

**POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN GIZI**

Tugas Akhir, Mei 2024

Intan Purnamawati

Gambaran Status Gizi Balita, Tingkat Pengetahuan, dan Perilaku Keluarga Sadar Gizi Pada Ibu Balita di Posyandu Pekon Kagungan Kabupaten Tanggamus

xiv + 46 halaman, 9 tabel, 2 gambar, 6 lampiran

ABSTRAK

Masalah status gizi pada balita dipengaruhi oleh beberapa faktor langsung dan tidak langsung. Faktor penyebab langsung dipengaruhi oleh makanan anak dan penyakit infeksi, sedangkan faktor tidak langsung diantaranya adalah sosial ekonomi dan terbatasnya pengetahuan keluarga terutama ibu mengenai status gizi pada anak balita. Sebagian besar keluarga hanya mengetahui balita harus diberikan makanan sama halnya dengan orang dewasa tiap. Berdasarkan hasil survey SSGI tahun 2022 angka berat badan kurang (*underweight*) di Indonesia adalah 17,1%. sedangkan di Provinsi Lampung angka berat badan kurang (*underweight*) sebanyak 14,8%. Adapun angka berat badan kurang (*underweight*) di Kabupaten Tanggamus sebesar 16,7% dan angka berat badan kurang di Pekon Kagungan di dapatkan hasil 20,4%.

Tujuan dari penelitian ini yaitu untuk mengetahui gambaran status gizi balita, tingkat pengetahuan ibu dan perilaku keluarga sadar gizi. Penelitian ini bersifat deskriptif dengan pendekatan kuantitatif. Variable yang diteliti yaitu status gizi, tingkat pengetahuan, dan perilaku keluarga sadar gizi. Penelitian ini dilakukan pada bulan Maret 2024 dengan subjek penelitian yaitu balita dan ibu balita di Posyandu Pekon Kagungan Kabupaten Tanggamus. Jumlah sampel yang digunakan sebanyak 47 orang. Instrument yang digunakan yaitu alat ukur mikrotoise dan formulir kuisisioner.

Berdasarkan hasil yang diperoleh, hasil status gizi balita di posyandu pekon kagungan lebih banyak dalam kategori baik 80.9%. pada tingkat pengetahuan, ibu balita yang berpendidikan akhir SMA sebanyak 50.0% dan pendidikan SMP memiliki tingkat pengetahuan 70.0%. Sedangkan berdasarkan ibu yang menerapkan perilaku kadarzi sebanyak 40.0%. Terdapat saran dari hasil penelitian yaitu ibu balita dapat teratur dalam menimbang balita, kemudian menerapkan perilaku kadarzi dengan mencari informasi melalui media massa atau media elektronik dan aktif dalam mengikuti kegiatan penyuluhan.

Kata kunci : Status Gizi, Tingkat Pengetahuan, Perilaku Kadarzi
Daftar bacaan : 47 (2007-2023)

**TANJUNGPURBAN HEALTH POLYTECHNIC
DEPARTEMENT OF NUTRITION**

Final Project, Mei 2023

Intan Purnamawati

Description of the Nutrition Status of Toddlers, Level of Knowledge, and Nutrition Aware Family Behavior of Mothers of Toddlers at Posyandu in Kagungan Village, Tanggamus Regency

xiv + 46 pages, 9 tables, 2 figures, 6 appendices

ABSTRACT

The problem of nutritional status in toddlers is influenced by several direct and indirect factors. Direct causal factors are influenced by children's diet and infectious diseases, while indirect factors include socio-economic and limited knowledge of families, especially mothers, regarding the nutritional status of children under five. Most families only know that toddlers must be given the same food as adults every day. Based on the results of the 2022 SSGI survey, the rate of underweight in Indonesia is 17.1%. While in Lampung Province the rate of underweight is 14.8%. The underweight nutrition rate in Tanggamus Regency was 16.7% and the malnutrition rate in Kagungan Village was 20.4%.

The aim of this research is to determine the nutritional status of toddlers, the level of knowledge of mothers and the behavior of families who are aware of nutrition. This research is descriptive in nature with a quantitative approach. The variables studied were nutritional status, level of knowledge, and nutritionally aware family behavior. This research was conducted in April 2024 with research subjects namely toddlers and mothers of toddlers at the Posyandu in Kagungan Village, Tanggamus Regency. The number of samples used was 47 people. The instruments used are a microtoise measuring instrument and a questionnaire form.

Based on the results obtained, the results of the nutritional status of toddlers at Posyandu Pekon Kagungan were more in the good category at 80.9%, at the level of knowledge, mothers of toddlers who had completed high school education were 50.0% mothers who implement the behavior of *kadarzi* as much as 40.0%. There is a suggestion from the research result, namely that mothers of toddlers can regularly weigh their toddlers, then implement the behavior of *kadarzi* by seeking information through mass media or electronic media and be active in participating in outreach activities.

Keywords : Nutritional Status of toddlers, Level of knowledge, *Kadzi* behavior
Reading : 47 (2007-2023)