

ABSTRAK

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HUBUNGAN PENGETAHUAN GIZI IBU DAN ASUPAN GIZI PADA
BALITA DENGAN KEJADIAN *UNDERWEIGHT* DI WILAYAH KERJA
PUSKESMAS GAMBIRAN KABUPATEN JOMBANG TAHUN 2026
xvi + 101 Halaman + 18 Tabel + 18 Lampiran

Kekurangan berat badan (*underweight*) tetap menjadi salah satu tantangan kesehatan balita yang signifikan di Indonesia. Faktor determinan kejadian ini antara lain mencakup literasi gizi ibu dan kecukupan asupan makanan anak. Pengetahuan ibu menjadi fondasi utama dalam pengaturan pola konsumsi serta pemenuhan gizi mikro maupun makro. Asupan yang suboptimal secara langsung memperbesar peluang balita mengalami berat badan di bawah standar. Untuk mengevaluasi hubungan variabel-variabel tersebut, penelitian kuantitatif berdesain *cross-sectional* ini dijalankan di wilayah kerja Puskesmas Gambiran, Kabupaten Jombang. Instrumen kuesioner dan metode *recall* makanan digunakan untuk mengukur pengetahuan ibu dan intake nutrisi (energi, protein, lemak, karbohidrat), sedangkan status gizi dinilai berdasarkan indikator BB/U (*Z-score*). Data diolah secara univariat serta bivariat melalui uji korelasi *Spearman Rank*. Hasil analisis menunjukkan bahwa pemenuhan asupan balita belum sepenuhnya adekuat dan tingkat pengetahuan ibu terbagi ke dalam kategori baik, sedang, maupun kurang. Secara signifikan, terdapat hubungan antara tingkat pengetahuan ibu serta tingkat asupan nutrisi balita terhadap status *underweight*. Tingginya literasi gizi ibu berkontribusi positif terhadap penyediaan asupan seimbang guna mencegah defisit berat badan pada balita.

Kata Kunci: Pengetahuan Gizi Ibu, Asupan Gizi Balita, *Underweight*, Status Gizi Balita.

ABSTRACT

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THE RELATIONSHIP BETWEEN MOTHER'S NUTRITION KNOWLEDGE AND NUTRITIONAL INTAKE IN TODDLERS WITH THE INCIDENT OF UNDERWEIGHT IN THE WORKING AREA OF GAMBIRAN PUBLIC HEALTH CENTER, JOMBANG REGENCY IN 2026

xvi + 101 pages + 18 Tables + 18 Appendices

Being underweight remains a significant health challenge for children under five in Indonesia. Determinants of this condition include maternal nutrition literacy and the adequacy of the child's food intake. Maternal knowledge serves as the foundation for managing dietary patterns and ensuring the intake of both micro- and macronutrients. Suboptimal intake directly increases the likelihood of a child falling below standard weight-for-age benchmarks. To evaluate the relationships between these variables, a quantitative cross-sectional study was conducted in the working area of the Gambiran Community Health Center (Puskesmas) in Jombang Regency. Questionnaires and dietary recall methods were used to assess maternal knowledge and nutrient intake (energy, protein, fat, and carbohydrates), while nutritional status was evaluated using the weight-for-age (W-A) Z-score indicator. Data were analyzed using univariate and bivariate methods, specifically the Spearman Rank correlation test. The analysis revealed that the children's nutrient intake was not yet fully adequate, and maternal knowledge levels fell into good, moderate, and poor categories. Significant associations were found between maternal knowledge levels, the children's nutrient intake, and underweight status. High maternal nutrition literacy contributes positively to providing a balanced diet, thereby helping to prevent underweight status in young children.

Keywords: *Maternal Nutritional Knowledge, Nutritional Intake, Underweight, Nutritional Status.*