

**RELATIONSHIP BETWEEN THE LEVEL OF KNOWLEDGE OF
CAREGIVERS ABOUT FEEDING RULES WITH THE NUTRITIONAL
STATUS OF CHILDREN AGED 6-24 MONTHS AT POSYANDU
KALURAHAN MADUREJO**

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ABSTRACT

Background: Nutritional problems in toddlers are still a public health challenge in Indonesia. One factor in achieving good nutritional status is adequate nutritional intake. This can be started when caregivers have knowledge of good feeding rules and can apply them correctly and consistently.

Aim: To determine the relationship between the level of knowledge of caregivers about feeding rules and the nutritional status of children aged 6-24 months at the Posyandu Kalurahan Madurejo.

Method: This study uses a quantitative method with a cross-sectional design. Sampling using the Proportional Random Sampling technique where data collection uses a questionnaire. The data analysis method uses Spearman's Rho.

Results: The results of univariate analysis showed that the characteristics of respondents were mostly adults, from complete parents (father and mother), had secondary education, and were unemployed. The level of caregiver knowledge about feeding rules was mostly in the good category and the nutritional status of children aged 6-24 months was also predominantly good. The results of bivariate analysis using the Spearman's Rho method showed that there was a significant relationship between the level of caregiver knowledge about feeding rules and the nutritional status of children aged 6-24 months ($p\text{-value } 0.000 < 0.05$) with a relationship strength of 0.460 included in the moderate category.

Conclusion: The conclusion of the study shows that there is a relationship between the level of knowledge of caregivers about feeding rules and the nutritional status of children aged 6-24 months.

Keyword: feeding rules, caregiver, nutritional status

HUBUNGAN TINGKAT PENGETAHUAN PENGASUH TENTANG FEEDING RULES DENGAN STATUS GIZI ANAK UMUR 6-24 BULAN DI POSYANDU KALURAHAN MADUREJO

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ABSTRAK

Latar Belakang: Masalah gizi pada balita masih menjadi tantangan kesehatan masyarakat di Indonesia. Salah satu faktor untuk mencapai status gizi yang baik adalah dengan asupan nutrisi yang adekuat. Hal ini bisa dimulai saat pengasuh memiliki pengetahuan tentang aturan pemberian makan (*feeding rules*) yang baik dan dapat menerapkannya secara benar serta konsisten.

Tujuan: Mengetahui hubungan tingkat pengetahuan pengasuh tentang *feeding rules* dengan status gizi anak umur 6-24 bulan di Posyandu Kalurahan Madurejo.

Metode: Penelitian ini menggunakan metode kuantitatif dengan rancangan *cross sectional*. Pengambilan sampel menggunakan teknik *Proportional Random Sampling* di mana pengambilan datanya memakai kuesioner. Metode analisis data menggunakan *Spearman's Rho*.

Hasil: Hasil analisis univariat menunjukkan karakteristik responden sebagian besar berusia dewasa, dari orang tua lengkap (ayah dan ibu), berpendidikan menengah, dan tidak bekerja. Tingkat pengetahuan pengasuh tentang *feeding rules* sebagian besar dalam kategori baik dan status gizi anak umur 6-24 bulan juga dominan baik. Hasil analisis bivariat menggunakan metode *Spearman's Rho* menunjukkan bahwa terdapat hubungan signifikan antara tingkat pengetahuan pengasuh tentang *feeding rules* dengan status gizi anak umur 6-24 bulan ($p\text{-value } 0.000 < 0.05$) dengan kekuatan hubungan sebesar 0.460 termasuk dalam kategori sedang.

Kesimpulan: Penelitian ini menunjukkan bahwa terdapat hubungan tingkat pengetahuan pengasuh tentang *feeding rules* dan status gizi anak umur 6-24 bulan.

Kata Kunci: *feeding rules*, pengasuh, status gizi