

ABSTRAK

HUBUNGAN TINGKAT PENGETAHUAN IBU TENTANG *FEEDING RULES* (ATURAN DASAR PEMBERIAN MAKAN) TERHADAP STATUS GIZI BATITA DI WILAYAH POSYANDU BANCARKEMBAR

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Latar Belakang: Pengetahuan adalah sesuatu yang dapat memengaruhi perilaku. Pemberian makan menjadi faktor yang memengaruhi status gizi anak. Penelitian ini bertujuan untuk mengetahui gambaran karakteristik ibu dan batita, tingkat pengetahuan ibu tentang *feeding rules*, status gizi batita, dan hubungan tingkat pengetahuan ibu tentang *feeding rules* terhadap status gizi batita.

Metodologi: Penelitian ini menggunakan metode *cross-sectional* dengan pendekatan analitik observasional. Penelitian ini dilakukan di posyandu wilayah Desa Bancarkembar dengan teknik sampel *total sampling*. Jumlah sampel sebanyak 68 responden yang memenuhi kriteria inklusi. Penelitian dilakukan dengan memberikan kuesioner tingkat pengetahuan ibu tentang *feeding rules* dan pengukuran antropometri pada batita untuk mengetahui status gizi batita. Kedua variabel tersebut kemudian dilakukan uji korelasi menggunakan *Sommers'd*.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa terdapat hubungan antara tingkat pengetahuan yang dimiliki ibu tentang *feeding rules* dengan status gizi batita dengan $p=0,042$ ($p<0,05$).

Kesimpulan: Tingkat pengetahuan ibu tentang *feeding rules* berhubungan dengan status gizi batita.

Kata Kunci: Batita; Pengetahuan; *Feeding Rules*; Status Gizi

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ABSTRACT

THE RELATIONSHIP LEVEL OF MOTHER'S KNOWLEDGE ABOUT FEEDING RULES TO THE NUTRITIONAL STATUS OF TODDLERS IN BANCARKEMBAR POSYANDU'S AREA

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Background: Knowledge is something that can influence behaviour. Feeding is a factor that affect the nutritional status children. This study aims to describe the characteristics of mothers and toddlers, the level of knowledge about feeding rules, the nutritional status of toddlers, and the relationship between the level of mother's knowledge about feeding rules and the nutritional status of toddlers.

Methods: This study used a cross-sectional method with an observational analytic approach. This research was conducted at the posyandu in Bancarkembar area with a total sampling technique. The number of samples is 68 respondents who meet the inclusive criteria. The research was conducted by giving a questionnaire about the level of mother's knowledge about feeding rules and antropometric measurements on toddlers to determine the nutritional status of toddlers. The two variables were tested for correlation using Sommers'd.

Results: The results showed that there was a relationship between the level of mother's knowledge about feeding rules and the nutritional status of toddlers with $p=0,042$ ($p<0,05$).

Conclusion: The level of mother's knowledge about feeding rules is related to the nutritional status of toddlers.

Keywords: Toddlers, Knowledge, Feeding Rules, Nutritional Status

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