

# **HUBUNGAN PERILAKU KELUARGA SADAR GIZI (KADARZI) DENGAN PENCEGAHAN STUNTING PADA BALITA DI POSYANDU DAHLIA VIII DESA SUKAMULYA KABUPATEN SUBANG**

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## **Abstrak**

Perilaku keluarga sadar gizi (KADARZI) merupakan perilaku keluarga dalam mengatasi masalah gizi dengan baik dan benar. Balita merupakan kelompok rentan terhadap masalah gizi salah satunya stunting. Asupan gizi yang kurang dapat menyebabkan stunting. Pemenuhan gizi pada balita perlu melibatkan keluarga. Penelitian ini bertujuan untuk menganalisis hubungan perilaku keluarga sadar gizi (KADARZI) dengan pencegahan stunting pada balita di Posyandu Dahlia VIII Desa Sukamulya Kabupaten Subang. Penelitian ini menggunakan desain penelitian *cross sectional* dengan jumlah sampel 98 melalui metode *purposive sampling*. Pengumpulan data menggunakan lembar observasi perilaku KADARZI dan kuesioner pencegahan stunting yang telah diuji validitas dan reliabilitas. Hasil uji *chi square* dengan tingkat kemaknaan 95% menunjukkan hasil *pvalue* sebesar 0,028. Dapat disimpulkan bahwa semakin banyak ibu yang menerapkan perilaku keluarga sadar gizi (KADARZI) dapat mencegah stunting pada balita. Peneliti menyarankan pada penelitian selanjutnya menganalisa hubungan masing-masing indikator KADARZI dengan pencegahan stunting agar lebih akurat dalam mencegah stunting.

**Kata Kunci :** Keluarga Sadar Gizi, Stunting, Balita

**RELATIONSHIP OF NUTRITION CONSCIOUS FAMILY  
(KADARZI) WITH STUNTING PREVENTION OF CHILDREN  
UNDER FIVE YEARS IN POSYANDU DAHLIA VIII IN  
SUKAMULYA VILLAGE  
SUBANG REGENCY**

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**Abstract**

Nutrition Conscious Family (KADARZI) is a family behavior overcome nutritional problems well and correctly. Children under five years are a group that is vulnerable to nutritional problems, one of them is stunting. Inadequate nutrition intake can cause stunting. Adequate nutrition in toddlers needs to involve the family. This study aims to analyze the relationship between nutrition conscious family (KADARZI) with stunting prevention of children under five years in Posyandu Dahlia VIII in Sukamulya Village, Subang Regency. This study used a cross sectional design with 98 participants through a purposive sampling method. Data collection used the KADARZI behavioral observation sheet and questionnaire stunting prevention which has been tested for validity and reliability. *Chi square* test results with significance level of 95% indicate that a *p-value* of 0.028. It can be concluded that the more mothers who apply nutrition conscious family (KADARZI) can prevent stunting in toddlers. Researchers suggest in further research to analyze the relationship of each KADARZI indicator with stunting prevention to be more accurate in preventing stunting.

**Key words :** Nutrition Conscious Family, Stunting, Children