

INTISARI

GAMBARAN STATUS GIZI DAN PENGETAHUAN IBU TENTANG GIZI BALITA DI POSYANDU MELATI PADUKUHAN KARANGGENENG DAN MULUNGAN KULON DESA SENDANGADI MLATI SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang : Gizi adalah ikatan kimia yang diperlukan oleh tubuh untuk melakukan fungsinya, sebagai pengantar proses dalam kehidupan. Gizi berperan dalam tubuh sebagai energi untuk melakukan kegiatan sehari-hari, mengatur metabolisme dan mengatur berbagai keseimbangan air dan cairan tubuh yang lain. Posyandu Melati mempunyai masalah gizi dari 10 balita (20%), didapatkan dengan gizi kurang sebanyak 5 balita (10%), dan gizi lebih sebanyak 5 balita (10%). Faktor-faktor yang mempengaruhi status gizi balita, yaitu asupan makanan, infeksi penyakit, kesehatan pangan di keluarga, pola asuh anak, pelayanan kesehatan, tingkat pendidikan keluarga, pengetahuan dan informasi mengenai gizi. Sesuai teori Notoatmodjo (2007), mengatakan tingkat pengetahuan seseorang berpengaruh terhadap sikap dan perilaku dalam pemilihan makanan

Tujuan : Mengetahui Gambaran Status Gizi dan Pengetahuan Ibu tentang Gizi Balita di Posyandu Melati Padukuhan Karanggeneng dan Mulungan Kulon Desa Sendangadi Mlati Sleman Yogyakarta.

Metode : Jenis penelitian deskriptif. Sampel diambil dengan teknik total sampling sebanyak 50 ibu balita. Instrument penelitian adalah kuesioner dengan jumlah 25 pertanyaan yang telah di uji validitas dan reliabilitas, analisis data menggunakan univariat.

Hasil : Posyandu Melati diperoleh hasil status gizi balita baik (74%), kurang (18%), lebih (4%) dan buruk (4%). Sedangkan pengetahuan ibu tentang gizi, baik (80%), cukup (14%), dan kurang (6%).

Kesimpulan : Mayoritas status gizi balita baik (74%) dan responden berpengetahuan baik (80%). Disarankan untuk kader yang ada di Posyandu Melati, yaitu lebih meningkatkan kegiatan penyuluhan dan bersinambungan sehingga para ibu yang mempunyai balita memahami pentingnya gizi pada masa balita.

Kata Kunci : Pengetahuan ibu tentang gizi, Status gizi, Balita

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ABSTRACT

THE DESCRIPTION OF NUTRITION STATUS AND THE MOTHERS' KNOWLEDGE ABOUT TODDLER'S NUTRITION AT POST INTEGRATED SERVICES MELATI OF KARANGGENENG AND MULUNGAN KULON HAMLETS SENDANGADI VILLAGE MLATI SLEMAN YOGYAKARTA

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ABSTRACT

Background: Nutrition is a chemical bond that is needed by the body to perform its functions, as regulate processes in life. Nutrition plays a role in the body as energy to perform daily activities, regulate metabolism and water balance and regulate various other body fluids. Post Integrated Services Melati has nutrition problem from 10 toddlers (20%), obtained with less nutrition as many 5 toddlers (10%), and over nutrition as many 5 toddlers (10%). Factors that influence the nutritional status of children are food intake, infectious diseases, health food in the family, parenting, health services, family education level, knowledge and information about nutrition. According to Notoatmodjo theory (2007), that the level of knowledge of someone influence on attitudes and behavior in food selection

Purpose: to know the description of nutrition status and the mothers' knowledge about toddler's nutrition at post integrated services Melati of Karanggeneng and Mulungan Kulon Hamlets Sendangadi Village Mlati Sleman Yogyakarta

Method: Kind of descriptive research. Samples taken by total sampling technique as many 50 toddler mothers. Research instrument is questioner with the number of question as many 25 that have been validity dan reliability tested, data analysis used univariat.

Result: post integrated services Melati found the result of nutrition status of toddlers are good (74%), less (18%), over (4%) and bad (4%). While the mothers' knowledge about toddler's nutrition, good (80%), enough (14%), and less (6%).

Conclusion: Most of toddler's nutrition status is good (74%) and respondents in good knowledge (80%). It suggest for the cadre at post integrated services Melati to improve the counseling and ongoing activities so that the mothers who have children to understand the importance of nutrition in infancy

Keywords : mothers' knowledge about nutrition, nutrition status, Toddler

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