

ABSTRAK

DEVITA SARI. Gambaran Pengetahuan Ibu Dan Asupan Gizi Makro Balita Di Kota Pekanbaru (Data PPG 2024). Dibimbing oleh Roziana, SST, M. Gizi

Pengetahuan gizi ibu memiliki peran penting dalam menentukan pola makan dan kecukupan zat gizi anak. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu dan asupan gizi makro (energi, protein, karbohidrat, dan lemak) pada balita di Kota Pekanbaru berdasarkan data Program Perencanaan Gizi (PPG) tahun 2024. Penelitian ini menggunakan desain deskriptif kuantitatif dengan data sekunder dari hasil survei yang melibatkan 832 ibu balita di 21 puskesmas. Hasil penelitian menunjukkan bahwa mayoritas ibu memiliki pengetahuan cukup (38,5%) dan baik (35,2%), meskipun masih ada yang memiliki pengetahuan kurang (26,3%). Asupan energi dan karbohidrat sebagian besar balita tergolong kurang, masing-masing 55,6% dan 67,1%. Sementara asupan protein tergolong lebih (76,8%) dan asupan lemak masih tergolong kurang (57,8%). Temuan ini menunjukkan pentingnya peningkatan edukasi gizi kepada ibu balita guna mendorong pemberian makan yang seimbang dan sesuai kebutuhan.

Kata kunci: Pengetahuan Ibu, Asupan Gizi Makro, Balita, Gizi, Kota Pekanbaru

ABSTRACT

DEVITA SARI. Overview of Mother's Knowledge and Macro Nutritional Intake of Toddlers in Pekanbaru City (PPG Data 2024). Supervised by Roziana, SST, M. Gizi

Mothers' nutritional knowledge plays an important role in determining children's diet and nutritional adequacy. This study aims to determine the description of mothers' knowledge and macronutrient intake (energy, protein, carbohydrates, and fat) in toddlers in Pekanbaru City based on data from the 2024 Nutrition Planning Program (PPG). This study used a quantitative descriptive design with secondary data from a survey involving 832 mothers of toddlers in 21 health centers. The results showed that the majority of mothers had sufficient knowledge (38.5%) and good knowledge (35.2%), although some still had insufficient knowledge (26.3%). The energy and carbohydrate intake of most toddlers was classified as insufficient, 55.6% and 67.1%, respectively. Meanwhile, protein intake was classified as excessive (76.8%) and fat intake was still classified as insufficient (57.8%). These findings indicate the importance of increasing nutritional education for mothers of toddlers in order to encourage balanced and appropriate feeding.

Keywords: Mothers' Knowledge, Macronutrient Intake, Toddlers, Nutrition, Pekanbaru City