

GAMBARAN PENGETAHUAN DAN SIKAP ORANG TUA MENGENAI ASUPAN GIZI SEIMBANG PENCEGAHAN STUNTING ANAK PRASEKOLAH TK ABA GAMPING

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INTISARI

Latar Belakang: Stunting ialah keadaan dimana anak mengalami kegagalan dalam pertumbuhan yang disebabkan kurangnya gizi kronis pada seribu hari pertama. Sehingga berdampak pada tumbuh kembang anak, kecerdasan, mudah terserang penyakit, turunnya produktifitas. D. I. Yogyakarta pada tahun 2022 terutama di daerah Sleman masih dijumpai anak yang menderita stunting sebanyak 15%.

Tujuan: Dilakukannya penelitian ini untuk menganalisis gambaran karakteristik pengetahuan dan sikap orang tua mengenai asupan gizi seimbang pencegahan stunting anak prasekolah TK ABA Gamping.

Metode Penelitian: Metode yang digunakan dalam penelitian yaitu kuantitatif deskriptif. Populasinya merupakan orang tua yang anaknya bersekolah di TK ABA Gamping berjumlah 18 orang, dengan menggunakan *total sampling*. Pengambilan data menggunakan kuesioner sebagai alat ukur berupa *google form* dan analisis data menggunakan univariat

Hasil Penelitian: Hasil dari penelitian menunjukkan gambaran karakteristik responden 100% perempuan yang didominasi dalam rentang usia dewasa muda (26 – 35 tahun) 42.85%, sebanyak 56% berpendidikan SMA/SMK/SLTA, 83.33% merupakan ibu rumah tangga yang tidak memiliki penghasilan, 83.33% orang tua pengetahuannya tentang asupan gizi seimbang baik dan 94.4% mempunyai sikap mengenai asupan gizi seimbang yang baik.

Kesimpulan: Pengetahuan dan sikap orang tua mengenai asupan gizi seimbang pencegahan stunting anak prasekolah TK ABA Gamping sebagian besar dalam kategori baik.

Kata Kunci: stunting, pencegahan stunting, pengetahuan, sikap, asupan gizi seimbang, anak prasekolah

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**PARENT'S KNOWLEDGE AND ATTITUDE ABOUT NUTRITIONAL
INTAKE BALANCE TO PREVENT STUNTING IN PRESCHOOL
CHILDREN TK ABA GAMPING**

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ABSTRACT

Background: Stunting is a condition where children's can not fully growth and development because of lack of nutrition mostly manifest in the first 1000 day of life. It causes poor growth and development, low cognitive skill, imunity, and productivity. In 2022 Sleman, D.I. Yogyakarta there's found 15% cases stunting.

Object: To overview of characteristic parent's knowledge and attitude about nutritional intake balance to prevent stunting in preschool children TK ABA Gamping.

Method: This research employs a quantitative descriptive method. Involving 18 parents with preschool children in TK ABA Gamping, using total sampling. The measuring tools used are questionnaire with google form and data analysis was performed using univariate analysis.

Result: The research result indicate that parents knowledge and attitude about nutritional intake balance to prevent stunting in preschool children TK ABA Gamping is categorizes as good for 83.33% and 94.4%. The characteristic show that 100% are women and mostly in the young adult age (26 – 35years) 42.85%, 56% their education in high school, 83.33% are mostly housewives who don't have an income.

Conclusion: Parent's knowledge and attitude about nutritional intake to prevent stunting in preschool children TK ABA Gamping is mostly categorized as good.

Keywords: Stunting, stunting prevention, knowledge, attitude, balanced nutritional intake, preschool children.

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