

Abstrak

Status gizi calon pengantin wanita di Indonesia menghadapi masalah gizi kompleks (*double burden malnutrition*), dimana angka kekurangan dan kelebihan gizi meningkat secara bersamaan. Hal tersebut dapat menyebabkan berbagai dampak negatif pada kesehatan ibu dan bayinya. Tujuan dari penelitian ini adalah mempelajari dan mengetahui hubungan antara pengetahuan gizi seimbang dengan status gizi berdasarkan indeks massa tubuh pada calon pengantin wanita.

Jenis penelitian ini adalah survey deskriptif dengan pendekatan *cross sectional* memiliki populasi 38 orang menggunakan teknik sampling *purposive sampling* berjumlah 35 orang. Variabel independen dari penelitian ini adalah pengetahuan gizi seimbang dan variabel dependen yang dikaji adalah status gizi. Instrumen pengambilan data berdasarkan hasil kuesioner pengetahuan gizi seimbang.

Hasil penelitian didapatkan bahwa pengetahuan gizi seimbang pada 35 calon pengantin wanita, hampir setengahnya dalam kategori baik dan cukup 13 orang (37,1%) dan hampir setengahnya status gizinya dalam kategori gemuk 16 orang (45,7%). Hasil analisa bivariat menggunakan uji *rank spearman* diperoleh nilai signifikansi sebesar $(p)=0,008$ yang berarti nilai tersebut $<0,05$, sehingga terdapat hubungan antara pengetahuan gizi seimbang dan status gizi berdasarkan indeks massa tubuh pada calon pengantin wanita.

Pengetahuan gizi seimbang penting dimiliki oleh calon pengantin wanita untuk menjadikan status gizi yang normal, hal tersebut sesuai karena pengetahuan gizi termasuk dalam faktor yang mempengaruhi status gizi calon pengantin wanita. Saran yang diberikan untuk peneliti selanjutnya untuk lebih memperdalam penelitian dengan menambahkan variabel pola konsumsi dan pendidikan.

Kata Kunci : Pengetahuan, Status Gizi, Catin Wanita

Abstract

Nutritional status of bride in Indonesia faces a complex nutritional problem (double burden of malnutrition), where the number of undernutrition and excess nutrition increases simultaneously. It can cause various negative impacts on the health of mothers and babies. The aim of the research This study aims to study and determine the relationship between knowledge of balanced nutrition and nutritional status based on body mass index of prospective brides.

This type of research is a descriptive survey with a cross sectional approach with a sample of 35 brides who meet all the inclusion and exclusion criteria with a sampling technique using purposive sampling technique. The independent variable of this study was knowledge of balanced nutrition and the dependent variable studied was nutritional status. The data collection instrument is based on the results of a balanced nutrition knowledge questionnaire.

Based on the results of this study, it was found that the knowledge of balanced nutrition in 35 prospective brides, almost half in the good and sufficient category 13 people (37.1%) and almost half of their nutritional status in the fat category 16 people (45.7%). The results of the bivariate analysis use Spearman's rank obtained a significance value of $(p) = 0.008$, which means the value is <0.05 , so there is a relationship between knowledge of balanced nutrition and nutritional status based on body mass index of the bride-to-be. The correlation value between the two variables was obtained $(r) = 0.454$ which indicates that the variable knowledge of balanced nutrition and nutritional status based on the body mass index of the bride-to-be has a fairly close relationship.

Knowledge of balanced nutrition is important for the prospective bride to have a normal nutritional status, this is appropriate because knowledge of nutrition is included in the factors that affect the nutritional status of the prospective bride. Suggestions given to further researchers can conduct research with consumption pattern and education variables can influence nutritional status of the prospective bride.

Keywords: *Knowledge, Nutritional Status, Bride*