

GAMBARAN PERSEPSI IBU TERHADAP BERAT BADAN BERLEBIH (OVERWEIGHT) PADA BALITA DI WILAYAH PUSKESMAS WINONG KECAMATAN GEMPOL KABUPATEN CIREBON

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ABSTRAK

Latar Belakang: Berat badan berlebih (*overweight*) merupakan kelainan akibat penimbunan lemak dalam tubuh yang berlebih yang menyebabkan 10,3% kematian di dunia. *Overweight* berisiko obesitas sehingga dapat mempengaruhi pertumbuhan, hipertensi, diabetes, penyakit kardiovaskuler, penyakit degeneratif pada masa dewasa, dan masalah psikososial. Sebanyak 79% ibu tidak merasa anaknya gemuk. Kesalahan persepsi ini dapat mendukung perkembangan *overweight* pada balita. Persepsi seseorang dipengaruhi usia, pendidikan, pendapatan dan pekerjaan.

Tujuan: Tujuan studi ini adalah untuk mengetahui gambaran persepsi ibu terhadap *overweight* pada balita di Puskesmas Winong.

Metode: Penelitian ini merupakan jenis penelitian deskriptif kuantitatif dengan metode pengambilan sampel *consecutive sampling*. Populasi penelitian ini adalah Ibu yang memiliki balita usia 12-59 bulan dan balita usia 12-59 bulan. Sampel dalam penelitian ini 50 orang. Instrumen penelitian ini adalah kuesioner persepsi ibu terhadap *overweight* pada balita yang telah diuji validitas dan reliabilitas kuesioner adalah 0,737.

Hasil: Hasil penelitian ini sebanyak 52% ibu memiliki persepsi negatif terhadap *overweight* pada balita sedangkan persepsi positif sebanyak 48%.

Kesimpulan: Sebagian besar ibu mempersepsikan bahwa *overweight* bukan merupakan masalah kesehatan balita.

Kata Kunci: Persepsi Ibu, *Overweight*, Balita, Usia, Pendidikan, Pendapatan, Pekerjaan

**MOTHER'S PERCEPTION OF OVERWEIGHT IN TODDLER AT THE
PUBLIC HEALTH CARE WINONG, GEMPOL DISTRICT, CIREBON
REGENCY**

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ABSTRACT

Background: Overweight is abnormality due to excess accumulation of fat in the body and causes 10.3% of death in the world. Overweight is at risk of obesity so that it can affect growth, developing hypertension, diabetes, cardiovascular disease, degenerative diseases in adulthood, and psychosocial problems. As many as 79% of mother's do not feel their toddler are fat. This misperception can support the development of overweight in toddlers. Mother's perception is influenced by age, education, occupation and income.

Purpose: The purpose of this study were to describe mother's perception of overweight in toddler at Public Health Center of Winong area.

Methods: This study was descriptive quantitative, using by consecutive sampling technique sampling. The population in this study were mother's who have toddlers aged 12-59 months and toddlers aged 12-59 months. The sample in this study with 50 respondent). The instrument of this study is questionnaire mother's perception of overweight in children that has been in testing with validity, and reliability of this questionnaire was 0,737.

Results: Result from this study were 52,0% of mother have a positive perception of overweight in children, mother's who have a negative perception about 48,0%.

Conclusion: The most of mother's perception consider that overweight are not the helath problem of the toddler.

Keywords : Mother's Perception, Overweight, Toddler, Age, Education, Occupation, Income