

HUBUNGAN TINGKAT PENGETAHUAN MAKANAN BERGIZI DAN PENDIDIKAN IBU DENGAN SIKAP DALAM UPAYA PENCEGAHAN STUNTING PADA BALITA DI RW.011 KELURAHAN PEJATEN TIMUR

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Abstrak

Diperoleh dari penelitian awal yang dilakukan oleh peneliti pada tahun 2024 menunjukkan bahwa 30 balita di Kelurahan Pejaten Timur mengalami stunting, seperti yang ditunjukkan oleh staf posyandu setempat. Angka stunting di wilayah ini cukup tinggi (15%) dibandingkan dengan target pemerintah, menurut data dari Puskesmas setempat. Studi ini bertujuan untuk menemukan hubungan antara apa yang diketahui ibu tentang nutrisi makanan dan apa yang mereka ketahui tentangnya dengan cara mereka melihat cara mereka berusaha mencegah stunting pada balita. dengan desain deskriptif korelasional dan pendekatan studi *cross-sectional*, penelitian kuantitatif non-eksperimental ini dilakukan. Random sampling dan kuesioner digunakan untuk mengumpulkan data, yang keduanya telah diuji untuk validitas dan kredibilitas. Diperoleh analisis menggunakan korelasi Spearman bahwa sikap ibu berkorelasi signifikan terhadap pencegahan stunting dan pengetahuan mereka tentang makanan bergizi ($r = 0,404$, $p = 0,001$). Selain itu, ada korelasi yang bertambah kuat antara tingkat pendidikan ibu dengan sikap mereka terhadap pencegahan stunting ($r = 0,569$, $p = 0,001$). Diharapkan bahwa ibu akan memperoleh pemahaman yang bertambah baik tentang nutrisi dan cara mencegah stunting dengan mengikuti program edukasi gizi dan menggunakan sumber daya yang tersedia.

Kata Kunci : Pencegahan, Pengetahuan, Pendidikan, Sikap Ibu, Stunting

**RELATIONSHIP BETWEEN KNOWLEDGE LEVEL OF
NUTRITIOUS FOOD AND MOTHER'S EDUCATION WITH
ATTITUDE IN EFFORTS TO PREVENT STUNTING IN
TODDLERS IN RW.011 PEJATEN TIMUR VILLAGE**

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Abstract

According to data gathered from local integrated health service post cadres, 30 toddlers in Pejaten Timur Village suffered from stunting, according to the findings of an initial study carried out by researchers in 2024. Stunting rates in this area are significantly higher (15%) than the official target, according to data from the local Health Center. The purpose of this study is to examine how mothers' attitudes in preventing toddler stunting relate to their degree of knowledge about wholesome food and maternal education. A cross-sectional study design with a descriptive correlational design is the methodology employed in this non-experimental quantitative investigation. Using random sampling techniques, 148 samples in total were chosen, and data were collected by having respondents complete a validity and reliability-tested questionnaire. The findings of the Spearman's correlation study revealed a strong association between mothers' views toward reducing stunting and their knowledge of nutrient-dense foods ($r = 0.404$, $p < 0.001$). Furthermore, there was a greater correlation ($r = 0.569$, $p < 0.001$) between the views of mothers in preventing stunting and their educational attainment. Additionally, maternal opinions toward stunting prevention were more strongly correlated with their degree of education ($r = 0.569$, $p < 0.001$). It is anticipated that moms who take part in nutrition education programs and make use of resources to offer wholesome meals at reasonable prices will gain a better understanding of nutrition and stunting prevention.

Keywords: *Education, Knowledge, , Maternal Attitude, Prevention, Stunting*