

INTISARI

TINGKAT PENGETAHUAN IBU TENTANG GIZI BALITA DI PUSKESMAS JETIS 1 BANTUL YOGYAKARTA

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Latar Belakang : Prevalensi gizi buruk di Indonesia adalah 5,4% dan gizi kurang 13,0% atau 18,4% untuk gizi buruk dan kurang (Depkes RI, 2009). Pengetahuan gizi merupakan salah satu faktor yang mempengaruhi kepedulian ibu yang berkaitan dengan gizi anak (Guhardja, 2003). Hasil studi pendahuluan yang dilakukan penulis pada bulan Maret 2014 di Puskesmas Jetis 1 Bantul, diketahui bahwa berdasarkan data kader posyandu di wilayah kerjanya, pemantauan status gizi dengan penimbangan berat badan dilakukan satu kali dalam setahun yaitu pada bulan Februari. Berdasarkan hasil wawancara, dari 10 ibu yang diwawancarai, hanya 4 ibu yang mengetahui tentang gizi balita.

Tujuan Penelitian : Untuk mengetahui tingkat pengetahuan ibu tentang gizi balita di Puskesmas Jetis 1 Bantul Yogyakarta.

Metode Penelitian : Jenis penelitian deskriptif dengan pendekatan *survey*. Sampel diambil dengan teknik *accidental sampling*, sehingga diperoleh jumlah sampel sebanyak 81 ibu balita. Instrumen penelitian adalah kuesioner tertutup. Uji validitas instrument menggunakan korelasi *pearson product moment*, uji reliabilitas menggunakan *Spearman Brown*, dan hasil penelitian dianalisis dengan distribusi frekuensi relatif atau prosentase.

Hasil Penelitian : Karakteristik ibu balita di Puskesmas Jetis 1 Bantul adalah berusia 20-35 tahun (75,3%), berpendidikan SMA (61,7%), paritas 2-4 (59,3%), dan ibu rumah tangga (85,2%). Tingkat pengetahuan ibu tentang gizi balita dalam kategori baik sebanyak 48 responden (59,3%), cukup sebanyak 15 responden (18,5%) dan kurang sebanyak 18 responden (22,2%).

Kesimpulan : Tingkat pengetahuan ibu tentang gizi balita di Puskesmas Jetis 1 Bantul sebagian besar dalam kategori baik sebanyak 48 responden (59,3%).

Kata Kunci : Pengetahuan, ibu, gizi balita.

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ABSTRACT

THE LEVEL OF MATERNAL KNOWLEDGE ABOUT TODDLER NUTRITION IN PUSKESMAS JETIS I BANTUL YOGYAKARTA

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Background: The prevalence of malnutrition in Indonesia is 5.4% and 13.0% malnutrition or 18.4% for poor nutrition and less (Depkes RI, 2009). Knowledge of nutrition is one of the factors that influence maternal concern relating to child nutrition (Guhardja, 2003). The results of a preliminary study conducted by the author on March 2014 in Puskesmas Jetis 1 Bantul, known that based on data of health cadre's in job areas monitoring of the nutritional status with the weighing were done one period in the year, were on February months. Based the result of interview, from 10 maternal who interviewed, only 4 maternal who know about toddler nutrition.

Objective: To determine the level of maternal knowledge about toddler nutrition nutritional in Puskesmas Jetis 1 Bantul year 2014.

Method: Descriptive study with a survey approach. Samples were taken with accidental sampling technique, in order to obtain a total sample of 81 maternal toddler. The research instrument was a questionnaire enclosed. Test the validity of the instrument using the pearson product moment correlation, the reliability test using *Spearman Brown*, and the results were analyzed with the relative frequency or percentage distribution.

Results: The characteristics of toddler maternal in Puskesmas Jetis I Bantul were aged 20 – 35 olds (75.3%), the level of education who have senior middle high school (61.7%), paritas 2- 4 (59.3%), and house wife (85.2%). The level of maternal knowledge about toddler nutrition in good categories as many as 48 respondents (59.3%), enough as many as 15 respondents (18.5%) and less categories as many as 18 respondents (22.2%).

Conclusion: The level of maternal knowledge about toddler nutrition in Puskesmas Jetis I Bantul majority in good categories as many as 48 respondents (59.3%).

Keywords: Knowledge, maternal, toddler nutrition

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