

HUBUNGAN ANTARA TINGKAT PENGETAHUAN GIZI DAN POLA ASUH IBU DENGAN STATUS GIZI ANAK PRASEKOLAH DI TK AL-HIDAYAH SURABAYA

ABSTRAK

Latar Belakang: Provinsi Jawa Timur memiliki angka balita gizi kurang sebesar 13,43% serta balita gizi lebih sebesar 9,3%. Hasil studi pendahuluan yang dilaksanakan di TK Al-Hidayah Surabaya ditemukan 60% dari 20 anak dengan masalah gizi kurang, *overweight*, dan obesitas. Masalah gizi pada anak prasekolah dipengaruhi oleh pengetahuan gizi dan pola asuh ibu. **Tujuan Penelitian:** Menganalisis hubungan antara tingkat pengetahuan gizi dan pola asuh ibu dengan status gizi anak prasekolah di TK Al-Hidayah Surabaya. **Metode Penelitian:** Penelitian analitik dengan menggunakan studi *cross-sectional*. Pengumpulan data menggunakan pengukuran antropometri dan wawancara menggunakan kuisioner. Total responden sebanyak 47 siswa dengan teknik total sampling. **Hasil Penelitian:** Persentase pengetahuan gizi ibu baik (78,7%), ibu dengan pola asuh baik (83%), status gizi normal (48,9%). Hasil uji statistik menunjukkan tidak ada hubungan antara tingkat pengetahuan gizi ibu ($p= 0,0385 > 0,05$) dengan status gizi anak prasekolah. Hasil uji statistik menunjukkan tidak ada hubungan antara pola asuh ibu ($p= 0,05 = 0,05$) dengan status gizi anak prasekolah. **Kesimpulan:** Mayoritas ibu memiliki pengetahuan gizi dan pola asuh yang baik serta status gizi anak normal. Tidak ada hubungan tingkat pengetahuan gizi ibu dengan status gizi anak prasekolah. Tidak ada hubungan pola asuh ibu dengan status gizi anak prasekolah. **Saran:** Bagi pihak puskesmas diharapkan memberi edukasi kepada ibu agar tetap memperhatikan asupan gizi anak dan pola asuh terutama pada rangsangan psikososial dan praktik kebersihan dan sanitasi lingkungan.

Kata kunci: tingkat pengetahuan gizi, pola asuh ibu, status gizi

**THE RELATION BETWEEN THE LEVEL OF NUTRITIONAL
KNOWLEDGE AND MATERNAL PARENTING WITH THE
NUTRITIONAL STATUS OF PRESCHOOL CHILDREN IN AL-
HIDAYAH KINDERGARTEN SURABAYA**

ABSTRACT

Background: East Java Province has a malnourished toddler rate of 13.43% and more malnourished toddlers of 9.3%. The results of a preliminary study conducted at Al-Hidayah Kindergarten Surabaya found 60% of 20 children with malnutrition, *overweight*, and obesity problems. Nutritional problems in preschool children are influenced by knowledge of nutrition and maternal parenting. **Research Objectives:** Analyze the relationship between the level of nutritional knowledge and maternal parenting with the nutritional status of preschool children in Al-Hidayah Kindergarten Surabaya. **Research Methods:** Analytical research using *cross-sectional* studies. Data collection using anthropometric measurements and interviews using questionnaires. The total respondents were 47 students with total sampling techniques. **Research Results:** The percentage of nutritional knowledge of mothers is good (78.7%), mothers with good parenting (83%), normal nutritional status (48.9%). The results of statistical tests showed no relationship between the level of maternal nutritional knowledge ($p = 0.0385 > 0.05$) and the nutritional status of preschool children. The results of statistical tests showed no relationship between maternal parenting ($p = 0.05 = 0.05$) and the nutritional status of preschool children. **Conclusion:** The majority of mothers have good knowledge of nutrition and parenting as well as normal nutritional status of children. There was no relationship between maternal nutritional knowledge level and preschool children's nutritional status. There was no relationship between maternal parenting and the nutritional status of preschoolers. **Suggestion:** For the puskesmas, it is expected to educate mothers to keep paying attention to children's nutritional intake and parenting, especially on psychosocial stimuli and environmental hygiene and sanitation practices.

Keywords: nutritional knowledge level, maternal parenting, nutritional status