

ABSTRAK

Hubungan Pengetahuan Ibu tentang Responsive Feeding dengan Status Gizi Balita Usia 12-36 Bulan di Pujotirto Kabupaten Kebumen

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Latar Belakang: Masalah gizi ganda usia balita meliputi gizi kurang dan gizi lebih. Melalui pemberian makan yang tepat dapat mendukung terpenuhinya nutrisi pada anak balita. Peran ibu dalam pemberian makan melalui *responsive feeding* mampu memberikan dampak pada status gizi anak. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan ibu tentang *responsive feeding* dengan status gizi balita usia 12-36 bulan.

Metodologi: Penelitian ini merupakan penelitian kuantitatif menggunakan rancangan penelitian *cross-sectional*. Sampel penelitian adalah 68 responden. Variabel independen penelitian yaitu pengetahuan dan variabel dependen yaitu status gizi. Instrumen menggunakan kuisioner. Metode analisis data pada menggunakan analisis univariat pada pendidikan, pekerjaan, usia, tingkat pengetahuan ibu tentang *responsive feeding*, dan status perkembangan balita serta analisis bivariat untuk menganalisis hubungan pengetahuan ibu tentang *responsive feeding* dengan status gizi balita usia 12-36 bulan.

Hasil Penelitian: Hasil penelitian yang telah dilakukan didapatkan pengetahuan ibu dengan kategori baik 52,9%, cukup 23,8% dan kurang 13,2%. Gambaran status gizi balita kategori berat badan baik 70,6%, resiko berat badan lebih 19,1%, dan berat badan kurang 10,3%. Hasil analisis *somers'd* menunjukkan adanya hubungan antara pengetahuan ibu tentang *responsive feeding* dengan status gizi balita usia 12-36 bulan yang ditandai dengan nilai *p value* <0,05.

Kesimpulan: Terdapat hubungan yang signifikan antara pengetahuan ibu tentang *responsive feeding* dengan status gizi balita usia 12-36 bulan.

Kata Kunci: Balita; *Responsive Feeding*; Status Gizi

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ABSTRACT

Relationship between Mother's Knowledge about Responsive Feeding with the Nutritional Status of Toddlers Age 12-36 Months in Pujotirto, Kebumen

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Background: Multiple nutritional problems at the age of five include undernutrition and over nutrition. Through proper feeding can support the fulfillment of nutrition in children under five. The role of the mother in feeding through responsive feeding can have an impact on the nutritional status of children. The purpose of this research was to determine the relationship between mother's knowledge about responsive feeding and the nutritional status of toddlers aged 12-36 months.

Method: The research was a quantitative study using a cross-sectional research design. The research sample is 68 respondents. The independent variable of the research is knowledge and the dependent variable is nutritional status. The instrument used a questionnaire. Methods of data analysis used univariate analysis on education, occupation, age, level of mother's knowledge about responsive feeding, and developmental status of toddlers as well as bivariate analysis to analyze the relationship between mother's knowledge about responsive feeding and nutritional status of toddlers aged 12-36 months.

Result: The results of the research that has been done show that mother's knowledge is in the good category of 52.9%, sufficient 23.8% and less 13.2%. An overview of the nutritional status of toddlers in the good weight category is 70.6%, the risk of being over weight is 19.1%, and the underweight is 10.3%. The results of the *somers' d* analysis showed that there was a relationship between mother's knowledge about responsive feeding and the nutritional status of toddlers aged 12-36 months which was indicated by a p value <0.05.

Conclusion: There is a significant relationship between mother's knowledge about responsive feeding and the nutritional status of toddlers aged 12-36 months.

Keyword: Responsive Feeding, Toddlers, Nutritional Status

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