

ABSTRAK

Farni Samsi Mooduto. 811411064. Hubungan pengetahuan gizi, pendidikan formal ibu rumah tangga dan keadaan sanitasi lingkungan dengan status gizi balita (suatu penelitian di wilayah binaan Puskesmas Mananggu Kecamatan Mananggu). Jurusan Kesehatan Masyarakat, Fakultas Ilmu-ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Dr. Sunarto Kadir, Drs., M.Kes dan Pembimbing II Sirajuddin Bialangi, SKM, M.Kes.

Status gizi yang baik akan mempengaruhi proses pertumbuhan dan perkembangan anak. Gizi dikatakan baik apabila terdapat keseimbangan antara pertumbuhan fisik dan perkembangan mental. Rumusan masalah adalah apakah ada hubungan pengetahuan gizi, pendidikan formal ibu rumah tangga dan keadaan sanitasi lingkungan dengan status gizi balita. Sehingga yang menjadi tujuan adalah menganalisis apakah ada hubungan pengetahuan gizi, pendidikan formal ibu rumah tangga dan keadaan sanitasi lingkungan dengan status gizi balita.

Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional study*. Populasi sebanyak 1365 balita dengan sampel 104 diambil dengan teknik *proportionate stratified random* dengan menggunakan kriteria inklusi dan eksklusi.

Berdasarkan hasil uji *chi-square* diperoleh nilai *p-value* pengetahuan gizi 0,002, nilai *p-value* pendidikan formal 0,707 dan nilai *p-value* sanitasi lingkungan 0,026 dan dari hasil uji regresi linier berganda diperoleh nilai pengetahuan gizi yang paling berhubungan dengan status gizi balita.

Dari hasil penelitian disimpulkan bahwa pengetahuan dan sanitasi lingkungan berhubungan dengan status gizi balita sedangkan untuk pendidikan formal tidak berhubungan dengan status gizi balita. Karena korelasi antara pengetahuan gizi dengan status gizi balita lebih besar maka variabel pengetahuan lebih berhubungan dengan status gizi balita. Disarankan kepada pihak pelayanan kesehatan hendaknya dilaksanakan program penyuluhan tentang gizi kepada ibu-ibu yang memiliki anak balita.

Kata Kunci: Pengetahuan gizi, pendidikan formal, sanitasi lingkungan, gizi balita

ABSTRACT

Farni Samsi Mooduto. Student ID. 811411064. The correlation of nutritional knowledge, formal education of the housewife, and environmental sanitation with the under-five children's nutrition status (a research conducted in the area of Mananggu Community Health Center (PUSKESMAS), Sub-district of Mananggu). Department of Public Health, Faculty of Health Science and Sports, State University of Gorontalo. The principal supervisor was Dr. Sunarto Kadir, Drs., M. Kes., and Co-supervisor was Sirajuddin Bialangi, SKM., M. Kes.

Good nutrition status would influence the child growth and development. Nutrition status is said to be good when there is a balance between physical growth and mental development. The problem statement in this research is whether there was a correlation of nutritional knowledge, formal education of the housewife, and the environmental sanitation with the under-five children's nutrition status. Thus, the objective of this research is to analyze whether there was a correlation of nutritional knowledge, formal education of the housewife, and formal education toward the under-five children's nutrition status.

This research was an observational analysis research with cross sectional study approach. The population of this research was 1365 under-five years old children and the 104 samples were taken using the proportionate stratified random sampling method with inclusive and exclusive criteria.

Based on the chi-square test it was found that the p value of nutritional knowledge was .002 and the p value of formal education was .707, meanwhile, the p value of environmental sanitation was .026. From this multiple regression analysis, it was concluded that the nutritional knowledge correlates most with the under five years old babies' nutritional status.

Based on these findings, it is concluded that the knowledge and environmental sanitation correlate with the babies' nutritional status, on the other hand, the formal education does not correlate with the babies' nutritional status. Because the correlation between the nutritional knowledge and the nutritional status of the under five years old children are bigger than the other variable, it is recommended to the health service providers to conduct awareness program on nutrition for the mothers with under five years old children.

Keywords: nutritional knowledge, formal education, environmental sanitation, under five nutrition.

