

ABSTRAK

LADYA KHOERUNISA AHADA SULARSO

HUBUNGAN TINGKAT PENGETAHUAN GIZI IBU DAN KECUKUPAN ZAT GIZI MAKRO BALITA DENGAN KEJADIAN STUNTING

(Studi Observasional pada Balita Usia 12-59 bulan di Desa Burujul Wetan, Kecamatan Jatiwangi, Kabupaten Majalengka Tahun 2025)

Stunting merupakan masalah gizi kronis yang masih banyak ditemukan di Indonesia, termasuk di Kabupaten Majalengka. Kondisi ini terjadi akibat kekurangan gizi jangka panjang, infeksi berulang, serta pola asuh dan pengetahuan gizi ibu yang kurang optimal. Penelitian ini bertujuan untuk menganalisis hubungan antara kecukupan pengetahuan gizi ibu dan kecukupan zat gizi makro dengan kejadian stunting pada balita di Desa Burujul Wetan, Kecamatan Jatiwangi, Kabupaten Majalengka. Penelitian ini menggunakan pendekatan kuantitatif dengan rancangan observasional analitik dan desain potong lintang (*cross-sectional*). Sampel penelitian terdiri dari 84 ibu dan balita usia 12–59 bulan yang dipilih menggunakan teknik *proportional random sampling*. Data pengetahuan gizi diperoleh melalui kuesioner, sedangkan konsumsi karbohidrat, lemak dan protein dinilai menggunakan metode *food recall* 2×24 jam. Analisis dilakukan menggunakan uji *Chi-square* dengan tingkat signifikansi $p < 0,05$. Hasil penelitian menunjukkan bahwa sebagian besar ibu memiliki pengetahuan gizi baik (61,9%), dan mayoritas balita dengan asupan zat gizi makro yang cukup tidak mengalami stunting. Uji statistik menunjukkan hubungan yang signifikan antara pengetahuan gizi ibu ($p = 0,000$; $p < 0,05$), konsumsi protein ($p = 0,001$; $p < 0,05$), konsumsi lemak ($p = 0,020$; $p < 0,05$), dan konsumsi karbohidrat ($p = 0,028$; $p < 0,05$) dengan kejadian stunting. Hasil ini mengindikasikan bahwa rendahnya pengetahuan gizi ibu serta ketidakcukupan zat gizi makro berperan terhadap peningkatan risiko stunting. Upaya pencegahan perlu difokuskan pada edukasi gizi berkelanjutan bagi ibu balita dan peningkatan akses terhadap pangan bergizi seimbang di tingkat rumah tangga.

Kata kunci: karbohidrat, lemak, pengetahuan gizi, protein, stunting

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ABSTRACT

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***THE CORRELATION BETWEEN MOTHERS' NUTRITIONAL KNOWLEDGE
LEVEL AND TODDLERS' MACRONUTRIENT ADEQUACY WITH THE INCIDENT
OF STUNTING***

*(An Observational Study of Toddlers Aged 12–59 Months in Burujul Wetan Village,
Jatiwangi District, Majalengka Regency, 2025)*

Stunting remains a chronic nutritional problem widely found in Indonesia, including in Majalengka Regency. This condition occurs due to prolonged nutritional deficiencies, recurrent infections, and suboptimal parenting and maternal nutritional knowledge. This study aimed to analyze the relationship between maternal nutritional knowledge adequacy and macronutrient intake adequacy with the incidence of stunting among toddlers in Burujul Wetan Village, Jatiwangi District, Majalengka Regency. This study utilized a quantitative approach with an analytical observational design in a cross-sectional framework. A total of 84 mothers and children aged 12–59 months were selected through proportional random sampling. Maternal nutritional knowledge data were obtained using a questionnaire, while carbohydrate, fat and protein intakes were assessed using the 2×24-hour food recall method. Data were analyzed using the Chi-square test with a significance level of $p < 0.05$. The results showed that most mothers had good nutritional knowledge (61.9%), and the majority of toddlers with adequate macronutrient intake were not stunted. Statistical analysis revealed significant relationships between maternal nutritional knowledge ($p = 0.000$; $p < 0,05$), protein intake ($p = 0.001$; $p < 0,05$), fat intake ($p = 0.020$; $p < 0,05$), and carbohydrate intake ($p = 0.028$; $p < 0,05$) with stunting incidence. These findings indicate that low maternal nutritional knowledge and inadequate macronutrient intake contribute to an increased risk of stunting. Preventive efforts should focus on continuous nutrition education for mothers of toddlers and improving access to balanced nutritious foods at the household level.

Keywords: carbohydrate, fat, maternal nutritional knowledge, protein, and stunting.