

GAMBARAN SIKAP IBU TERHADAP POLA MAKAN BALITA DI POSYANDU GAMPING LOR AMBARKETAWANG GAMPING SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang : Salah satu tujuan 1000 HPK adalah menurunkan angka balita *stunting* sebesar 40 persen. Balita adalah masa yang ditandai dengan proses pertumbuhan dan perkembangan yang sangat pesat. Kesehatan tubuh anak sangat erat kaitannya dengan makanan yang dikonsumsi. Pola makan adalah informasi yang memberikan gambaran mengenai macam dan jumlah bahan makanan yang dimakan setiap hari oleh satu orang dan merupakan ciri khas untuk suatu kelompok. Hasil studi pendahuluan 6 dari 10 ibu balita tidak tahu bagaimana cara menyikapi pola makan balita.

Tujuan : Untuk mengetahui gambaran sikap ibu terhadap pola makan balita di Posyandu Gamping Lor, Ambarketawang, Gamping, Sleman, Yogyakarta.

Metode : Jenis penelitian ini adalah *deskriptif kuantitatif*. Populasi dalam penelitian ini adalah semua ibu balita yang aktif mengikuti posyandu di Posyandu Gamping Lor. Sampel diambil menggunakan teknik *aksidental sampling*, didapatkan jumlah sampel 56 ibu balita. Alat ukur yang digunakan dalam penelitian ini adalah kuesioner yang sebelumnya dilakukan uji validitas dan reliabilitas.

Hasil : Mayoritas ibu berumur 20-35 tahun yaitu 80%, dengan latar belakang pendidikan terakhir SMA yaitu 61% dan bekerja sebagai ibu rumah tangga yaitu 57%. Gambaran sikap ibu terhadap pola makan balita tergolong dalam kategori sikap negatif yaitu 54%.

Kesimpulan : Gambaran sikap ibu terhadap pola makan balita di Posyandu, Gamping Lor, Ambarketawang, Gamping, Sleman, Yogyakarta tergolong dalam kategori negatif yaitu 30 responden (54%).

Kata Kunci : Sikap, Balita, Pola Makan.

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**THE DESCRIPTION OF MATERNAL BEHAVIOR TO THE EATING
PATTERNS OF CHILDREN UNDER FIVE IN MATERNAL AND CHILD
HEALTH CENTER OF GAMPING LOR AMBARKETAWANG
GAMPING SLEMAN YOGYAKARTA**

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ABSTRACT

Background : One of goals of 1000 HPK is to reduce under-five stunting rate as many as 40 %. Children under-five is a period marked with rapid growth and development process. Children's health has close relation with food consumption. Eating pattern is an information which provides description about types and quantity of food consumption of one individual and a typical character of a group. The result of preliminary study found 6 out of 10 mothers of under-five who had poor knowledge on how to behave toward eating patterns of children under-five.

Objective : To identify the Description of Maternal Behavior to the eating Patterns of Children Under Five in Maternal and Child Health Care Center of Gamping Lor, Ambarketawang, Gamping, Sleman, Yogyakarta

Method : This study was quantitative descriptive. Population in this study was all mothers of under-five who participated actively in Maternal and Child Health Center of Gamping Lor. Samples were selected through accidental sampling technique as many as 56 mothers of under-five.

Result : The majority of mothers were aged 20-35 years old (80%) with the latest educational background of Senior High School (61%) and profession as housewives (57%). The description of mothers' behavior to the eating patterns of children under-five was in negative category (54%).

Conclusion : The description of mothers' behavior to the eating patterns of children under-five in Maternal and Child Health Center of Gamping Lor, Ambarketawang, Gamping, Sleman, Yogyakarta, was in negative category as many as 30 respondents (54%).

Keywords : Behavior, Children Under-five, Eating Pattern.

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