

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI DIH GIZI**

**LAPORAN TUGAS AKHIR, 2022  
LAILY SYAHIRAH**

**GAMBARAN PENGETAHUAN DAN SIKAP IBU TENTANG GIZI  
SEIMBANG DENGAN STATUS GIZI (BB/TB) ANAK PRASEKOLAH DI  
TK KECAMATAN SENAPELAN**

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**INTISARI**

Permasalahan gizi masih rawan pada kelompok balita. Anak balita termasuk kategori usia anak prasekolah yang memerlukan perhatian dalam penentuan makanan untuk mencapai status gizi yang baik. status gizi anak prasekolah dipengaruhi oleh pengetahuan dan sikap ibu. pengetahuan ibu tentang gizi menjadi salah satu penentu sikap ibu dalam menentukan makanan yang akan dikonsumsi oleh anak prasekolah. Tujuan penelitian ini untuk mengetahui gambaran pengetahuan dan sikap ibu tentang gizi seimbang dengan status gizi (BB/TB) anak prasekolah di Kecamatan Senapelan.

Jenis penelitian ini adalah penelitian deskriptif dengan desain *cross sectional*. Populasi dalam penelitian ini adalah anak prasekolah TK Islam Masjid Raya dan TK Al-Fatah Kecamatan Senapelan. Metode pengambilan sampel menggunakan teknik *total sampling*. Teknik pengambilan data variabel pengetahuan dan sikap ibu tentang gizi seimbang melalui kuesioner. Analisa data dilakukan dengan univariat.

Hasil penelitian didapatkan mayoritas pengetahuan ibu baik sebesar 53,5% dengan anak gizi baik sebesar 86,8% serta mayoritas sikap ibu baik sebesar 52,1 % dengan anak gizi baik sebesar 73%

**Daftar Pustaka : 46 (2013-2021)**

**Kata Kunci : Pengetahuan, Sikap, Status Gizi, Anak Prasekolah**

**MINISTRY OF HEALTH, REPUBLIC OF INDONESIA  
HEALTH POLYTECHNIC OF HEALTH MINISTRY OF RIAU  
DIPLOMA III NUTRITION STUDY PROGRAM**

*FINAL PROJECT, 2022*

**LAILY SYAHIRAH**

**AN OVERVIEW OF MOTHERS' KNOWLEDGE AND ATTITUDES  
ABOUT BALANCED NUTRITION TOWARDS THE NUTRITIONAL  
STATUS OF PRESCHOOL CHILDREN IN SENAPELAN SUB-DISTRICT**

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**ABSTRACK**

Nutritional problems are still vulnerable in the toddler group. Children under five are included in the category of preschool age children who need attention in determining food to achieve good nutritional status. The nutritional status of preschool children is influenced the mother's knowledge and attitude. Mother's knowledge about nutrition is one of the determinants of mother's attitude in determining the food to be consumed by preschool children. The purpose of this study was to describe the knowledge and attitudes of mothers about balanced nutrition with nutritional status (BW/BH) of preschool children in Senapelan District.

This type of research is descriptive research with cross sectional design. The population in this study were preschool children of TK Islam Masjid Raya and TK Al-Fatah, Senapelan District. The sampling method used total sampling technique. The technique of collecting data of mothers' knowledge and attitudes of about balanced nutrition was through a questionnaire. Data analysis was done by univariate.

The results showed that the majority of mothers' knowledge was good by 53.5% with well-nourished children by 86.8% and the majority of mothers' attitudes were good by 52.1% with well-nourished children by 73%.

**Daftar Pustaka : 46 (2013-2021)**

**Kata Kunci : Knowledge, Attitudes, Children Preeschool, Nutritional Status**