

ABSTRAK

Gustanti ayuningrum, Gambaran Status Gizi dan Tingkat Pengetahuan Pada Ibu Ibu Majelis Taklim Al – Ikhlas Tentang Penyakit Jantung Koroner Di RT 02 RW 08 Kecamatan Senapelan Kota Pekanbaru, dibimbing oleh Fitri, SP, MKM dan Irma Susan Paramita, S.Gz, M.Kes.

Berdasarkan data Survei Kesehatan Indonesia (SKI) 2023, prevalensi penyakit jantung berdasarkan diagnosis dokter pada penduduk semua umur di Provinsi Riau adalah 0,53%. Tujuan penelitian ini untuk mengetahui tingkat pengetahuan responden terkait pencegahan penyakit jantung koroner dan mengetahui status gizi dengan mengukur indeks masa tubuh sebagai indikator status gizi. Jenis penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif dengan pendekatan *Cross Sectional*. Teknik pengambilan sampel menggunakan teknik *Random sampling*. Pengolahan menggunakan analisa univariat untuk mendeskripsikan karakteristik masing-masing variabel yang telah diteliti. dari hasil penelitian yang telah dilakukan pengetahuan menunjukkan bahwa 51 ibu ibu yang menjadi responden di Majelis Taklim Al – Ikhlas, memiliki pengetahuan baik sebanyak 37,3%, pengetahuan cukup 54,9%, dan pengetahuan kurang 7,8%. Status gizi menunjukkan bahwa 51 ibu ibu yang menjadi responden di Majelis Taklim Al – Ikhlas, tergolong Kurus 2%, tergolong Normal sebanyak 27,5%, Overweight sebanyak 35,3%, dan Obesitas sebanyak 35,3%.

Kata kunci : Pengetahuan Penyakit Jantung dan Status Gizi

ABSTRACT

Gustanti ayuningrum, Description of the Nutritional Status and Level of Knowledge of the Mothers of the AI - Ikhlas Taklim Assembly about Coronary Heart Disease in RT 02 RW 08, Senapelan District, Pekanbaru City, supervised by Fitri, SP, MKM and Irma Susan Paramita, S.Gz, M.Kes .

Based on data from the 2023 Indonesian Health Survey (SKI), the prevalence of heart disease based on doctor's diagnosis among residents of all ages in Riau Province is 0.53%. The aim of this study was to determine the level of knowledge of respondents regarding the prevention of coronary heart disease and determine nutritional status by measuring body mass index as an indicator of nutritional status. The type of research used in this research is quantitative research with a cross sectional approach. The sampling technique uses random sampling technique. Processing uses univariate analysis to describe the characteristics of each variable that has been studied. From the results of research that has been carried out, knowledge shows that 51 mothers who were respondents at the AI - Ikhlas Taklim Council, 37.3% of them had good knowledge, 54.9% people had sufficient knowledge, and 7.8% had insufficient knowledge. Nutritional status shows that 51 mothers who were respondents at the AI - Ikhlas Taklim Council were classified as thin, 2% were classified as normal, 27.5% were classified as normal, 35.3% were classified as overweight, and were obese. as many as 35.3%.

Keywords: Knowledge of Heart Disease and Nutritional Status