

ABSTRAK

Status gizi bayi merupakan indikator penting dalam menilai pertumbuhan dan perkembangan anak. Meskipun program kelas ibu balita telah dilaksanakan di wilayah kerja Puskesmas Kawali, masih ditemukan kasus *underweight*, *stunting*, *wasting*, dan *overweight* sehingga diperlukan kajian mengenai faktor yang berhubungan dengan status gizi bayi. Penelitian ini bertujuan untuk menganalisis hubungan antara pengetahuan dan sikap ibu yang mengikuti kelas ibu balita dengan status gizi bayi di wilayah kerja Puskesmas Kawali Tahun 2026. Penelitian menggunakan metode kuantitatif dengan desain cross-sectional. Populasi penelitian berjumlah 130 ibu yang mengikuti kelas ibu balita, dengan sampel sebanyak 57 responden yang ditentukan menggunakan rumus Slovin dan teknik purposive sampling. Data pengetahuan dan sikap diperoleh melalui kuesioner, sedangkan status gizi bayi diukur menggunakan Z-score Berat Badan menurut Umur (BB/U). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Pearson Chi-Square. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara pengetahuan ibu dengan status gizi bayi ($p = 0,004$) serta antara sikap ibu dengan status gizi bayi ($p = 0,003$), dengan nilai $p < 0,05$. Penelitian ini menyimpulkan bahwa pengetahuan dan sikap ibu yang baik setelah mengikuti kelas ibu balita berhubungan dengan status gizi bayi yang lebih baik. Oleh karena itu, pelaksanaan kelas ibu balita perlu terus dioptimalkan untuk meningkatkan pengetahuan, membentuk sikap positif ibu, dan mendukung perbaikan status gizi bayi.

Kata kunci: Pengetahuan Ibu, Sikap Ibu, Kelas Ibu Balita, Status Gizi Bayi

ABSTRACT

Infant nutritional status is an important indicator for assessing children's growth and development. Although the Toddler Mother Class program has been implemented in the working area of Kawali Community Health Center (Puskesmas Kawali), cases of underweight, stunting, wasting, and overweight are still found, indicating the need to examine factors associated with infant nutritional status. This study aimed to analyze the relationship between the knowledge and attitudes of mothers participating in the Toddler Mother Class and the nutritional status of infants in the working area of Puskesmas Kawali in 2026. This study employed a quantitative method with a cross-sectional design. The study population consisted of 130 mothers participating in the Toddler Mother Class, with a sample of 57 respondents selected using the Slovin formula and purposive sampling technique. Data on mothers' knowledge and attitudes were collected using questionnaires, while infant nutritional status was assessed using the Weight-for-Age Z-score (WAZ). Data were analyzed using univariate and bivariate analyses with the Pearson Chi-Square test. The results revealed a significant relationship between mothers' knowledge and infant nutritional status ($p = 0.004$) as well as between mothers' attitudes and infant nutritional status ($p = 0.003$), with $p < 0.05$. The study concludes that better maternal knowledge and positive attitudes after participating in the Toddler Mother Class are associated with better infant nutritional status. Therefore, the implementation of the Toddler Mother Class should be continuously optimized to improve mothers' knowledge, foster positive attitudes, and support improvements in infant nutritional status.

Keywords: Maternal Knowledge, Maternal Attitude, Toddler Mother Class, Infant Nutritional Status