

**HUBUNGAN PENGETAHUAN IBU TENTANG GIZI BALITA DENGAN
PENCAPAIAN INDIKATOR NAIK / DITIMBANG (N/D) BALITA DI
POSYANDU WILAYAH KERJA UPT PUSKESMAS CIHURIP
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ABSTRAK

Latar belakang: Pengetahuan ibu tentang gizi balita berperan dalam pemenuhan kebutuhan gizi dan pemantauan pertumbuhan anak. Penelitian ini bertujuan menganalisis hubungan pengetahuan ibu tentang gizi balita dengan pencapaian indikator Naik/Ditimbang (N/D) di Posyandu wilayah kerja UPT Puskesmas Cihurip Kabupaten Garut tahun 2026. **Metode:** Penelitian kuantitatif analitik observasional ini menggunakan desain *case-control* tidak berpasangan. Sampel melibatkan 74 ibu yang memiliki balita usia 12–59 bulan, terdiri atas 37 kelompok kasus dan 37 kelompok kontrol. Sampel dipilih melalui *simple random sampling*. Data dikumpulkan menggunakan kuesioner dan catatan penimbangan dalam Buku KIA/KMS. Data dianalisis menggunakan uji *Chi-Square* dan *Odds Ratio*. **Hasil:** Sebanyak 44 responden (59,5%) memiliki pengetahuan baik, sedangkan kategori cukup dan kurang masing-masing berjumlah 15 responden (20,3%). Hasil uji *Chi-Square* menunjukkan hubungan signifikan antara pengetahuan ibu dan status kenaikan berat badan balita ($p < 0,001$). Ibu berpengetahuan cukup atau kurang memiliki *odds* 19,5 kali lebih besar untuk mempunyai balita dengan berat badan tidak naik dibandingkan ibu berpengetahuan baik ($OR = 19,500$; IK 95%: 5,562–68,368). **Kesimpulan:** Pengetahuan ibu berhubungan dengan pencapaian indikator N/D. Edukasi gizi dan pemantauan pertumbuhan balita perlu diperkuat melalui Posyandu.

Kata kunci: gizi balita, indikator N/D, kenaikan berat badan, pengetahuan ibu

THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE OF TODDLER NUTRITION AND THE ACHIEVEMENT OF THE WEIGHING INDICATOR (N/D) FOR TODDLERS AT THE POSYANDU IN THE WORKING AREA OF PUSKESMAS CIHURIP, GARUT REGENCY, 2026.

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ABSTRACT

Introduction: Maternal knowledge of toddler nutrition supports adequate nutritional intake and child growth monitoring. This study analyzed the association between maternal knowledge of toddler nutrition and achievement of the Weight Gain/Weighed (N/D) indicator at integrated health posts in the working area of Cihurip Public Health Center, Garut Regency, in 2026. **Methods:** This quantitative observational analytic study used an unmatched case-control design. The sample included 74 mothers of toddlers aged 12–59 months, comprising 37 cases and 37 controls selected through simple random sampling. Data were collected using a questionnaire and weighing records from Maternal and Child Health Handbooks/Growth Charts. The Chi-Square test and Odds Ratio were used for data analysis. **Results:** A total of 44 respondents (59.5%) had good knowledge, while 15 respondents (20.3%) each had moderate and poor knowledge. Maternal knowledge was significantly associated with toddler weight-gain status ($p < 0.001$). Mothers with moderate or poor knowledge had 19.5 times greater odds of having toddlers who failed to gain weight than mothers with good knowledge (OR=19.500; 95% CI: 5.562–68.368). **Discussion:** Maternal knowledge was associated with achievement of the N/D indicator. Nutrition education and toddler growth monitoring should be strengthened through integrated health posts.

Keywords: maternal knowledge, N/D indicator, toddler nutrition, weight gain