

# PENGETAHUAN GIZI IBU, POLA KONSUMSI DAN STATUS GIZI BALITA DI KELURAHAN PLUMBON, TEMON, KULON PROGO

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui : (1) pengetahuan gizi ibu; (2) pola konsumsi pada balita; (3) status gizi balita di Kelurahan Plumbon Temon Kulon Progo.

Penelitian ini merupakan penelitian survey. Tempat dan waktu penelitian di Kelurahan Plumbon bulan Maret-Agustus 2019. Populasi penelitian balita usia 1-5 tahun di Kelurahan Plumbon sebanyak 200 balita. Besarannya sampel pada penelitian ini dihitung berdasarkan rumus *nomogram harry king* sebesar 139 balita dengan menggunakan metode *Probability sampling*. Teknik pengambilan data pengetahuana ibu menggunakan tes, pengukuran pola konsumsi menggunakan *food recall*, *food frequency* dan status gizi menggunakan pengukuran dari WHO-NCHS . Uji validasi instrumen tes pengetahuan gizi balita menggunakan rumus validitas butir dan ITEMAN 24. Uji reabilitas menggunakan rumus *alpha cronbach*. Teknik analisis data menggunakan statistik deskriptif.

Hasil penelitian menunjukkan bahwa : (1) pengetahuan ibu rata-rata berada pada kategori sedang sebesar 69,1%; tinggi 20,10% dan rendah 10,80% (2) Pola konsumsi berada pada ketegori cukup 44%, baik 34%, kurang 14%, buruk 7%. Pola konsumsi meliputi nasi, telur, tempe, buncis, kol, kacang panjang, wortel, apel, pisang, serta minuman air putih dan susu (3) Angka kecukupan energi (AKE) balita termasuk kategori baik dan cukup masing-masing sebesar 57 (41%), angka kecukupan protein (AKP) balita termasuk dalam kategori cukup, sebesar 55 (39%), angka kecukupan lemak (AKL) balita termasuk dalam kategori cukup sebesar 60 (43%), angka kecukupan karbohidrat (AKK) balita termasuk dalam kategori cukup, sebesar 130 (93%) (4) status gizi balita kategori gizi baik 66,9%; gizi kurang; 15.1%; gizi buruk 10.1%; gizi lebih 7,9 %.

**Kata kunci:** Pengetahuan Gizi Ibu, Pola Konsumsi, Status Gizi Balita

# NUTRITIONAL KNOWLEDGE OF MOTHER, CONSUMPTION PATTERN AND NUTRITIONAL STATUS OF CHILDREN IN PLUMBON, TEMON, KULON PROGO

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## ABSTRACT

*This research aims to determine (1) nutritional knowledge of mother; (2) patterns of consumption to toddlers; (3) nutritional status of children in Plumbon, Temon, Kulon Progo .*

*This research is a survey research. The place and time of research on March-August 2019. The study population was toddlers aged 1-5 years in the Plumbon village there were 200. The sample of this study was calculated based on the harry king nomogram. The amount 139 toddlers using the Probability sampling Data collection techniques for mothers using tests, measuring consumption patterns using food recall, food frequency and nutritional status using measurements from WHO-NCHS. The validation test of the toddlers knowledge test instrument uses the item validity formula and ITEMAN 24. The reliability was using the Cronbach alpha formula. Data analysis technique was using descriptive statistics analysis.*

*this results showed that: (1) the average mother's knowledge was in the medium category 69.1%; high 20.10% and low 10.80% (2) Consumption patterns are in the category of 44%, good 34%, less 14%, bad 7% and consumption of staple foods is rice, beans, cabbage, long beans, carrots, apple, bananas and beverage water and milk (3) The energy adequacy (AKE) for toddlers is good and sufficient, respectively 57 (41%), the average number of toddlers for protein adequacy (PPA) is included in the sufficient category, amounting to 55 (39%), the adequacy rate of fat (AKL) the average toddler is included in the sufficient category, by 60 (43%), carbohydrate adequacy number (AKK) the average under five is included in the sufficient category, amounting to 130 (93%) under five (4) the nutritional status of toddlers in the category of good nutrition is 66.9%, malnutrition, 15.1%, malnutrition 10.1%, over nutrition 7.9%.*

**Keywords:** *nutritional knowledge of mother, consumption patterns ,toddler nutrition status*