

Pengetahuan, sikap, dan perilaku ibu dalam pemenuhan gizi balita di wilayah Puskesmas Pancoran Mas = Mother's knowledge attitude and behavior related nutrition compliance of children aged under five years at Pancoran Mas Clinic

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Abstrak

Gizi merupakan faktor yang penting dalam pertumbuhan dan perkembangan balita. Pada aspek gizi, peran orang tua terutama ibu sangat penting. Penelitian ini bertujuan memperoleh gambaran pengetahuan, sikap, dan perilaku ibu dalam pemenuhan gizi balita. Teknik pengambilan sampel yang digunakan adalah multistage random dan consecutive sampling serta didapatkan sampel sebanyak 112 ibu yang memiliki anak berusia 13-59 bulan di wilayah puskesmas Pancoran Mas.

Hasil penelitian menunjukkan sebanyak 75.9% ibu memiliki pengetahuan yang cukup, 57.1% ibu memiliki sikap yang cukup baik, serta 71.4% ibu memiliki perilaku baik dalam pemenuhan gizi balita. Hasil penelitian ini diharapkan dapat menjadi masukan untuk menyusun strategi dalam mengatasi masalah gizi balita.

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Nutrition is important for children's growth and development. On nutritional aspects, the role of parents, particularly mothers have a main role. This study aim is to identify mother's nutrition knowledge, attitude, and behavior. Cross-sectional study was used in this study. Participants were selected by multistage random and consecutive sampling technique and 112 mothers who have children aged between 13-59 months included as sample.

The results showed that 75.9% of mothers have moderate knowledge, 57.1% of mothers have moderate attitude, and 71.4% of mothers show good behavior toward nutrition compliance. The results of this research can be used as an idea to develop strategies to address nutritional problems in children aged under five years.