

# TINGKAT PENGETAHUAN IBU TENTANG GIZI BALITA DI DUSUN SAYANGAN KULON PROGO YOGYAKARTA

## INTISARI

Rina Hamdiani<sup>1</sup>, Vivian Nanny Lia Dewi<sup>2</sup>

**Latar Belakang :** Gizi diperlukan untuk pertumbuhan semua sel-sel terutama sel otak. Kekurangan gizi pada anak dapat menimbulkan beberapa efek negatif seperti lambatnya pertumbuhan badan, rawan terhadap penyakit, menurunnya tingkat kecerdasan (*Inteleigent Quesiont*), dan terganggunya mental anak yang berdampak langsung terhadap terganggunya pertumbuhan dan perkembangan anak. menurut supariasa (2007) pendidikan ibu merupakan salah satu faktor utama yang mempengaruhi status gizi pada balita. pengetahuan ibu tentang gizi maknan sangat berpengaruh terhadap perkembangan gizi balita, dimana kurangnya pengetahuan ibu akan bahan makanan yang bergizi, dan tidak mengerti bagaimana cara memberikan makanan yang benar, dapat menyebabkan asupan gizi kurang (Solikhin, 2003).

**Tujuan Penelitian :** Mengetahui tingkat pengetahuan ibu tentang gizi balita di Dusun Sayangan, Kabupaten Kulon Progo

**Metode Penelitian :** Penelitian ini menggunakan desain penelitian deskriptif, Teknik pengambilan sampel menggunakan total sampling sebanyak 55 ibu balita, analisis data menggunakan deskriptif prosentase. Instrumen pengumpulan data adalahkuesioner.

**Hasil Penelitian:** Distribusi frekuensi berdasarkan umur mayoritas berada pada umur 20-35 tahun(40,5%), berdasarkan pendidikan mayoritas pada tingkat SD sebanyak 12 responden (83,3%), mayoritas pekerja yaitu Buruh tani sebanyak 15 responden (66,7%), Tingkat pengetahuan ibu tentang gizi balita dengan pengetahuan baik sebanyak 37 responden (23,%), pengetahuan cukup sebanyak 20 responden (36,4%), dan yang memiliki pengetahuan kurang sebanyak 22 responden(40%).

**Kesimpulan :** Pengetahuan ibu tentang gizi balita di Dusun Sayangan Kabupaten Kulon Progo mayoritas memiliki pengetahuan kurang yaitu sebanyak 22 responden(40%).

**Kata Kunci :** *Pengetahuan ibu, gizi balita*

---

<sup>1</sup> Mahasiswi STIKES Achmad Yani Yogyakarta

<sup>2</sup> Dosen STIKES Achmad Yani Yogyakarta

**THE KNOWLEDGE LEVEL OF MOTHERS ABOUT TODDLERS'  
NUTRITION IN SAYANGAN VILLAGE, KULON PROGO,  
YOGYAKARTA**

**ABSTRACT**

Rina Hamdiani<sup>1</sup>, Vivian Nanny Lia Dewi<sup>2</sup>

**Background** : Nutrition is necessary for the growth of all cells especially brain cells. Nutritional deficiency in children can manifest in some negative effects such as late physical growth, prone to diseases, intelligence degradation, and mental disorder which bring direct impact of obstructed child growth and development. In accordance to supriasa (2007), mothers' education background is one of main factors which influence nutritional status in toddlers. Mothers' knowledge about food nutrition is very influential to toddlers' nutritional development. Mothers' poor knowledge about nutritious food materials and proper food providing can cause nutritional deficiency (Solikhin, 2003).

**Objective** : To find out the knowledge level of mothers about toddlers' nutrition in Sayangan village, Kulon Progo, Yogyakarta.

**Method** : This was a descriptive study. Samples were selected through total sampling technique as many as 55 mothers of toddlers. Data analysis applied percentage descriptive. The instrument of data collecting was questionnaires.

**Result** : Frequency distribution based on age was mostly between the age of 20-35 years old (76,4%), based on education background was mostly Junior High School graduates as many as 22 respondents (40%), mostly workers as housewives as many as 27 respondents (49,1%), the knowledge level of mothers about toddlers' nutrition was in good category as many as 13 respondents (23,6%), in sufficient category as many as 20 respondents (36,4%), and in poor category as many as 2 respondents (40%).

**Conclusion** : The knowledge of mothers about toddlers' nutrition in Sayangan village, Kulon progo sub district, was mostly in poor category as many as 22 respondents (40%).

**Keyword** : *The knowledge of mothers about toddlers' nutrition.*

---

<sup>1</sup>A student of Diploma III Midwifery Study Program of A.Yani Yogyakarta High School of Health Science

<sup>2</sup>A counseling lecturer of Diploma III Midwifery Study Program of A.Yani Yogyakarta High School of Health Science