

**HUBUNGAN PENGETAHUAN IBU BALITA TENTANG GIZI
SEIMBANG DAN POLA PEMBERIAN MAKAN DENGAN KEJADIAN
STUNTING PADA BALITA DI DESA PALUGON WILAYAH
PUSKESMAS WANAREJA I KABUPATEN CILACAP**

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ABSTRAK

Latar Belakang: *Stunting* merupakan masalah gizi kronis pada balita yang berdampak pada gangguan pertumbuhan dan perkembangan jangka panjang. Kejadian *stunting* dipengaruhi oleh berbagai faktor, di antaranya pengetahuan ibu tentang gizi seimbang dan pola pemberian makan pada balita. Rendahnya pengetahuan ibu balita dan pola pemberian makan yang kurang tepat diduga berkontribusi terhadap masih tingginya kejadian *stunting*. Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan pengetahuan ibu balita tentang gizi seimbang dan pola pemberian makan dengan kejadian *stunting* pada balita. Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain cross-sectional dengan populasi 96 orang ibu balita di Desa Palugon Wilayah Puskesmas Wanareja I Kabupaten Cilacap. Sampel diambil dengan teknik total sampling sehingga seluruh populasi dijadikan responden. Data dikumpulkan melalui kuesioner pengetahuan gizi seimbang dan kuesioner pola pemberian makan, serta pengukuran antropometri (panjang/tinggi badan menurut umur) untuk menentukan status *stunting*. Analisis data menggunakan uji Chi-Square pada tingkat kepercayaan 95%. Hasil: Sebagian besar ibu balita memiliki pengetahuan kurang tentang gizi seimbang (53,1%) dan pola pemberian makan yang kurang baik (42,7%). Sebanyak 24 balita (25,0%) mengalami *stunting*, sedangkan 72 balita (75,0%) tidak mengalami *stunting*. Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara pengetahuan ibu balita tentang gizi seimbang dengan kejadian *stunting* ($p\text{-value} < 0,001$) dan antara pola pemberian makan dengan kejadian *stunting* ($p\text{-value} < 0,001$), dengan nilai $p < 0,05$ pada kedua variabel. Kesimpulan: Terdapat hubungan yang signifikan antara pengetahuan ibu balita tentang gizi seimbang dan pola pemberian makan dengan kejadian *stunting* pada balita di Desa Palugon Wilayah Puskesmas Wanareja I Kabupaten Cilacap.

Kata Kunci: Gizi Seimbang, Pengetahuan Ibu, Pola Pemberian Makan, *Stunting*

**THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE OF
BALANCED NUTRITION AND FEEDING PATTERNS WITH THE
INCIDENCE OF STUNTING AMONG TODDLERS IN PALUGON
VILLAGE, WORKING AREA OF WANAREJA I PUBLIC HEALTH
CENTER, CILACAP REGENCY**

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ABSTRACT

Background: Stunting is a chronic nutritional problem among children under five that can have long-term effects on growth and development. The occurrence of stunting is influenced by various factors, including mothers' knowledge of balanced nutrition and feeding practices for young children. Low maternal knowledge and inappropriate feeding practices are thought to contribute to the persistently high prevalence of stunting. Objective: This study aimed to analyze the relationship between mothers' knowledge of balanced nutrition and feeding practices and the incidence of stunting among children under five. Methods: This was a quantitative study with a cross-sectional design involving a population of 96 mothers of children under five in Palugon Village, within the working area of Wanareja I Public Health Center, Cilacap Regency. The sample was selected using total sampling, in which the entire population was included as respondents. Data were collected using a balanced nutrition knowledge questionnaire and a feeding practice questionnaire, along with anthropometric measurements (length/height-for-age) to determine stunting status. Data were analyzed using the Chi-Square test at a 95% confidence level. Results: Most mothers had poor knowledge of balanced nutrition (53.1%) and poor feeding practices (42.7%). A total of 24 children (25.0%) were stunted, while 72 children (75.0%) were not stunted. Statistical analysis showed a significant relationship between mothers' knowledge of balanced nutrition and stunting (p -value < 0.001), as well as between feeding practices and stunting (p -value < 0.001), with $p < 0.05$ for both variables. Conclusion: There was a significant relationship between mothers' knowledge of balanced nutrition and feeding practices and the incidence of stunting among children under five in Palugon Village, within the working area of Wanareja I Public Health Center, Cilacap Regency.

Keywords: Balanced Nutrition, Feeding Pattern, Maternal Knowledge, Stunting