

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2024**

ABSTRAK

NADINE AVIANA NABIHA

**HUBUNGAN PENGETAHUAN IBU TENTANG GIZI SEIMBANG
DENGAN STATUS GIZI ANAK USIA 10-12 TAHUN (STUDI
OBSERVASIONAL DI SD NEGERI MARUYUNGSARI KECAMATAN
PADAHERANG KABUPATEN PANGANDARAN TAHUN 2023)**

Pengetahuan gizi yang kurang akan memberikan kemampuan yang kurang dalam menerapkan pemilihan bahan makanan serta pengolahan dalam keseharian sehingga mengakibatkan adanya masalah gizi anak. Tujuan dari penelitian ini adalah menganalisis hubungan pengetahuan ibu tentang gizi seimbang, asupan karbohidrat, protein, dan lemak dengan status gizi anak usia 10 – 12 tahun di SD Negeri Maruyungsari Kecamatan Padaherang Kabupaten Pangandaran. Metode penelitian : penelitian dilakukan dengan pendekatan studi *cross sectional*. Sampel diambil sebanyak 52 siswa dengan teknik *total sampling*. Hasil penelitian didapatkan analisis data dengan menggunakan uji rank spearman menunjukkan ada hubungan yang cukup kuat dan berpola positif antara pengetahuan ibu tentang gizi seimbang dengan status gizi ($p\text{-value} = 0,004$, $\rho = 0,393$), pengetahuan ibu tentang gizi seimbang dengan asupan zat gizi makro, yaitu karbohidrat ($p\text{-value} = 0,029$, $\rho = 0,302$), asupan protein ($p\text{-value} = 0,005$, $\rho = 0,386$), dan asupan lemak ($p\text{-value} = 0,010$, $\rho = 0,353$). Kesimpulan : Adanya hubungan antara pengetahuan ibu dengan status gizi anak usia 10-12 tahun di SD Negeri Maruyungsari Kecamatan Padaherang Kabupaten Pangandaran. Berdasarkan hasil dari penelitian ini, disarankan untuk menyiapkan makanan yang beraneka ragam dan memenuhi kecukupan gizi sesuai dengan pedoman gizi seimbang.

Kata Kunci: Pengetahuan Ibu; Gizi Seimbang; Asupan Gizi; Status Gizi; Zat Gizi Makro

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
TASIKMALAYA
NUTRITIONAL STUDY PROGRAM
2024**

ABSTRACT

NADINE AVIANA NABIHA

THE RELATIONSHIP OF MOTHER'S KNOWLEDGE ABOUT BALANCED NUTRITION AND THE NUTRITIONAL STATUS OF CHILDREN AGED 10-12 YEARS (OBSERVATIONAL STUDY IN MARUYUNGSARI STATE PRIMARY SCHOOL, PADAHERANG DISTRICT, PANGANDARAN REGENCY, 2023)

Lack of nutritional knowledge will result in less ability in implementing food selection and processing in daily life, resulting in children's nutritional problems. The purpose of this study was to analyze the relationship between maternal knowledge about balanced nutrition, carbohydrate, protein, and fat intake with the nutritional status of children aged 10-12 years at Maruyungsari Elementary School, Padaherang District, Pangandaran Regency. Research method: the study was conducted using a cross-sectional study approach. Samples were taken as many as 52 students using the total sampling technique. The results of the study obtained data analysis using the Spearman rank test showed that there was a fairly strong and positive patterned relationship between maternal knowledge about balanced nutrition and nutritional status ($p\text{-value} = 0.004$, $\rho = 0.393$), maternal knowledge about balanced nutrition with macronutrient intake, namely carbohydrates ($p\text{-value} = 0.029$, $\rho = 0.302$), protein intake ($p\text{-value} = 0.005$, $\rho = 0.386$), and fat intake ($p\text{-value} = 0.010$, $\rho = 0.353$). Conclusion: There is a relationship between maternal knowledge and the nutritional status of children aged 10-12 years at Maruyungsari Elementary School, Padaherang District, Pangandaran Regency. Based on the results of this study, it is recommended to prepare a variety of foods and meet nutritional adequacy according to balanced nutrition guidelines.

Keywords: Mother's Knowledge; Balanced nutrition; Nutritional Intake; Nutritional status; Macro Nutrients