

ABSTRAK

HANIFA NUR RIJALFI SEPTIA. Hubungan Pengetahuan Ibu Tentang Gizi dan Kesehatan dengan Status Gizi Balita di Kota Pekanbaru (Data Survey Gizi dan Kesehatan Balita-PPG 2024). Dibimbing oleh Dewi Rahayu, SP, M.Si.

Permasalahan gizi balita masih menjadi isu kesehatan yang signifikan di Indonesia, termasuk di Kota Pekanbaru yang memiliki prevalensi gizi kurang sebesar 23,6%. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat pengetahuan ibu tentang gizi dengan status gizi balita di Kota Pekanbaru berdasarkan data Survei Gizi dan Kesehatan Tahun 2024. Penelitian menggunakan desain deskriptif dengan pendekatan *cross-sectional*, melibatkan 831 balita dari 21 Puskesmas dengan teknik *total sampling*. Data dianalisis secara univariat dan bivariat menggunakan uji Spearman Rank. Hasil menunjukkan bahwa 35,9% ibu memiliki pengetahuan buruk, dan 23,6% balita mengalami gizi kurang. Terdapat hubungan yang signifikan antara pengetahuan ibu dengan status gizi balita ($p\text{-value} = 0,000$; $r = -0,232$), di mana ibu dengan pengetahuan baik lebih banyak memiliki anak dengan status gizi normal (86,7%), sedangkan pengetahuan buruk berkorelasi dengan gizi kurang (40,3%). Hasil ini menunjukkan bahwa semakin baik pengetahuan ibu tentang gizi, semakin rendah risiko gizi kurang pada balita. Penelitian menyimpulkan bahwa peningkatan edukasi gizi terhadap ibu dapat menjadi strategi penting dalam menurunkan prevalensi gizi kurang. Intervensi yang bersifat edukatif melalui posyandu dan puskesmas perlu ditingkatkan secara merata di seluruh wilayah.

Kata Kunci : Pengetahuan ibu, status gizi, balita, gizi kurang, Kota Pekanbaru.

ABSTRACT

HANIFA NUR RIJALFI SEPTIA. *The Relationship Between Maternal Knowledge of Nutrition and Health and the Nutritional Status of Toddlers in Pekanbaru City (Toddler Nutrition and Health Survey Data – PPG 2024)*. Supervised by Dewi Rahayu, SP, M.Si.

Nutritional problems in toddlers remain a major public health concern in Indonesia, including in Pekanbaru City, which has a prevalence of undernutrition at 23.6%. This study aims to analyze the relationship between maternal knowledge of nutrition and the nutritional status of toddlers in Pekanbaru using data from the 2024 Toddler Nutrition and Health Survey. This was a descriptive study with a cross-sectional approach involving 831 toddlers from 21 community health centers (*Puskesmas*), selected using total sampling. Data were analyzed using univariate and bivariate methods, with Spearman Rank correlation test. The results showed that 35.9% of mothers had poor nutritional knowledge, and 23.6% of toddlers were undernourished. A significant relationship was found between maternal knowledge and toddler nutritional status ($p\text{-value} = 0.000$; $r = -0.232$), indicating that mothers with good knowledge were more likely to have children with normal nutritional status (86.7%), while poor knowledge was associated with undernutrition (40.3%). These findings suggest that higher maternal nutritional knowledge is associated with a lower risk of undernutrition in toddlers.

In conclusion, enhancing maternal nutritional education can serve as a key strategy in reducing toddler malnutrition. Educational interventions through community health centers and integrated health posts should be strengthened and evenly distributed across all areas.

Keywords : Maternal knowledge, nutritional status, toddlers, malnutrition, Pekanbaru City.