

POLITEKNIK KESEHATANJUNGKARANG

JURUSAN GIZI

Tugas Akhir, Mei 2021

Niranti Hermila

Gambaran Pendidikan, Pengetahuan, dan Sikap ibu Terhadap Konsumsi Sayur dan Buah pada Balita di Desa Kibang Tahun 2021

ABSTRAK

Hasil Riskesdas 2018 proporsi konsumsi buah dan sayur kurang dari 5 porsi per hari pada penduduk umur ≥ 5 tahun data tersebut menunjukkan bahwa provinsi lampung kurang konsumsi sayur dan buah yaitu 95,5%. konsumsi buah dan sayur tersebut masih dibawah standar rekomendasi yang dianjurkan oleh WHO dan Pedoman Gizi Seimbang sebanyak 300-400 g/hari untuk balita dan anak usia sekolah, sekitar dua pertiga dari jumlah tersebut adalah porsi sayur. Data di Amerika menyebutkan bahwa konsumsi sayur dan buah pada anak prasekolah hanya terpenuhi sekitar 25% perhari dari total rekomendasi sebesar 80% perhari.

Tujuan penelitian ini adalah untuk mengetahui gambaran pendidikan, pengetahuan dan sikap ibu terhadap konsumsi sayur dan buah pada balita di desa kibang tahun 2021. Penelitian yang digunakan dalam penelitian ini adalah metode penelitian deskriptif kualitatif. Populasi dari penelitian ini adalah ibu – ibu yang mempunyai anak balita sebanyak 145 orang. Jumlah sampel dalam penelitian ini sebanyak 76 orang. Teknik pengambilan sampel ini yaitu random sampling

Hasil penelitian menunjukkan pendidikan ibu yang paling banyak yaitu SMA sebesar 61,8%. Pengetahuan kurang 25,0%, cukup 67,1%, baik 7,9%. Sikap cukup 31,6%, kurang 68,4%. Konsumsi sayur sesuai anjuran 7,9% tidak sesuai 92,1% . konsumsi buah sesuai anjuran 18,4% tidak sesuai anjuran yaitu 81,6%.

Pihak puskesmas sebaiknya melakukan penyuluhan rutin dengan tema manfaat konsumsi sayur dan buah serta anjuran konsumsi sayur dan buah untuk meningkatkan kesadaran ibu dan balita dalam mengkonsumsi sayur dan buah.

Kata Kunci : Gambaran Pendidikan, Pengetahuan, dan Sikap.

Daftar bacaan : (2010-2020)

**HEALTH POLYTECHNIC OF TANJUNGPUR
NUTRITION DEPARTMENT
Final Report, May 2021**

Niranti Hermila

Overview of Education, Knowledge, and Mother's Attitudes Towards the Consumption of Vegetables and Fruits in Toddlers in Kibang Village in 2021

ABSTRACT

The results of Riskesdas 2018, the proportion of fruit and vegetable consumption is less than 5 servings per day for people aged ≥ 5 years, the data shows that Lampung province has less consumption of vegetables and fruit, namely 95.5%. The consumption of fruits and vegetables is still below the recommended standards recommended by WHO and the Guidelines for Balanced Nutrition of 300-400 g / day for toddlers and school-age children, about two-thirds of this amount is the portion of vegetables. Data in America states that consumption of vegetables and fruit in preschool children is only fulfilled about 25% per day of the total recommendation of 80% per day.

The purpose of this study was to determine the description of education, knowledge and attitudes of mothers towards the consumption of vegetables and fruit in toddlers in the kibang village in 2021. The research used in this study is a qualitative descriptive research method. The population of this study were mothers who had children under five as many as 145 people. The number of samples in this study were 76 people. This sampling technique is random sampling

The results showed that the most maternal education was high school at 61.8%. Less knowledge 25.0%, enough 67.1%, good 7.9%. Enough attitude 31.6%, less 68.4%. Vegetable consumption as recommended by 7.9% does not match 92.1%. fruit consumption according to the recommendation 18.4% is not according to the recommendation, namely 81.6%.

The puskesmas should conduct regular counseling with the theme of the benefits of vegetable and fruit consumption as well as recommendations for the consumption of vegetables and fruit to increase awareness of mothers and toddlers in consuming vegetables and fruit.

Keywords: Education Overview, Knowledge, and Attitudes.

Reading list : (2010-2020)