

ABSTRACT

A CORRELATIONAL STUDY OF MOTHER'S KNOWLEDGE AND FAMILY INCOME WITH KELUARGA SADAR GIZI (Family's Nutrient Awareness) IN PUBLIC HEALTH CENTER OF SAMUDA (PUSKESMAS) KOTAWARINGIN TIMUR

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Background of the Study: *there are three factors cause lack of awareness the importance of family's nutrient i.e. poor knowledge, standard of parent's income and social behaviors toward nutrient awareness. The result of previous study found that one of 5 mothers has been understood and implemented nutrient's family awareness habits. 4 mothers of them did not implement family's nutrient awareness habits.*

The Aims of the Research: *is to know the correlation of mother and family income deal with family's nutrient awareness in public health center (Puskesmas) of Samuda, Kotawaringin Timur.*

The Method of Research: *the type of research method uses correlational descriptive by cross sectional approach. The technique of sampling uses purpose sampling by take 92 mothers who has kids 1-5 years old as the subject of research lived in public health center of Samuda, Kotawaringin Timur. The technique of collecting the data uses questionnaire. The technique of analyze the data uses Rank Spearman correlation and multiple linier regression.*

The Result of the Study: *the result of the study shows that mother has knowledge enough majority (42,4%), high income of family (55,4%), majority of respondents were included family's nutrient awareness. There was correlation between mother's knowledge and family's income with nutrient's family awareness partially or simultaneously (p value $0.0001 < 0.05$).*

Conclusion: *there was correlation between mother's knowledge and family's income with family's nutrient awareness in public health center of Samuda, Kotawaringin Timur.*

Keywords: *Mother's Knowledge, Family's Income, Family's Nutrient Awareness.*

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INTISARI

HUBUNGAN PENGETAHUAN IBU DAN *INCOME* KELUARGA DENGAN KELUARGA SADAR GIZI DI PUSKESMAS SAMUDA, KABUPATEN KOTAWARINGIN TIMUR

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Latar Belakang: Ada tiga faktor penyebab rendahnya perilaku sadar gizi adalah masih kurangnya pengetahuan, tingkat pendapatan orang tua dan sikap masyarakat terhadap perilaku sadar gizi. Hasil studi pendahuluan yang dilakukan terhadap 5 ibu balita didapatkan 1 ibu sudah mengetahui tentang Kadarzi dan mampu menerapkan perilaku Kadarzi, 4 ibu tidak menerapkan perilaku Kadarzi.

Tujuan Penelitian: Untuk mengetahui hubungan pengetahuan ibu dan *income* keluarga dengan keluarga sadar gizi di Puskesmas Samuda, Kabupaten Kotawaringin Timur.

Metode Penelitian: jenis penelitian deskriptif korelasional dengan cara pendekatan *cross sectional*. Teknik sampling menggunakan *purposive sampling* dengan jumlah sampel sebanyak 92 ibu yang memiliki anak usia 1-5 tahun bertempat tinggal dan tercatat sebagai penduduk di Puskesmas Samuda, Kabupaten Kotawaringin Timur, Provinsi Kalimantan Tengah. Teknik pengumpulan data dengan menggunakan kuesioner. Teknik analisis data menggunakan analisis korelasi *Rank Spearman* dan regresi linier berganda.

Hasil Penelitian: Hasil analisis diketahui mayoritas ibu mempunyai pengetahuan cukup (42,4%), keluarga dengan *income* (pendapatan) tinggi (55,4%) dan mayoritas responden termasuk keluarga sadar gizi (56,5%). Ada hubungan antara pengetahuan ibu dan *income* keluarga dengan keluarga sadar gizi baik secara parsial maupun secara simultan (*p value* $0,0001 < 0,05$).

Simpulan: Ada hubungan pengetahuan ibu dan *income* keluarga dengan keluarga sadar gizi di Puskesmas Samuda, Kabupaten Kotawaringin Timur.

Kata Kunci : pengetahuan ibu, *income* keluarga, keluarga sadar gizi

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