HUBUNGAN TINGKAT PENGETAHUAN IBU TENTANG GIZI SEIMBANG DENGAN STATUS GIZI BALITA USIA 6-24 BULAN DI KELURAHAN BUMIJO KECAMATAN JETIS KOTA YOGYAKARTA

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INTISARI

Latar Belakang : Data Statistik Kementrian Kesehatan Republik Indonesia (2015) menjelaskan bahwa prevalensi gizi buruk di Indonesia sebanyak 5,7% dan gizi kurang 13,9% dari sejumlah 24.062.106 jiwa anak dengan rentang usia 0 – 4 tahun. Sebagian besar kejadian kurang gizi dapat dihindari apabila orang tua mempunyai pengetahuan tentang cara pemeliharaan gizi dan mengatur makanan anak.

Tujuan Penelitian : Diketahui tingkat pengetahuan ibu tentang gizi seimbang dengan status gizi balita usia 6-24 bulan di Kelurahan Bumijo Kecamatan Jetis Kota Yogyakarta.

Metode Penelitian : Desain penelitian deskriptif korelatif dengan mengunakan pendekatan *cross sectional*. Sampel diambil dengan teknik *purposive sampling* yaitu 70 balita di posyandu Jinten 1, Jinten 2 dan Jinten 3 Kelurahan Bumijo. Instrumen penelitian menggunakan kuesioner, alat penimbang berat badan untuk anak. Hasil penelitian dianalisis dengan menggunakan rumus *Kendall tau*.

Hasil penelitian : Tingkat pengetahuan ibu tentang gizi seimbang di Kelurahan Bumijo Kecamatan Jetis Kota Yogyakarta adalah baik (45,7%). Status gizi balita usia 6-24 bulan di Kelurahan Bumijo Kecamatan Jetis Kota Yogyakarta adalah gizi baik (75,7%). Hasil uji Kendall's tau diperoleh nilai p sebesar 0,000 dengan koefisien korelasi Kendall's tau sebesar 0,458.

Kesimpulan : Ada hubungan antara tingkat pengetahuan ibu tentang gizi seimbang dengan status gizi balita usia 6-24 bulan di Kelurahan Bumijo Kecamatan Jetis Kota Yogyakarta dengan keeratan hubungan sedang.

Kata kunci : tingkat pengetahuan, status gizi balita

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CORRELATIONS BETWEEN MOTHERS KNOWLEDGE OF BALANCED NUTRITION AND NUTRITIONAL STATUS OF CHILDREN AGED 6-24 MONTHS IN BUMIJO VILLAGE, JETIS DISTRICT, YOGYAKARTA CITY

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ABSTRACT

Background : Statistic data from the ministry of health of the Republic of Indonesia (2015) show that prevalence of malnutrition and under nutrition from 24.062.106 children aged 0-4 years are 5,7 % and 13,9 %. Most malnutrition cases can be prevented if parents know how to manage balanced nutrition and diet for children.

Objective : To identify the correlations between mothers knowledge about balanced nutrition and nutritional status of children aged 6-24 months in Bumijo Village, Jetis District, Yogyakarta City.

Method : It was descriptive correlational research with a cross sectional approach. The sample, 70 children under five, were selected using a purposive sampling technique obtained from Jinten 1, Jinten 2, and Jinten 3 Integrated Health Service Posts in Bumijo Village. The research instrument were questionnaires and weight measure for children. The data were analyzed using the Kendall's Tau formula.

Result : The level of mothers knowledge of balanced nutrition in Bumijo Village, Jetis District, Yogyakarta City was good (45,7%). The nutritional status of children aged 6-24 months in Bumijo Vilage, Jetis District, Yogyakarta City falls within the sufficient nutrition category (75,7%). The kendall's Tau test indicates a p-value of 0.000 with Kendall's Tau correlation coefficient of 0.458.

Conclusion : There was a correlations between the level of mothers knowledge of balanced nutrition and nutritional status of children aged 6-24 months in Bumijo Village, Jetis District, Yogyakarta City falls within the moderate category.

Key words : level of knowledge, nutritional status of children under five

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