

**HUBUNGAN TINGKAT PENGETAHUAN IBU TENTANG GIZI  
DENGAN KEJADIAN STUNTING PADA BALITA USIA 0-23 BULAN  
DI WILAYAH KERJA PUSKESMAS BULELENG I TAHUN 2023**

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**ABSTRAK**

Stunting merupakan salah satu permasalahan gizi kronis yang menjadi fokus utama di Indonesia. Pengetahuan ibu yang kurang mengenai gizi dapat menimbulkan kecenderungan ibu untuk memberikan makanan tanpa melihat kandungan gizi yang diberikan pada anak sehingga berisiko menimbulkan stunting. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan ibu tentang gizi dengan kejadian stunting pada balita usia 0-23 bulan di wilayah kerja Puskesmas Buleleng I. Adapun tempat penelitian berlokasi di Puskesmas Buleleng I. Jenis penelitian ini adalah penelitian analitik dengan pendekatan *case control*. Populasi penelitian yang digunakan adalah seluruh balita yang terdata di Puskesmas Buleleng I. Pengambilan sampel dalam penelitian ini dilakukan secara *purposive sampling* sesuai kriteria inklusi dan eksklusi kemudian didapatkan sampel berjumlah 26 orang yang terdiri dari 13 balita stunting dan 13 balita tidak stunting. Variabel dalam penelitian ini adalah tingkat pengetahuan ibu tentang gizi yang diukur menggunakan kuesioner dan kejadian stunting yang diukur menggunakan alat pengukur *baby length board* serta *microtoise*. Berdasarkan analisis data didapatkan bahwa rata-rata skor tingkat pengetahuan ibu tentang gizi yang berhasil diraih responden pada kelompok kasus yaitu sebesar  $17.77 \pm 2.24$  sedangkan pada kelompok kontrol yaitu sebesar  $18.92 \pm 2.25$ . Disimpulkan bahwa tidak terdapat hubungan yang bermakna secara statistik  $p = 0,126$  ( $p > 0,05$ ) antara tingkat pengetahuan ibu tentang gizi dengan kejadian stunting pada balita usia 0-23 bulan di wilayah kerja Puskesmas Buleleng I.

Kata kunci: pengetahuan gizi, balita, stunting

**THE RELATIONSHIP BETWEEN THE LEVEL OF MOTHER'S  
KNOWLEDGE ABOUT NUTRITION AND THE INCIDENCE OF  
STUNTING IN TODDLER AGES 0-23 MONTHS IN THE WORKING  
AREA OF BULELENG I COMMUNITY HEALTH CENTER IN 2023**

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**ABSTRACT**

Stunting is a chronic nutritional problem that is the main focus in Indonesia. A mother's lack of knowledge about nutrition can give rise to the mother's tendency to provide food without looking at the nutritional content given to the child, thereby leading to the risk of stunting. This research aims to determine the relationship between the level of mother's knowledge about nutrition and the incidence of stunting in toddlers aged 0-23 months in the working area of the Buleleng I Community Health Center. The research site is located at the Buleleng I Community Health Center. This type of research is analytical research with a case control approach. The research population used was all toddlers recorded at the Buleleng I Community Health Center. Sampling in this study was carried out by purposive sampling according to inclusion and exclusion criteria, then a sample of 26 people was obtained, consisting of 13 stunted toddlers and 13 non-stunting toddlers. The variables in this study were the mother's level of knowledge about nutrition which was measured using a questionnaire and the incidence of stunting which was measured using a baby length board and microtoise measuring device. Based on data analysis, it was found that the average score for the level of maternal knowledge about nutrition achieved by respondents in the case group was  $17.77 \pm 2.24$ , while in the control group it was  $18.92 \pm 2.25$ . It was concluded that there was no statistically significant relationship  $p = 0.126$  ( $p > 0.05$ ) between the level of mother's knowledge about nutrition and the incidence of stunting in toddlers aged 0-23 months in the working area of the Buleleng I Community Health Center.

Keywords: nutritional knowledge, toddlers, stunting