

GAMBARAN TINGKAT PENGETAHUAN, POLA ASUH IBU DAN STATUS GIZI BALITA DI POSYANDU DELIMA DUSUN MULUNG KABUPATEN BOJONEGORO

(Studi Deskriptif di Dusun Mulung Kabupaten Bojonegoro)

ABSTRAK

Latar Belakang Balita yang kurus (*wasting*) dan pendek (*stunting*) adalah salah satu masalah kekurangan gizi yang masih sangat umum di Indonesia. Jika anak kekurangan nutrisi, itu bukan hanya karena mereka tidak makan makanan yang sehat, tetapi juga karena cara orang tua membesarkan mereka. Dan pengetahuan yang kurang baik dari ibu. Status gizi dapat diukur melalui parameter tertentu dan dibandingkan dengan standar atau referensi untuk menilai apakah ada masalah dengan status gizi seseorang. **Tujuan Penelitian** Mengidentifikasi karakteristik responden, Mengidentifikasi tingkat pengetahuan ibu, Mengidentifikasi pola asuh ibu pemberian makan, Mengidentifikasi status gizi balita. **Metode penelitian** Deskriptif observasional digunakan dalam penelitian ini. Sebanyak 60 responden ibu balita menjadi sampel. Teknik pengumpulan data dengan cara wawancara menggunakan kuesioner tentang pengetahuan, pola asuh ibu dan status gizi balita di Posyandu Delima Dusun Mulung Kabupaten Bojonegoro. **Hasil penelitian** ini menunjukkan bahwa pengetahuan ibu balita berkategori baik dengan jumlah 41 (68,3%), kategori pola asuh dengan berkategori cukup dengan jumlah 39 (65%) dan kategori status gizi dari 60 balita memiliki indikator BB/PB dengan kategori normal berjumlah 36 (60%), indikator BB/U dengan kategori normal berjumlah 31 (51,7%), dan untuk indikator PB/U dengan kategori normal berjumlah 31 (51,7%). **Kesimpulan** Umur ibu balita 25-34 tahun, pendidikan lulusan SMA, pekerjaan ibu rumah tangga dan jenis kelamin Perempuan, Tingkat pengetahuan ibu sebanyak (68,3%), pola asuh ibu sebanyak (65%), status gizi balita dalam kategori BB/PB sebanyak (60%), kategori BB/U (51,7%), kategori PB/U sebanyak (51,7%). **Saran** Diharapkan berpartisipasi penuh dalam kegiatan-kegiatan posyandu, karena tujuan dari diadakan posyandu yakni memantau pertumbuhan dan perkembangan kesehatan bagi ibu dan anak.

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

DESCRIPTION OF THE LEVEL OF KNOWLEDGE, MOTHER'S PARENTING PATTERNS AND NUTRITIONAL STATUS OF TODDLERS IN POSYANDU DELIMA, MULUNG DUSUN BOJONEGORO DISTRICT

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ABSTRACT

Background Stunting and wasting in toddlers is one of the issues associated with malnutrition, which is still a significant concern in Indonesia. Children's malnutrition is caused by more than just a lack of nutritious food intake, but also due to poor parenting practices and knowledge from the mother. Nutritional status can be measured through certain parameters and compared with standards or references to assess whether there is a problem with a person's nutritional status. **Research Objectives** to identify the characteristics of respondents, to identify the mother's level of knowledge, to identify the mother's parenting patterns regarding feeding, to identify the nutritional status of toddlers. Descriptive observational **Research Methods** were used in this research. A total of 60 respondents from mothers of toddlers were sampled. The data collection technique was by interview using a questionnaire regarding knowledge, mother's parenting patterns and nutritional status of toddlers at Posyandu Delima, Mulung Hamlet, Bojonegoro Regency. **The results** of this study show that the knowledge of mothers of toddlers is in the good category with a total of 41 (68.3%), the parenting style category is in the sufficient category with a total of 39 (65%) and the nutritional status category of 60 toddlers has a BB/Pb indicator in the normal category totaling 36. (60%), the BB/U indicators in the normal category were 31 (51.7%), and the PB/U indicators in the normal category were 31 (51.7%). **Conclusion:** The age of the toddler's mother is 25-34 years, high school graduate, housewife occupation and female gender, mother's knowledge level is (68.3%), mother's parenting style is (65%), toddler's nutritional status in the BB/PB category as much as (60%), BB/U category (51.7%), PB/U category as much as (51.7%). **Suggestions** It is hoped that you will fully participate in posyandu activities, because the aim of holding posyandu is to monitor the growth and health development of mothers and children.

Key words: level of knowledge, mother's parenting style, nutritional status of toddlers