

## ABSTRAK

### HUBUNGAN ANTARA PENGETAHUAN DAN SIKAP PERSONAL HIGIENE IBU TERHADAP STATUS GIZI BATITA DI WILAYAH KERJA PUSKESMAS KARANGLEWAS PURWOKERTO

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**Latar Belakang:** Asupan gizi tidak hanya dilihat dari aspek kuantitas tetapi juga aspek kualitas yaitu seperti mutu makanan. Pengolahan makanan yang dilakukan oleh para ibu sangat berpengaruh dalam kualitas makanan para Batita serta berpengaruh pada penyerapan zat gizi pada Batita.

**Tujuan Penelitian :** Menganalisa keterkaitan antara pengetahuan dan sikap *personal hygiene* ibu dengan status gizi pada Batita di wilayah kerja Puskesmas Karanglewas

**Metode:** Desain *cross-sectional* dengan menggunakan teknik *purposive sampling* dengan sampel sebanyak 55 Orang. Pengetahuan dan sikap tentang personal hygiene diukur menggunakan kuesioner. Status gizi Batita diperoleh dengan metode penimbangan. Analisis bivariat menggunakan Uji *Spearman*.

**Hasil Penelitian:** Sebagian besar anak responden berstatus gizi baik sebesar 43 anak. Pengetahuan personal hygiene di dapatkan berpengetahuan baik sebesar 61,8%. Sikap personal hygiene diperoleh hasil yang memiliki sikap positif sebesar 56,4%. Tidak terdapat hubungan antara pengetahuan personal hygiene dengan status gizi Batita ( $P = 0,880$ ) dan Tidak terdapat hubungan antara sikap personal hygiene dengan status gizi Batita ( $p = 0,102$ ).

**Kesimpulan:** Tidak terdapat hubungan antara pengetahuan personal hygiene dengan status gizi Batita dan tidak terdapat hubungan antara pengetahuan personal hygiene dengan status gizi Batita di wilayah Puskesmas Karanglewas.

**Kata Kunci:** Personal hygiene, status gizi, Batita

## ABSTRACT

### **CORRELATION BETWEEN KNOWLEDGE AND ATTITUDE OF MOTHER'S PERSONAL HYGIENE WITH NUTRITIONAL STATUS IN TODDLER UNDER 3 YEARS IN THE WORKING AREA OF KARANGLEWAS HEALTH CENTER PURWOKERTO**

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**Background:** Nutrient intake not only seen in terms of quantity as well as quality aspects, such as food quality. Food processing which carried out by mothers is very influential in the food quality of toddlers and influences the absorption of nutrients in toddlers.

**Research Objectives:** To analyse correlation between knowledge and attitude of mother's personal hygiene with nutritional status in toddlers under 3 years in the working area of Karanglewas Health Center

**Method:** Cross-sectional design using purposive sampling technique with a sample of 55 people. Knowledge and attitudes about personal hygiene measured by using a questionnaire. Toddler nutritional status obtained by weighing method. Bivariate analysis using the Spearman Test.

**Research Results:** Most of the respondent's children were in good nutrition as many as 43 children. Personal hygiene knowledge gained good knowledge of 61.8%. Personal hygiene attitude obtained results that have a positive attitude of 56.4%. There was no correlation between personal hygiene knowledge with toddler nutritional status ( $P = 0.880$ ) and there was no correlation between personal hygiene attitudes and toddler nutritional status ( $p = 0.102$ ).

**Conclusion:** There is no correlation between personal hygiene knowledge with nutritional status in toddler under 3 years and there is no correlation between personal hygiene knowledge with nutritional status in toddler under 3 years in the Karanglewas Puskesmas area.

**Keywords:** Personal hygiene, nutritional status, Toddler