

GAMBARAN TINGKAT PENGETAHUAN IBU BALITA MENGENAI STUNTING
DI KELURAHAN KEBONHARJO KECAMATAN SAMIGALUH
KABUPATEN KULON PROGO

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ABSTRAK

Latar Belakang : Kabupaten Kulon Progo, DIY merupakan salah satu kabupaten di Indonesia yang memiliki prevalensi *stunting* cukup tinggi. Masalah *stunting* terhambatnya bagi anak menjadi salah satu masalah kesehatan yang sangat serius. *Stunting* disebabkan kekurangan gizi kronis dan infeksi berulang-ulang selama masa 1000 HPK. Pengetahuan gizi yang tidak cukup atau kurangnya informasi mengenai kebiasaan makan yang baik dan kurangnya pemahaman, dan kelurahan kebonharjo termasuk salah satu lokasi fokus *stunting* di DIY.

Tujuan : Untuk mengetahui Gambaran Tingkat Pengetahuan Ibu Balita Mengenai *Stunting* di Kelurahan Kebonharjo Kecamatan Samigaluh Kabupaten Kulon Progo.

Metode Penelitian : Penelitian deskriptif ini dilakukan di Kelurahan Kebonharjo Kecamatan Samigaluh Kabupaten Kulon Progo pada bulan September – November 2023 dengan menggunakan desain *cross sectional*. Sampel yang digunakan merupakan 69 balita menggunakan teknik purposive sampling.

Hasil Penelitian : Pada Hasil Penelitian ini menunjukkan bahwa sampel ibu balita yang memiliki tingkat pengetahuan berdasarkan Usia, Pendidikan, dan Pekerjaan mayoritas baik sebanyak 69 orang (100%). Namun berdasarkan aspek pengetahuan rata-rata pada ibu balita memiliki kemampuan tahu tentang pengetahuan gizi sebesar 64,72 (93,79%), namun pada kemampuan tidak tahu sebesar 4,33 (6,22%)

Kesimpulan : Bagi ibu balita diharapkan dapat memfokuskan edukasi pencegahan *stunting* pada kebutuhan gizi seimbang untuk pertumbuhan janin dan gizi yang cukup untuk imun tubuh anak. Maka ibu balita selalu mengikuti kegiatan penyuluhan/edukasi didesa setempat supaya lebih mendalam terkait mengetahui informasi yang didapatkan untuk kebaikan perkembangan anaknya.

Kata Kunci : Pengetahuan, *Stunting*, Balita, Kelurahan Kebonharjo

OVERVIEW OF THE LEVEL OF KNOWLEDGE OF MOTHERS OF TODDLERS
ABOUT STUNTING IN KEBONHARJO VILLAGE,
SAMIGALUH DISTRICT KULON PROGO REGENCY

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ABSTRACT

Background: Kulon Progo Regency, DIY is one of the districts in Indonesia that has a high prevalence of *stunting*. The problem of *stunting* is hampered for children to be one of the most serious health problems. *Stunting* is caused by chronic malnutrition and repeated infections during the period of 1000 HPK. Insufficient nutritional knowledge or lack of information about good eating habits and lack of understanding, and Kebonharjo Village is one of the focus locations for *stunting* in DIY.

Objective: To find out the Overview of the Level of Knowledge of *Toddler Mothers About Stunting* in Kebonharjo Village, Samigaluh District, Kulon Progo Regency.

Research Method : This descriptive research was conducted in Kebonharjo Village, Samigaluh District, Kulon Progo Regency in September – November 2023 using a *cross sectional* design. The samples used were 69 toddlers using purposive sampling techniques.

Research Results: The results of this study showed that the sample of mothers under five who had a level of knowledge based on Age, Education, and Occupation was the majority of good as many as 69 people (100%). However, based on the aspect of knowledge, the average mother of toddlers has the ability to know about nutritional knowledge of 64.72 (93.79%), but the ability not to know is 4.33 (6.22%)

Conclusion: For mothers of toddlers, it is expected to focus *stunting* prevention education on the needs of balanced nutrition for fetal growth and adequate nutrition for the child's immune system. So toddler mothers always participate in counseling/education activities in the local village so that they are more in-depth related to knowing the information obtained for the good of their children's development.

Keywords : Knowledge, *Stunting*, Toddler, Kelurahan Kebonharjo