

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING JURUSAN  
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**Hubungan Pengetahuan Ibu tentang Gizi Seimbang dengan Kejadian *Stunting*  
Pada Balita di Wilayah Kerja Puskesmas Sukoharjo Kabupaten Pringsewu  
Tahun 2024.**

Xviii + 53 halaman, 11 tabel, 2 gambar, 8 lampiran.

**RINGKASAN**

Stunting adalah kondisi dimana tinggi badan anak lebih pendek dari anak-anak seusianya. Berdasarkan pra-survey tahun 2022 di wilayah kerja Dinas Kesehatan kabupaten Pringsewu angka *stunting* mengalami penurunan, dari sebelumnya 19% pada tahun 2021 menjadi 16,2%. Pada wilayah Kabupaten Pringsewu di kecamatan Sukoharjo memiliki 21% balita yang stunting.

Tujuan penelitian ini adalah diketahuinya hubungan pengetahuan ibu tentang gizi seimbang dengan kejadian *stunting* di wilayah kerja Puskesmas Sukoharjo Kabupaten Pringsewu Tahun 2024. Metode penelitian yang diterapkan adalah penelitian kuantitatif dengan menggunakan desain survey analitik dan metode pendekatan *cross sectional*. Populasi pada penelitian ini yaitu ibu yang mempunyai balita yang berusia 6-24 bulan di wilayah kerja Puskesmas Sukoharjo dengan total responden 85 orang. Variabel independent dalam penelitian ini adalah pengetahuan ibu tentang gizi seimbang. Sementara itu, variabel dependen yang diteliti adalah kejadian *stunting*. Teknik pengumpulan data sampel adalah menggunakan teknik *proposional random sampling*. Data dianalisis dengan metode analisis univariat dan bivariat. Uji statistik menggunakan uji statistik *chi-square*.

Hasil penelitian bahwa prevalensi kejadian *stunting* pada balita di wilayah kerja Puskesmas Sukoharjo mencapai 27.1%. Lebih separuh responden berpengetahuan baik sebanyak 63.5%. Adanya hubungan signifikan antara pengetahuan ibu tentang gizi seimbang dengan kejadian stunting pada balita, dengan *p-value* 0,000 (<0,05). Kesimpulan terdapat hubungan yang signifikan antara pengetahuan ibu tentang gizi seimbang dengan kejadian stunting. Saran, diharapkan tenaga kesehatan untuk terus memberikan pendampingan dan penyuluhan kepada ibu balita terkait pengetahuan gizi seimbang untuk memberikan nutrisi kepada balitanya agar tumbuh dan berkembang dengan optimal.

Kata Kunci : Gizi Seimbang, Pengetahuan ibu, dan *Stunting*.  
Daftar Bacaan : 19 (2017-2024)

**TANJUNGPURBA MINISTERIAL POLYTECHNIC HEALTH  
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***Relationship between Mother's Knowledge about Balanced Nutrition and Stunting Incidents in Toddlers in the Working Area of Sukoharjo Community Health Center, Pringsewu Regency in 2024.***

*Xviii + 53 pages, 11 tables, 2 figures, 8 appendices.*

**ABSTRACT**

*Stunting is a condition where a child's height is shorter than children his age. Based on the 2022 pre-survey in the work area of the Pringsewu District Health Service, the stunting rate has decreased, from previously 19% in 2021 to 16.2%. In the Pringsewu Regency area in Sukoharjo subdistrict, 21% of toddlers are stunted.*

*The aim of this research is to determine the relationship between maternal knowledge about balanced nutrition and the incidence of stunting in the work area of the Sukoharjo Community Health Center, Pringsewu Regency in 2023. The research method applied is quantitative research using an analytical survey design and a cross-sectional approach method. The population in this study were mothers who had toddlers aged 6-24 months in the Sukoharjo Community Health Center working area with a total of 85 respondents. The independent variable in this research is the mother's knowledge about balanced nutrition. Meanwhile, the dependent variable studied was the incidence of stunting. The sample data collection technique is using a proportional random sampling technique. Data were analyzed using univariate and bivariate analysis methods. Statistical tests use the chi-square statistical test.*

*The research results showed that the prevalence of stunting among toddlers in the Sukoharjo Community Health Center working area reached 27.1%. More than half of the respondents had good knowledge, 63.5%. There is a significant relationship between maternal knowledge about balanced nutrition and the incidence of stunting in toddlers, with a p-value of 0.000 (<0.05). In conclusion, there is a significant relationship between maternal knowledge about balanced nutrition and the incidence of stunting. As a suggestion, it is hoped that health workers will continue to provide assistance and counseling to mothers of toddlers regarding knowledge of balanced nutrition to provide nutrition to their toddlers so that they grow and develop optimally. In Sukoharjo subdistrict, 21% of toddlers are stunted.*

*Keywords: Balanced Nutrition, Maternal Knowledge, and Stunting.*

*Reading List: 19 (2017-2024)*