

INTISARI

HUBUNGAN ANTARA PERAN IBU DAN ASUPAN GIZI TERHADAP STATUS GIZI BALITA DI POSYANDU KEMUNING XI'B LAWEYAN SURAKARTA

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Latar Belakang : Secara dunia menunjukkan kematian bayi dan balita terkait dengan kasus gizi kurang meningkat disetiap tahunnya, kondisi tersebut mengkhawatirkan karena kekurangan gizi akan sangat berpengaruh pada pertumbuhan dan perkembangan balita, bahkan akan menjadi akibat kematian balita. Indonesia merupakan negara yang mengalami balita gizi kurang mengalami kenaikan yang masih cukup tinggi. Faktor diketahui bahwa ibu antara peran ibu dengan status gizi balita kurang.

Tujuan Penelitian : untuk mengetahui hubungan antara peran dari seorang ibu dalam asupan gizi anaknya terhadap status gizi balita.

Metode Penelitian : penelitian ini merupakan penelitian *deskriptif kuantitatif* dengan desain korelasi dengan pendekatan *cross sectional*. Populasi penelitian adalah 61 ibu yang memiliki Balita dengan Teknik pengambilan sampel adalah sampel jenuh atau total sampel, teknik analisa data menggunakan rumus *Korelasi rank spearman*.

Hasil Penelitian : Peranan ibu sebagian besar ibu dengan peranan dalam memberi asupan gizi pada balita dalam kategori cukup yaitu ada 75,4%. Asupan gizi anak sebagian besar dalam kategori normal yaitu ada 83,6%. Status gizi balita sebagian besar dalam kategori normal yaitu ada 82,0%. Terdapat hubungan yang signifikan antara peran ibu dengan status gizi balita dimana semakin baik peran ibu maka semakin tinggi nilai status gizi anak. ($p < 0,05$). Terdapat hubungan yang signifikan antara asupan gizi dengan status gizi balita dimana semakin baik asupan gizi anak maka semakin tinggi nilai status gizi balita. ($p < 0,05$).

Kesimpulan : Ada pengaruh peran ibu dalam pemenuhan asupan gizi terhadap status gizi balita.

Kata Kunci : Peran Ibu, Asupan Gizi, Status Gizi Balita.

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ABSTRACT

THE CORRELATION OF MOTHER'S ROLE IN THE COMPLIANCE OF NUTRITIONAL INTAKE TOWARD UNDER-FIVE CHILDREN'S NUTRITIONAL STATUS AT POSYANDU KEMUNING IN LAWEYAN SURAKARTA

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Background : In the world shown the infant and child mortality linked to malnutrition cases increased in every year, that condition was worrying because malnutrition would greatly affect the growth and development of children, it would even be the consequences of under-five mortality. Indonesia was a country that suffered under five malnutrition increased were still quite high. Factors that known between the roles of mothers with nutritional status of children were less .

Research purposes : to determine the correlation of mother's role in the compliance of nutritional intake toward under-five children nutritional status.

Research methods : This research was a descriptive quantitative correlation design with cross sectional approached. The population were 61 mothers who had a under-five children with a sampling technique was saturated sample or total sample. Data analysis techniques was using Spearman rank correlation formula .

Research result : Most of mother's role in nutrition providing to under-five children that was 75.4% in medium category. The nutritional intake of children mostly within the normal ranges was 83.6 % . Nutritional status of children mostly within the normal ranges was 82.0 % . There was a significant correlation between the role of mother with under-five nutritional status, where the better mother's role, the higher the value of the nutritional status of under-five children. ($p < 0.05$). There was a significant correlation between nutritional intake compliance with nutritional status of under-five children, where the better children's nutritional intake, the higher the value of nutritional status of under-five children ($p < 0.05$).

Conclusion : There was an effect of mother 's role in the compliance of nutritional intake toward under-five children's nutritional status.

Keywords : Role of Mothers , Nutritional Intake , Nutritional Status of Under-five Children .

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