

POLITEKNIK KESEHTAN TANJUNGKARANG

JURUSAN GIZI

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Gambaran Pengetahuan Ibu tentang Gizi, Keragaman Konsumsi Pangan, dan Status Gizi pada Anak Prasekolah di TK Swadhipa Kabupaten Lampung Selatan 2025

xiv + 76 halaman + 13 tabel, 2 gambar, 5 lampiran

ABSTRAK

Periode prasekolah pada usia 6 tahun dikenal dengan *golden age* atau geneasi emas karena masa pertumbuhan dan perkembangan berkembang pesat. Masa balita merupakan periode kritis terhadap pertumbuhan dan perkembangan. Pertumbuhan fisik yang secara nyata menandai masa kanak-kanak awal atau usia prasekolah adalah pertumbuhan tinggi dan berat tubuh. Untuk mendapatkan status gizi yang optimal pada anak di bawah lima tahun disarankan untuk mengonsumsi makanan yang beragam dengan jumlah porsi yang sesuai dengan pedoman gizi. Tujuan Umum penelitian ini untuk mengetahui gambaran pengetahuan ibu tentang gizi, keragaman konsumsi pangan, dan status gizi anak prasekolah di TK Swadhipa Kabupaten Lampung Selatan.

Jenis penelitian ini adalah penelitian deskriptif dengan pendekatan *cross sectional*. Penelitian ini mempunyai populasi berjumlah 61 siswa dan sampel berjumlah 38 siswa pengambilan sampel pada anak berusia mulai dari 6 tahun pada TK kelompok A sebanyak 2 orang dan sisanya pada kelompok B. Lokasi penelitian ini dilaksanakan di TK Swadhipa Lampung Selatan tahun 2025. Pengolahan data yang digunakan adalah analisis univariat.

Hasil penelitian diperoleh 5,3% ibu pengetahuan kurang, 15,8% ibu pengetahuan cukup, dan 78,9% ibu pengetahuan baik. Keragaman konsumsi pangan kategori tingkat rendah 5,3%, tingkat sedang 60,5%, dan tingkat tinggi 34,2% serta kategori anak gizi kurang sebanyak 7,9%, anak gizi baik 63,2%, anak gizi lebih 15,8%, dan obesitas 13,2%. Sekolah disarankan untuk mengadakan edukasi gizi seimbang dan pentingnya makanan yang beragam. Kegiatan edukasi diharapkan mampu menambah wawasan kepada orang tua untuk mengenalkan dan memotivasi anak dalam mengonsumsi makanan yang bergizi dan beragam, serta memantau tumbuh kembang anak.

Kata kunci : Pengetahuan ibu terkait gizi, Keragaman pangan, dan Status gizi
Daftar Pustaka : 65 (2007-2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG
NUTRITION DEPARTMENT
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Overview of Mothers' Knowledge about Nutrition, Food Consumption Diversity, and Nutritional Status in Preschool Children at Swadhipa Kindergarten, South Lampung Regency 2025

xiv + 76 pages + 13 tables, 2 images, 5 attachments

ABSTRACT

The preschool period 6 years is known as the golden age or golden generation because the growth and development period is rapid. Toddlerhood is a critical period for growth and development. Physical growth that clearly marks early childhood or preschool age is growth in height and weight. To obtain optimal nutritional status in children under five years of age, it is recommended to consume a variety of foods with portion sizes that are in accordance with nutritional guidelines. The general objective of this study is to determine the description of nutritional status, food consumption diversity, and mother's knowledge of nutrition for preschool children at Swadhipa Kindergarten, South Lampung Regency.

This type of research is descriptive research with a cross-sectional approach. This study has a population of 61 students and a sample of 38 students, sampling of children aged 6 years and older in kindergarten group A as many as 2 people and the rest in group B. The location of this research was carried out at Swadhipa Kindergarten, South Lampung in 2025. Data processing used is univariate analysis.

The results of the study obtained 5.3% of mothers with insufficient knowledge, 15.8% of mothers with sufficient knowledge, and 78.9% of mothers with good knowledge. The diversity of food consumption in the low level category was 5.3%, medium level was 60.5%, and high level was 34.2% and category of children with malnutrition 7.9%, children with good nutrition were 63.2%, children with overweight were 15.8%, and obesity was 13.2%. It is recommended that schools provide balanced nutrition education and the importance of a variety of foods. Educational activities are expected to increase insight for parents to introduce and motivate children to consume nutritious and diverse foods, as well as monitor child growth and development.

Keywords : Mother's knowledge of nutrition, Food diversity, and Nutritional status
Bibliography : 65 (2007-2024)