

DESCRIPTIVE STUDY OF PARENTS' NUTRITION KNOWLEDGE AND NUTRITION STATUS OF TODDLERS IN TIRTONIRMOLO VILLAGE

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ABSTRACT

Background : *Stunting remains a public health challenge, including in Kalurahan Tirtonirmolo, with a prevalence of 4.74%. Parents' nutritional knowledge plays an important role in preventing stunting.*

Objective : *To analyze the relationship between parents' nutritional knowledge about stunting and the nutritional status of infants aged 6–59 months based on height-for-age (HAZ) indicators.*

Methods : *This study is a descriptive study using a cross-sectional approach. The sample consisted of 30 parents of infants selected through purposive sampling. Data were collected through a parental nutrition knowledge questionnaire and anthropometric measurements of infants using WHO standards.*

Results: *The study found that the majority of parents had good nutrition knowledge (66.7%), adequate knowledge (20.00%), and insufficient knowledge (13.3%). Most infants had normal nutritional status (83.3%), while a small proportion experienced stunting (16.7%). Stunting was found in the good knowledge group (13.3%) and adequate knowledge group (3.3%), while no cases of stunting were found in the insufficient knowledge group. These findings indicate that parents' nutritional knowledge positively contributes to infants' nutritional status; however, knowledge alone is insufficient to prevent stunting. Other factors such as parenting practices, maternal nutritional status during pregnancy, socioeconomic conditions, recurrent infections, and genetic factors also play significant roles. Therefore, efforts to prevent stunting must be comprehensive and multisectoral.*

Conclusion: *Parents' nutritional knowledge is generally good and shows a positive correlation with the nutritional status of infants. However, stunting is still found in the group with good knowledge, indicating that good nutritional knowledge alone is insufficient to completely prevent stunting.*

Keywords: *Nutrition knowledge of parents, nutritional status of toddlers, stunting, Tirtonirmolo.*

STUDI DESKRIPTIF PENGETAHUAN GIZI ORANG TUA DAN STATUS GIZI BALITA DI KALURAHAN TIRTONIRMOLO

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ABSTRAK

Latar belakang : Stunting masih menjadi tantangan kesehatan masyarakat, termasuk di Kalurahan Tirtonirmolo, dengan prevalensi sebesar 4,74%. Pengetahuan gizi orang tua memegang peranan penting dalam pencegahan stunting.

Tujuan : Menganalisis hubungan antara tingkat pengetahuan gizi orang tua mengenai stunting dengan status gizi balita usia 6–59 bulan berdasarkan indikator tinggi badan menurut umur (TB/U).

Metode : Penelitian ini merupakan studi deskriptif dengan pendekatan cross-sectional. Sampel terdiri dari 30 orang tua balita yang dipilih secara purposive. Data dikumpulkan melalui kuesioner pengetahuan gizi orang tua dan pengukuran antropometri balita menggunakan standar WHO.

Hasil : Penelitian menunjukkan bahwa mayoritas orang tua memiliki pengetahuan gizi yang baik (66,7%), cukup (20,00%), dan kurang (13,3%). Sebagian besar balita memiliki status gizi normal (83,3%) dan sebagian kecil mengalami stunting (16,7%). Stunting ditemukan pada kelompok pengetahuan baik (13,3%) dan cukup (3,3%), sementara pada kelompok pengetahuan kurang tidak ditemukan kasus stunting. Temuan ini menunjukkan bahwa pengetahuan gizi orang tua berkontribusi positif terhadap status gizi balita, namun pengetahuan saja belum cukup untuk mencegah stunting. Faktor lain seperti pola asuh, status gizi ibu saat kehamilan, kondisi sosial ekonomi, infeksi berulang, dan faktor genetik juga berperan penting. Oleh karena itu, upaya pencegahan stunting perlu dilakukan secara komprehensif dan multisektoral.

Kesimpulan: Pengetahuan gizi orang tua tergolong baik secara umum dan menunjukkan kecenderungan berbanding lurus dengan status gizi balita. Namun, stunting masih ditemukan pada kelompok dengan pengetahuan baik, sehingga pengetahuan gizi yang baik saja belum cukup untuk sepenuhnya mencegah terjadinya stunting.

Kata Kunci : Pengetahuan gizi orang tua, status gizi balita, stunting, Tirtonirmolo.