

**POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D III GIZI**

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**GAMBARAN PENGETAHUAN GIZI IBU DAN STATUS GIZI BALITA USIA  
12-59 BULAN DIWILAYAH KERJA PUSKESMAS LANGSAT SUKAJADI  
PEKANBARU**

**(ANALISIS DATA SEKUNDER PPG 2019)**

**xv, 66 Halaman, 8 Tabel + 1 Gambar, 2 Lampiran**

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**INTISARI**

Status gizi adalah keadaan tubuh sebagai akibat konsumsi makanan yang dapat dibedakan menjadi status gizi buruk, kurang, dan baik. Status gizi pada masa balita perlu mendapatkan perhatian yang serius karena kesehatan seorang balita sangat berhubungan erat dengan gizi yang diserap oleh tubuh. Pengetahuan ibu mengenai gizi akan berpengaruh terhadap mutu makanan yang disajikan. Tujuan dari penelitian untuk mengetahui gambaran pengetahuan gizi ibu balita dan status gizi balita usia 12-59 bulan di Wilayah Kerja Puskesmas Langsat Sukajadi Pekanbaru Tahun 2019.

Metode penelitian deskriptif dengan desain cross sectional. Teknik pengambilan sampel pada penelitian ini adalah *purposive sampling*. Didapatkan sampel 43 balita usia 12-59 bulan. Hasil penelitian ini menunjukkan gambaran pengetahuan gizi ibu lebih banyak dalam kategori kurang sebesar 39,5%. Gambaran status gizi balita untuk kategori BB/U dengan presentase status gizi buruk 11,6%, status gizi kurang 4,6%, dan status gizi baik 83,8%. Untuk kategori TB/U dengan presentase status gizi sangat pendek 9,2%, status gizi pendek 9,2%, status gizi normal 72%, dan status gizi tinggi 9,2%. Untuk kategori BB/TB dengan presentase status gizi sangat kurus 16,1%, status gizi kurus 6,9%, status gizi normal 72%, dan status gizi gemuk 4,6%.

**Referensi : 21 (2009 – 2019)**

**Kata kunci : Balita, status gizi, pengetahuan gizi ibu.**

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**Overview Of Toddler Mother's Knowledge About Nutrition and Nutritional Status Of Toddlers In The Working Area Of Langsat Sukajadi Health Center Pekanbaru**

**(Secondary Data Analysis Of PPG 2019)**

**xv, 66 Halaman, 8 Tables + 1 Pictures, 2 Appendices**

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**ABSTRACT**

Nutritional status is a state of the body as a result of food consumption which can be divided into poor, poor and good nutritional status. Nutritional status in infancy needs serious attention. because the health of a toddler is very closely related to nutrition absorbed by the body. Mother's knowledge about nutrition will affect the quality of food served Attitude is a factor that influences one's health behavior where good nutritional fulfillment behavior can improve the nutritional status of children. The purpose of this study was to determine the nutritional knowledge of mothers of children under five to the nutritional status of children aged 12-59 months in the working area of Sukajadi Langsat Community Health Center in 2019.

Descriptive research method with cross sectional design. The sampling technique in this study was purposive sampling. A sample of 43 toddlers aged 12-59 months was obtained. The results of this study indicate a description of maternal nutrition knowledge more in the less category by 39.5%. The nutritional status of children under five for the BB / U category with the percentage of poor nutritional status is 11.6%, malnutrition status is 4.6%, and good nutritional status is 83.8%. For the category of TB / U with a percentage of nutritional status is very short 9.2%, short nutritional status 9.2%, normal nutritional status 72%, and high nutritional status 9.2%. For the BB / TB category with a percentage of very thin nutritional status of 16.1%, nutritional status of 6.9%, 72% of normal nutritional status, and 4.6% of fat nutritional status

**References : 21 (2010 – 2020)**

**Keywords : Toddler, nutritional status, nutritional knowledge of mothers.**