

## ABSTRAK

GHINANA HUFIZHO. Gambaran Pengetahuan Ibu dan Asupan Gizi Balita di Kota Pekanbaru (Analisa Data Survei Gizi dan Kesehatan pada balita Tahun 2023). Dibimbing oleh Yessi Marlina,S.Gz, MPH dan Dra.Lily Restusari,M.Farm, Apt

Masalah gizi di Indonesia dipengaruhi oleh faktor langsung dan faktor tidak langsung. Faktor langsung dipengaruhi oleh asupan dan penyakit infeksi, sedangkan faktor tidak langsung diantaranya adalah sosial ekonomi dan pengetahuan ibu. Tujuan penelitian ini untuk mengetahui gambaran pengetahuan tentang gizi dan kesehatan balita dan asupan gizi balita di kota Pekanbaru. Jenis penelitian ini adalah penelitian deskriptif dengan menggunakan data sekunder dari Survey Gizi dan Kesehatan pada balita tahun 2023 berupa data usia balita, status gizi balita, usia ibu balita, tingkat pendidikan ibu balita, dan asupan balita. Populasi dalam penelitian ini adalah seluruh ibu balita yang berada di 12 Puskesmas di Kota Pekanbaru. Pengambilan sampel menggunakan metode total *sampling*, jumlah sampel yang digunakan yaitu, 288 orang. Hasil penelitian didapatkan bahwa 49 % ibu memiliki tingkat pengetahuan kurang, 39% tingkat pengetahuan sedang dan 12% tingkat pengetahuan baik. Sebanyak 19,4% asupan energi balita cukup, 29,2% asupan energi kurang dan 51,4% asupan energi lebih. Asupan karbohidrat balita, 13,9% asupan karbohidrat cukup, 51,4% asupan karbohidrat kurang dan 34,7% asupan karbohidrat lebih. Asupan protein balita, 3,1% asupan protein cukup, 8% asupan protein kurang dan 88,9% asupan protein lebih. Asupan lemak balita, 12,5% asupan lemak cukup, 28,5% asupan lemak kurang dan 59% asupan lemak lebih.

**Kata Kunci : Pengetahuan, Asupan Gizi, Balita**

## ABSTRACT

GHINANA HUFIZHO. Description of Maternal Knowledge and Nutritional Intake of Toddlers in Pekanbaru City (Analysis of Nutrition and Health Survey Data on toddlers in 2023). Supervised by Yessi Marlina, S.Gz, MPH and Dra.Lily Restusari, M.Farm, Apt.

Nutrition problems in Indonesia are influenced by direct and indirect factors. Direct factors are influenced by intake and infectious diseases, while indirect factors include socioeconomic and maternal knowledge. The purpose of this study was to determine the description of knowledge about nutrition and health of toddlers and nutritional intake of toddlers in Pekanbaru city. This type of research is descriptive research using secondary data from the Nutrition and Health Survey on toddlers in 2023 in the form of data on the age of toddlers, nutritional status of toddlers, age of mothers of toddlers, education level of mothers of toddlers, and intake of toddlers. The population in this study were all mothers of toddlers who were in 12 health centers in Pekanbaru City. Sampling using total sampling method, the number of samples used is 288 people. The results showed that 49% of mothers had poor knowledge, 39% had moderate knowledge and 12% had good knowledge. A total of 19.4% of energy intake of toddlers is sufficient, 29.2% of energy intake is less and 51.4% of energy intake is more. Carbohydrate intake of toddlers, 13.9% of carbohydrate intake was sufficient, 51.4% of carbohydrate intake was less and 34.7% of carbohydrate intake was more. Protein intake of children under five, 3.1% had sufficient protein intake, 8% had less protein intake and 88.9% had more protein intake. Fat intake of children under five, 12.5% of fat intake was sufficient, 28.5% of fat intake was less and 59% of fat intake was more.

**Keywords: Knowledge, Nutrition Intake, Toddlers**