

ABSTRAK

Kartika, Yuyun Dewi (2025), *Korelasi Pemberian Makan Gizi Seimbang, Pola Asuh, dan Literasi Orang Tua Terhadap Pencegahan Tengkes Pada Anak*. Tesis, Pendidikan Anak Usia Dini, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata-kata Kunci: Gizi; Pola Asuh; Literasi; Tengkes/*Stunting*

Penelitian ini bertujuan untuk menganalisis kontribusi pemberian makan bergizi seimbang, pola asuh orang tua, dan literasi terhadap pencegahan tengkes (*stunting*) pada anak usia dini. Penelitian menggunakan pendekatan kuantitatif asosiatif dengan metode survei. Sampel terdiri dari 205 orang tua di TK Gugus 1 Cakranegara. Teknik pengambilan sampel menggunakan *simple random sampling*, sehingga hasil penelitian memiliki validitas yang baik secara statistik. Data dikumpulkan melalui kuesioner yang telah diuji validitas dan reliabilitasnya. Analisis menggunakan uji korelasi dan regresi linear berganda. Hasil menunjukkan ketiga variabel secara simultan berpengaruh signifikan terhadap pencegahan tengkes dengan koefisien determinasi $R^2 = 0,481$. Secara parsial, pola asuh memiliki kontribusi paling dominan ($\beta = 0,543$), diikuti gizi seimbang ($\beta = 0,458$), dan literasi orang tua ($\beta = 0,138$). Penelitian ini menegaskan pentingnya intervensi terintegrasi antara pengasuhan, pemenuhan gizi, dan literasi keluarga dalam mendukung tumbuh kembang anak secara optimal.

Penelitian ini memiliki keterbatasan, seperti penggunaan data sekunder yang membatasi penggalian faktor kontekstual, serta sampel terbatas pada satu wilayah sehingga hasil sulit digeneralisasi. Model regresi hanya menjelaskan 47,4% variasi, sisanya kemungkinan dipengaruhi oleh faktor lain seperti lingkungan fisik, akses kesehatan, dan ekonomi keluarga. Kontribusi literasi orang tua rendah, kemungkinan karena definisinya masih umum. Penelitian lanjutan disarankan melibatkan wilayah beragam dan menggunakan data primer agar hasil lebih mendalam.

ABSTRACT

Kartika, Yuyun Dewi (2025). *The Correlation between Balanced Nutrition, Parenting Patterns, and Parental Literacy in the Prevention of Stunting in Children*. Thesis, Early Childhood Education, Postgraduate Program, Ganesha University of Education.

This thesis has been approved and reviewed by Supervisor I: Dr. I Gede Astawan, S.Pd., M.Pd, and Supervisor II: Nice Maylani Asril, S.Pd., M.Psi., Ph.D.

Keywords: Nutrition; Parenting; Literacy; Stunting

This study aims to analyze the contribution of balanced nutrition, parenting patterns, and parental literacy to the prevention of stunting among early childhood children. The research employed an associative quantitative approach using a survey method. The sample consisted of 205 parents from TK Gugus 1 Cakranegara, selected through simple random sampling, ensuring statistically valid results. Data were collected using questionnaires that had been tested for validity and reliability. The analysis employed correlation tests and multiple linear regression. The results showed that all three variables simultaneously had a significant effect on stunting prevention, with a coefficient of determination $R^2 = 0.481$. Partially, parenting patterns had the most dominant contribution ($\beta = 0.543$), followed by balanced nutrition ($\beta = 0.458$), and parental literacy ($\beta = 0.138$). The findings underscore the importance of integrated interventions involving parenting practices, nutritional fulfillment, and family literacy in supporting optimal child development.

This study has several limitations, such as the use of secondary data, which constrained deeper exploration of contextual factors like parenting dynamics and household environments. Additionally, the sample was limited to one geographic area, making the generalization of findings more cautious. The regression model explained only 48.1% of the variance, indicating that other factors such as physical environment, access to healthcare services, and family economic status may also play a role. The relatively low contribution of parental literacy could be due to the general definition used in the study. Future research is recommended to involve more diverse regions and utilize primary data to gain deeper and more comprehensive insights.