEIGHT* DI DESA KAPU WILAYAH KERJA PUSKESMAS MERAKURAK”

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Underweight merupakan salah satu masalah gizi balita yang masih tinggi prevalensinya. Di Desa Kapu prevalensi balita *Underweight* sebesar 13,6% sedangkan target pemerintah yakni dibawah 10%.. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan ibu tentang gizi balita dengan kejadian *Underweight* di Desa Kapu.

Desain penelitian menggunakan analitik korelasi dengan pendekatan *crosssectional*. Populasi dari penelitian ini adalah seluruh ibu yang memiliki balita di Desa Kapu yang berjumlah 177 ibu dengan sampel 123 didapat dari teknik *simple random sampling*. Variabel independen pada penelitian ini adalah pengetahuan ibu tentang gizi balita serta variabel dependennya yakni kejadian *Underweight*. Cara pengambilan data yakni dengan memberikan kuesioner dan dianalisis menggunakan uji *Spearman Rank Correlation*.

Hasil penelitian menunjukkan bahwa hampir seluruh ibu yang memiliki balita di Desa Kapu memiliki pengetahuan baik sebanyak 101 ibu (82,1%) dan hampir seluruhnya kejadian tidak *Underweight* sebanyak 101 balita (82,1%). Dari hasil uji *Spearman Rank Correlation* di dapatkan $p = 0,000$ dengan $p < 0,005$ menunjukkan adanya hubungan negatif (-0,346**) antara pengetahuan ibu tentang gizi balita dengan kejadian *Underweight* di Desa Kapu wilayah kerja Puskesmas Merakurak.

Untuk menurunkan angka kejadian *Underweight*, perlu adanya peningkatan pengetahuan gizi ibu melalui promosi kesehatan yang ditujukan langsung pada ibu dengan balita yang *Underweight*.

Kata Kunci : Pengetahuan, *Underweight*, Status Gizi

ABSTRACT

"MOTHER'S KNOWLEDGE ABOUT TODDLERS NUTRITION WITH UNDERWEIGHT OCCURRENCE IN KAPU VILLAGE WORKING AREA OF PUSKESMAS MERAKURAK "

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Underweight is one of the nutritional problems of toddlers which are still in high prevalence. In Kapu Village, the prevalence of underweight in toddlers is 13.6%, while the government's target is below 10%. This study aims to determine the relationship between mother's knowledge of toddler nutrition and the incidence of underweight in Kapu Village.

The research design used correlation analytic with a cross-sectional approach. The population of this study were all mothers who have toddlers in Kapu Village, totaling 177 mothers with 123 samples obtained from simple random sampling technique. The independent variable in this study was the mother's knowledge of under-five nutrition and the dependent variable was the incidence of underweight. The method of collecting data is by giving a questionnaire and analyzed using the Spearman Rank Correlation test.

The results showed that almost all mothers who had children under five in Kapu Village had good knowledge of 101 mothers (82.1%) and almost all of them were not underweight as many as 101 children under five (82.1%). From the results of the Spearman Rank Correlation test, it was found that $p = 0.000$ with $p < 0.005$ indicating a negative relationship (-0.346**) between mother's knowledge of under-five nutrition and the incidence of underweight in Kapu Village.

To reduce the incidence of underweight, it is necessary to increase mother's knowledge of nutrition through health promotion aimed directly at mothers with underweight toddlers.

Keywords: Knowledge, Underweight, Nutritional Status