

ABSTRAK

Amelia Silvani. Gambaran Pengetahuam Ibu Tentang Gizi dan Kesehatan Serta Status Gizi Balita di Kota Pekanbaru Tahun 2025. Dibimbing oleh IRMA SUSAN PARAMITA.

Pengetahuan ibu berperan penting dalam pemenuhan gizi dan pemeliharaan kesehatan balita. Penelitian ini bertujuan mengetahui gambaran pengetahuan ibu tentang gizi dan kesehatan serta status gizi balita di Kota Pekanbaru. Penelitian ini merupakan penelitian deskriptif dengan desain *cross-sectional* terhadap 360 ibu balita yang dipilih menggunakan teknik *cluster sampling*. Data dikumpulkan menggunakan kuesioner pengetahuan ibu tentang gizi dan kesehatan serta pengukuran antropometri balita. Hasil penelitian menunjukkan bahwa sebagian besar ibu memiliki tingkat pengetahuan kategori cukup (41,1%), diikuti kategori baik (34,2%) dan kurang (24,7%). Pengetahuan tertinggi terdapat pada aspek sumber makanan bergizi, sedangkan yang terendah pada pengertian kolostrum dan Inisiasi Menyusui Dini (IMD). Sebagian besar balita memiliki status gizi normal berdasarkan indikator BB/U (76,9%), PB/U atau TB/U (75,3%), dan gizi baik berdasarkan BB/PB atau BB/TB (77,8%). Berdasarkan temuan tersebut, disarankan meningkatkan edukasi mengenai kolostrum, IMD, serta pemantauan gizi balita secara menyeluruh.

Kata kunci : pengetahuan ibu, gizi dan kesehatan, status gizi, balita

ABSTRACT

Amelia Silvani. Overview of Mothers' Knowledge on Nutrition and Health and the Nutritional Status of Toddlers in Pekanbaru City in 2025. Supervised by Irma Susan Paramita.

Maternal knowledge plays an important role in fulfilling children's nutritional needs and maintaining their health. This study aimed to describe mothers' knowledge of nutrition and health and the nutritional status of children under five in Pekanbaru City. This descriptive study employed a cross-sectional design involving 360 mothers of children under five selected using cluster sampling. Data were collected using a maternal knowledge questionnaire on nutrition and health and anthropometric measurements of the children. The results showed that most mothers had a moderate level of knowledge (41.1%), followed by good (34.2%) and poor (24.7%) levels. The highest level of knowledge was found in the aspect of nutritious food sources, while the lowest was in the understanding of colostrum and Early Initiation of Breastfeeding (EIBF). Most children under five had normal nutritional status based on weight-for-age (76.9%), height-for-age (75.3%), and normal weight-for-height (77.8%) indicators. Based on these findings, it is recommended to improve education on colostrum, EIBF, and comprehensive child nutrition monitoring.

Keywords: maternal knowledge, nutrition and health, nutritional status, children under five