

**POLITEKNIK KESEHATAN TANJUNGPURUNING
JURUSAN GIZI**

Tugas Akhir, Mei 2023

Respi Yespeni

Gambaran Tingkat Pengetahuan, Sikap Dan Perilaku Keluarga Sadar Gizi Pada Ibu Balita Desa Timbul Payung Kabupaten Tanggamus

xiv + 52 halaman + 7 tabel, 2 gambar, 10 Lampiran

ABSTRAK

Keluarga sadar Gizi (Kadarzi) adalah keluarga yang mempraktekkan perilaku gizi dengan baik dan benar. dampak bila keluarga tidak Kadarzi bisa sangat berpengaruh pada tumbuh balita, Pertumbuhan Balita sangat dipengaruhi oleh beberapa faktor antara lain kuantitas dan kualitas makanan, kesehatan balita, tingkat sosial ekonomi, dan pola asuh. kekurangan gizi yang paling ditakutkan adalah gagal tumbuh (*growth faltering*), terutama gagal tumbuh kembang otak. Anak yang menderita kekurangan gizi tidak saja menurun kecerdasan otaknya, Gizi buruk dalam jangka pendek menyebabkan kesakitan dan kematian karena kekurangan gizi membuat daya tahan tubuh berkurang, Tujuan dari penelitian adalah mengetahui gambaran pengetahuan, sikap dan perilaku ibu tentang Kadarzi.

Jenis penelitian ini adalah penelitian deskriptif. Populasi dalam penelitian ini adalah ibu-ibu yang mempunyai anak balita usia 6-59 bulan di Desa Payung. sebanyak 154 populasi dan menggunakan 61 sampel. Lokasi penelitian dilaksanakan di Desa Payung. Analisis data yang digunakan pada penelitian ini yaitu analisis univariat.

Hasil penelitian menunjukkan bahwa katagori baik dalam menimbang berat badan secara teratur yaitu sebesar 44,3%, pemberian ASI Eksklusif katagori baik sebesar 65,6%, makan beraneka ragam katagori baik sebesar 41,0%, penggunaan garam beryodium katagori baik sebesar 54,1% dan pemberian vitamin A katagori baik sebesar 47,5%.

Dari hasil penelitian ini diharapkan kepada ibu lebih meningkatkan pengetahuan dengan rutin datang ke posyandu atau mencari informasi melalui media massa (leaflet, spanduk, poster) dan media elektronik lainnya, serta aktif dalam mengikuti kegiatan penyuluhan.

Kata kunci : Balita, Kadarzi, Perilaku, Status Gizi
Daftar bacaan : 32 (2010-2021)

TANJUNGPURUNING HEALTH POLYTECHNIC

DEPARTEMENT OF NUTRITION

Final Project, Mei 2023

Respi Yespeni

Description of the level of knowledge attitudes and behavior of a family who is aware of nutrition in mothers under five Village Timbul Payung Districts Tanggamus

xiv + 52 pages + 7 tables, 2 pictures, 10 attachments

ABSTRACT

Nutrition conscious family (Kadarzi) is a family who practice well and correctly nutritional behavior. The growth of toddlers is strongly influenced by sever al factors including the quantity and quality of food, toddler health, socioeconomic level, and parenting style. the most feared malnutrition is failure to thrive (*growth faltering*), especially failure of brain growth and development. Children who suffer from malnutrition not only decrease their brain intelligence, malnutrition in the short term causes morbidity and death because malnutrition reduces the body's resistance, The porpuse of this research is to know the description of mother' knowledge, attitude and behavior about Kadarzi.

This type of research is a descriptive method The population in this study were mothers who had children aged 6-59 months in Payung Village. There were 560 populations and 61 samples were used. The research location was carried out in Payung Village. Data analysis used in this study is univariate analysis.

The results showed that the good category in weighing regularly was 44,3%, exclusive breastfeeding was good category was 65,6%, eating a variety of good categories was 41,0%, the use of iodized salt was good category was 54,1% and provision of vitamin A good category of 47,5%.

From the results of this study it is hoped that mothers will increase their knowledge by routinely coming to posyandu or seeking information through the mass media (leaflets, banners, posters) and other electronic media, as well as being active in participating in counseling activities.

Keywords : Toddlers, Familis aware of nutrition(levels), Behavior,Nutricional
Reading list : 32 (2010-2021)