

**HUBUNGAN TINGKAT PENGETAHUAN DAN SIKAP ORANG
TUA/WALI TENTANG PROGRAM MAKAN BERGIZI GRATIS (MBG)
DENGAN STATUS GIZI ANAK SEKOLAH DI SDN 6 MALEBER
KABUPATEN CIAMIS**

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ABSTRAK

Pendahuluan: Status gizi anak sekolah merupakan indikator penting kesehatan dan perkembangan anak. Keberhasilan Program Makan Bergizi Gratis (MBG) dipengaruhi oleh pengetahuan dan sikap orang tua/wali dalam mendukung pemenuhan gizi anak. **Metode:** Penelitian kuantitatif dengan desain deskriptif korelasional dan pendekatan cross-sectional pada 53 responden yang dipilih menggunakan simple random sampling. Data dikumpulkan melalui kuesioner pengetahuan dan sikap tentang MBG yang telah diuji validitas dan reliabilitasnya serta pengukuran status gizi berdasarkan IMT. Analisis menggunakan uji *Spearman Rank*. **Hasil:** Sebagian besar responden memiliki pengetahuan baik, sikap kurang mendukung, dan anak dengan status gizi normal. Terdapat hubungan signifikan antara pengetahuan orang tua/wali tentang MBG dengan status gizi anak sekolah ($p=0,025$) serta antara sikap orang tua/wali tentang MBG dengan status gizi anak sekolah ($p=0,018$). **Diskusi:** Pengetahuan dan sikap yang baik dapat meningkatkan dukungan keluarga dalam pemenuhan gizi anak. Oleh karena itu, edukasi dan sosialisasi Program MBG perlu ditingkatkan guna mendukung keberhasilan program dan status gizi anak sekolah yang lebih baik.

Kata Kunci: Program Makan Bergizi Gratis, pengetahuan, sikap, status gizi.

THE RELATIONSHIP BETWEEN PARENTS'/GUARDIANS' LEVEL OF KNOWLEDGE AND ATTITUDES TOWARD THE FREE NUTRITIOUS MEAL PROGRAM (MBG) AND THE NUTRITIONAL STATUS OF SCHOOLCHILDREN AT SDN 6 MALEBER, CIAMIS REGENCY

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ABSTRACT

Introduction: The nutritional status of school-aged children is an important indicator of their health and development. The success of the Free Nutritious Meals Program (MBG) is influenced by the knowledge and attitudes of parents/guardians in supporting their children's nutritional needs. **Methods:** This quantitative study employed a descriptive-correlational design and a cross-sectional approach, involving 53 respondents selected using simple random sampling. Data were collected through a questionnaire assessing knowledge and attitudes toward the MBG—which had been validated for both validity and reliability—as well as measurements of nutritional status based on BMI. Analysis was performed using the Spearman rank test. **Results:** Most respondents demonstrated good knowledge, less supportive attitudes, and children with normal nutritional status. There was a significant association between parents'/guardians' knowledge of the MBG program and schoolchildren's nutritional status ($p=0.025$) as well as between parents'/guardians' attitudes toward the MBG program and schoolchildren's nutritional status ($p=0.018$). **Discussion:** Good knowledge and attitudes can increase family support for meeting children's nutritional needs. Therefore, education and outreach regarding the MBG Program need to be enhanced to support the program's success and improve the nutritional status of school-aged children.

Keywords: Free Nutritious Meal Program, knowledge, attitude, nutritional status.