

# **HUBUNGAN PENGETAHUAN DAN SIKAP IBU DENGAN PERILAKU PENCEGAHAN STUNTING PADA BALITA DI POSYANDU TUNAS MEKAR 1 KELURAHAN KRUKUT, DEPOK**

**Zahrotul Mutingah**

## **Abstrak**

Stunting merupakan masalah kekurangan gizi yang masih dialami balita di seluruh dunia, termasuk Indonesia. Dalam menurunkan prevalensi stunting diperlukan perilaku pencegahan. Perilaku seseorang dapat dipengaruhi oleh pengetahuan dan sikapnya. Tujuan dilakukannya penelitian ini adalah untuk mengetahui hubungan antara pengetahuan dan sikap ibu dengan perilaku pencegahan stunting pada balita di Posyandu Tunas Mekar 1 Kelurahan Krukut, Depok. Metode yang digunakan dalam penelitian ini adalah kuantitatif dengan desain Cross Sectional. Pengambilan sampel menggunakan teknik total sampling dengan 74 sampel penelitian. Pengumpulan data dilakukan menggunakan lembar kuesioner yang sudah diuji validitas serta reliabilitasnya. Kuesioner tersebut terbagi menjadi tiga bagian yaitu pengetahuan, sikap, dan perilaku pencegahan stunting. Hasil analisa dari uji Korelasi Spearman didapatkan bahwa tidak terdapat hubungan antara pengetahuan dengan perilaku pencegahan stunting ( $p$  value= 0,100), namun terdapat hubungan antara sikap dengan perilaku pencegahan stunting ( $p$  value= 0,001). Pada variabel karakteristik ibu, diperoleh bahwa terdapat hubungan antara pekerjaan ibu dengan perilaku pencegahan stunting ( $p$  value= 0,003), namun tidak ada hubungan antara usia ibu ( $p$  value= 0,305) dan pendidikan ibu ( $p$  value= 0,053) dengan perilaku pencegahan stunting.

**Kata Kunci** : Pengetahuan, Sikap, Perilaku, Pencegahan Stunting, Balita

# **CORRELATION BETWEEN MOTHER'S KNOWLEDGE AND ATTITUDE WITH STUNTING PREVENTION BEHAVIOR IN TODDLERS AT POSYANDU TUNAS MEKAR 1 KELURAHAN KRUKUT, DEPOK**

**Zahrotul Mutingah**

## **Abstract**

Stunting is a problem of malnutrition that is still experienced by toddlers throughout the world, including Indonesia. In reducing the prevalence of stunting, preventive behavior is needed. A person's behavior can be influenced by his knowledge and attitude. The purpose of this study was to determine the relationship between knowledge and attitudes of mothers with stunting prevention behavior in toddlers at Posyandu Tunas Mekar 1 Krukut Village, Depok. The method used in this research is quantitative with a cross-sectional design. Sampling used a total sampling technique with 74 samples. Collecting data used a questionnaire sheet that had been tested for validity and reliability. The questionnaire is divided into three parts, namely knowledge, attitudes, and stunting prevention behavior. The results of the Spearman Correlation test showed that there was no relationship between knowledge and stunting prevention behavior (p-value= 0.100), but there is a relationship between attitudes and stunting prevention behavior (p-value= 0.001). In the mother's characteristic variable, it was found that there was a relationship between mother's work and stunting prevention behavior (p-value= 0.003), but there was no relationship between maternal age (p-value =0.305) and mother's education (p-value= 0.053) with stunting prevention behavior.

**Keywords :** Knowledge, Attitude, Behavior, Stunting Prevention, Toddler