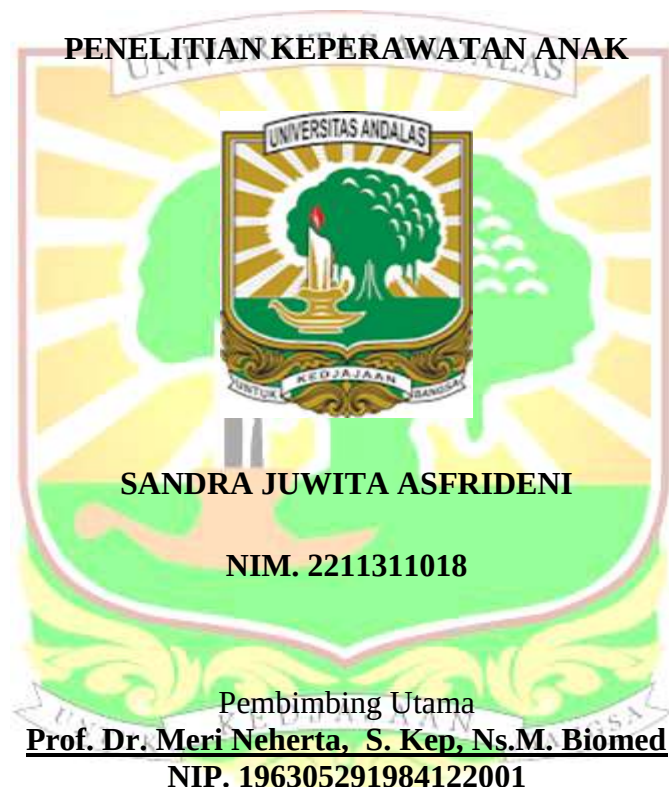


SKRIPSI

**HUBUNGAN PENGETAHUAN IBU TENTANG GIZI DENGAN STATUS
NUTRISI BALITA DI WILAYAH KERJA PUSKESMAS GUNUNG PADANG
ALAI KABUPATEN PADANG PARIAMAN**

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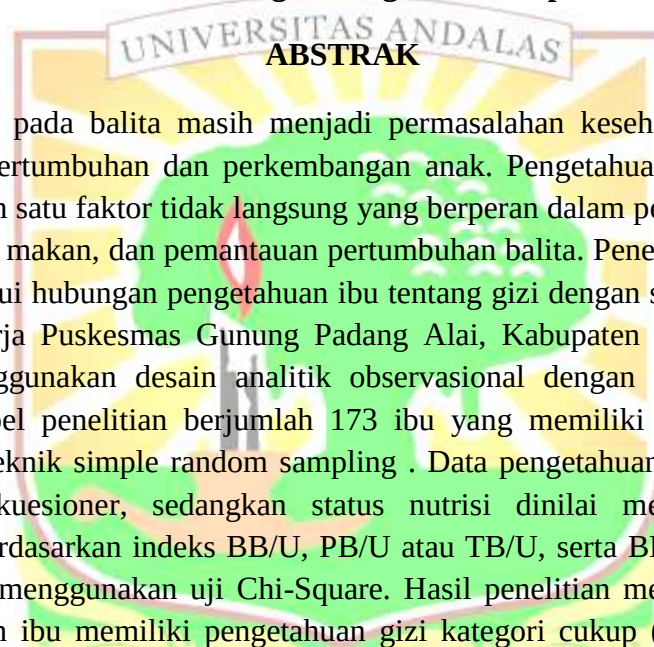
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**FAKULTAS KEPERAWATAN
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**Hubungan Pengetahuan Ibu Tentang Gizi Dengan Status Nutrisi Balita Di
Wilayah Kerja Puskesmas Gunung Padang Alai Kabupaten Padang Pariaman**



Masalah nutrisi pada balita masih menjadi permasalahan kesehatan karena dapat memengaruhi pertumbuhan dan perkembangan anak. Pengetahuan ibu tentang gizi merupakan salah satu faktor tidak langsung yang berperan dalam pemilihan makanan, pengaturan pola makan, dan pemantauan pertumbuhan balita. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan ibu tentang gizi dengan status nutrisi balita di Wilayah Kerja Puskesmas Gunung Padang Alai, Kabupaten Padang Pariaman. Penelitian menggunakan desain analitik observasional dengan pendekatan cross-sectional. Sampel penelitian berjumlah 173 ibu yang memiliki balita dan dipilih menggunakan teknik simple random sampling . Data pengetahuan ibu dikumpulkan menggunakan kuesioner, sedangkan status nutrisi dinilai melalui pengukuran antropometri berdasarkan indeks BB/U, PB/U atau TB/U, serta BB/PB atau BB/TB. Data dianalisis menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa hampir setengah ibu memiliki pengetahuan gizi kategori cukup (46,2%). Sebagian besar balita memiliki berat badan normal berdasarkan BB/U (68,8%), pertumbuhan linear normal berdasarkan PB/U atau TB/U (76,9%), dan gizi baik berdasarkan BB/PB atau BB/TB (67,6%). Terdapat hubungan yang signifikan antara pengetahuan ibu tentang gizi dengan status nutrisi balita berdasarkan indeks BB/U ($p\text{-value} = 0,000$), indeks PB/U atau TB/U ($p\text{-value} = 0,000$), dan indeks BB/PB atau BB/TB ($p\text{-value} = 0,001$).

Kata kunci : balita, pengetahuan ibu, status nutrisi, gizi, antropometri

Daftar Pustaka : 29 (2018-2025)

**FACULTY OF NURSING
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The Relationship Between Mothers' Knowledge Of Nutrition And The Nutritional Status Of Toddlers In The Service Area Of The Gunung Padang Alai Community Health Center, Padang Pariaman Regency

ABSTRACT

Nutritional problems in toddlers remain a health issue as they can affect children's growth and development. Maternal knowledge about nutrition is an indirect factor that plays a role in food selection, dietary management, and growth monitoring of toddlers. This study aimed to determine the relationship between maternal nutritional knowledge and the nutritional status of toddlers in the Working Area of Gunung Padang Alai Community Health Center (Puskesmas), Padang Pariaman Regency. The study utilized an observational analytic design with a cross-sectional approach. The sample consisted of 173 mothers of toddlers, selected using a simple random sampling technique. Data on maternal knowledge were collected using a questionnaire, while nutritional status was assessed through anthropometric measurements based on Weight-for-Age (W/A), Length-for-Age (L/A) or Height-for-Age (H/A), and Weight-for-Length (W/L) or Weight-for-Height (W/H) indices. The data were analyzed using the Chi-Square test. The results showed that almost half of the mothers had an adequate level of nutritional knowledge (46.2%). The majority of toddlers had a normal weight based on W/A (68.8%), normal linear growth based on L/A or H/A (76.9%), and a good nutritional status based on W/L or W/H (67.6%). There was a significant relationship between maternal nutritional knowledge and the nutritional status of toddlers based on the W/A (p -value 0,000), L/A or H/A (p -value = 0,000), and W/L or W/H indices (p -value = 0,001).

Keywords: *toddlers, mothers' knowledge, nutritional status, nutrition, anthropometry*

References: 29 (2018–2025)