

**HUBUNGAN FAKTOR SOSIAL EKONOMI DAN *SELF
EFFICACY* IBU DENGAN STATUS GIZI ANAK
PRASEKOLAH DI LIMA KABUPATEN/KOTA
SUMATRA BARAT**



Skripsi

**Diajukan ke Fakultas Kedokteran Universitas Andalas sebagai
Pemenuhan Salah Satu Syarat untuk Mendapatkan
Gelar Sarjana Kedokteran**

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**FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS
PADANG
2025**

ABSTRACT

RELATIONSHIP BETWEEN SOCIO-ECONOMIC FACTORS AND MOTHERS' SELF-EFFICACY WITH PRESCHOOL CHILDREN'S NUTRITIONAL STATUS IN FIVE DISTRICTS/CITIES IN WEST SUMATRA

By

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Preschool children who experience malnutrition are at risk of impaired intelligence and academic achievement due to disrupted brain cell development. Nutritional status in children is influenced by various factors, including the family's socio-economic conditions and maternal self-efficacy in parenting. This study aims to determine the relationship between socio-economic factors (maternal education, employment, per capita income) and maternal self-efficacy with the nutritional status of preschool children in five districts/cities in West Sumatra.

This research is a quantitative study with a cross-sectional design, involving 125 respondents in December 2024-April 2025. Data were obtained from secondary sources, including child weight, height, age, gender, maternal age, demographic data, and the MaaPs questionnaire. The sampling technique used was total sampling, and data were analyzed using the chi-square test.

The results showed that more than half of the children were male, aged 76-79 months, and had mothers aged 31-40 years. Less than half of the mothers had secondary education. In comparison, more than half were unemployed, had per capita income in the poor category, showed high self-efficacy, and the majority of children had normal nutritional status based on BMI/A and TB/A indices.

The study concluded that there was no significant relationship between socio-economic factors {maternal education ($p = 0.978$, $p = 0.799$), maternal employment ($p = 0.899$, $p = 0.546$), per capita income ($p = 0.784$, $p = 0.103$)} and maternal self-efficacy ($p = 0.624$, $p = 0.644$) with the nutritional status of preschool children. Parents are encouraged to maintain children's nutrition and enhance their knowledge through community health posts, taking into account socio-economic conditions.

Keywords: *socio-economic, self-efficacy materna, nutrition.*

ABSTRAK

HUBUNGAN FAKTOR SOSIAL EKONOMI DAN *SELF EFFICACY* IBU DENGAN STATUS GIZI ANAK PRASEKOLAH DI LIMA KABUPATEN/KOTA DI SUMATRA BARAT

Oleh:

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Anak prasekolah yang mengalami malnutrisi berisiko mengalami gangguan kecerdasan dan prestasi belajar akibat terganggunya pembentukan sel otak. Status gizi anak dipengaruhi oleh berbagai faktor, termasuk kondisi sosial ekonomi keluarga dan *self efficacy* ibu dalam pengasuhan. Penelitian ini bertujuan untuk mengetahui hubungan faktor sosial ekonomi (pendidikan ibu, pekerjaan ibu, pendapatan per kapita) dan *self efficacy* ibu dengan status gizi anak prasekolah di lima kabupaten/kota di Sumatra Barat.

Penelitian ini merupakan studi kuantitatif dengan desain *cross-sectional* melibatkan 125 responden pada Desember 2024 - April 2025. Data diperoleh dari data sekunder, meliputi berat badan, tinggi badan anak, usia anak, jenis kelamin, usia ibu, data demografi, dan kuesioner MaaPs. Teknik pengambilan sampel menggunakan *total sampling*, dan analisis data dilakukan dengan uji *chi-square*.

Hasil penelitian menunjukkan lebih dari separuh anak berjenis kelamin laki-laki, berusia 76-79 bulan, dan memiliki ibu berusia 31-40 tahun. Kurang dari separuh ibu yang memiliki pendidikan menengah, sedangkan lebih dari separuh ibu tidak bekerja, memiliki pendapatan per kapita dalam kategori miskin, menunjukkan *self-efficacy* yang tinggi, dan mayoritas anak memiliki status gizi normal berdasarkan indeks IMT/U dan TB/U.

Penelitian ini menyimpulkan tidak terdapat hubungan yang signifikan antara faktor sosial ekonomi {pendidikan ibu ($p=0,978$, $p=0,799$), pekerjaan ibu ($p=0,899$, $p=0,546$), pendapatan per kapita ($p=0,784$, $p=0,103$)} dan *self efficacy* ibu ($p=0,624$, $p=0,644$) dengan status gizi anak prasekolah berdasarkan status gizi IMT/U dan TB/U. Orang tua diharapkan menjaga gizi anak dan meningkatkan pengetahuan melalui posyandu dengan mempertimbangkan kondisi sosial ekonomi.

Kata kunci: sosio-ekonomi, *self efficacy* ibu, gizi.