

ABSTRAK

Status gizi pada balita harus sangat dijaga dan diperhatikan secara serius oleh orang tua. Hasil Riskesdas (2013) menunjukkan bahwa masalah gizi pada balita banyak dipengaruhi oleh pendapatan dan pendidikan orang tua yang rendah. Tujuan penelitian ini adalah mengetahui gambaran tingkat pendidikan ibu, tingkat pendapatan keluarga, dan status gizi balita di Desa Kedungpari. Jenis penelitian ini deskriptif dengan pendekatan *cross sectional*. Analisis data ditampilkan dalam bentuk distribusi frekuensi dan tabulasi silang.

Hasil penelitian menunjukkan mayoritas tingkat pendidikan ibu balita adalah pendidikan rendah sebesar (56%). Tingkat pendapatan keluarga mayoritas pendapatan sedang (66%). Status gizi balita menurut indeks BB/U di Desa Kedungpari dengan status gizi kurang sebesar (13,2%) dan obesitas sebanyak (3,8%). Status gizi balita menurut indeks TB/U didapatkan hasil sebesar (15,1%) balita mengalami *stunting*. Sedangkan status gizi balita menurut indeks BB/TB diperoleh hasil sebesar (11,3%) balita *wasting*.

Kesimpulan dari penelitian ini adalah mayoritas status gizi balita di Desa Kedungpari adalah gizi baik dengan tingkat pendidikan ibu rendah dan tingkat pendapatan keluarga sedang. Hal ini dapat terjadi karena ibu dengan tingkat pendidikan rendah memiliki pengetahuan yang baik tentang gizi dan memperhatikan asupan makanan untuk balitanya sehingga pertumbuhan dan perkembangan balita menjadi normal. Selain itu, ditemukan pula balita dengan status gizi kurang, obesitas, *stunting*, dan *wasting*. Untuk mengurangi masalah gizi tersebut, diharapkan kader posyandu dapat memberikan edukasi kepada ibu balita tentang pemberian makanan sesuai prinsip gizi seimbang dengan pemanfaatan sumber protein hewani lokal untuk meningkatkan asupan protein balita sehingga status gizi balita menjadi lebih baik.

Kata kunci : balita, status gizi, pendidikan ibu, pendapatan keluarga

ABSTRACT

Nutritional status in toddlers must be very guarded and taken seriously by parents. The results of Riskesdas (2013) show that nutritional problems in children under five are much influenced by income and low education of parents. The purpose of this study was to determine the description of maternal education level, family income level, and nutritional status of children in Kedungpari Village. This type of research is descriptive with a cross sectional approach. Data analysis is displayed in the form of frequency distribution and cross tabulation.

The results of the study showed that the majority of the education levels of under-five mothers were low education (56%). The family income level is mostly medium income (66%). Nutritional status of toddlers according to index BB / U in Kedungpari Village with less nutritional status of (13.2%) and obesity as much (3.8%). Nutritional status of toddlers according to index TB / U is obtained as much as (15.1%) toddlers experience stunting. While the nutritional status of children under the index BB / TB obtained results for (11.3%) wasting toddlers.

The conclusion of this study is that the majority of the nutritional status of children in Kedungpari Village is good nutrition with a low level of maternal education and a moderate income level. This can occur because mothers with low education levels have good knowledge about nutrition and pay attention to food intake for their children so that the growth and development of children under five becomes normal. In addition, also found toddlers with poor nutritional status, obesity, stunting, and wasting. To reduce these nutritional problems, it is expected that posyandu cadres can provide education to mothers of children under five about feeding according to the principle of balanced nutrition with the use of local animal protein sources to increase toddler protein intake so the nutritional status of children is better.

Keywords: *toddlers, nutritional status, mother's education, family income*