

ABSTRAK

HUBUNGAN PENGETAHUAN IBU TENTANG FAKTOR PANGAN DAN LINGKUNGAN TERHADAP UPAYA PENCEGAHAN STUNTING PADA BALITA DI POSYANDU MELATI KELURAHAN DERMO KOTA KEDIRI

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Stunting merupakan gangguan tumbuh kembang yang terjadi pada anak, hal ini biasanya disebabkan oleh kekurangan gizi kronis pada 1000 hari pertama kehidupan. *Stunting* dapat mempengaruhi tingkat kecerdasan, rentan terhadap penyakit, dan dapat menghambat pertumbuhan ekonomi. Pentingnya peran ibu dalam pencegahan *stunting* karena ibu memiliki peran yang sangat penting dalam memberikan asupan makanan yang bergizi, mengoptimalkan pola asuh anak, serta menjaga kebersihan dan kesehatan lingkungan sekitar anak.

Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan ibu tentang faktor pangan, dan lingkungan terhadap upaya pencegahan *stunting* pada balita di Posyandu Melati Kelurahan Dermo Kota Kediri.

Desain penelitian ini menggunakan rancangan deskriptif korelasional dengan pendekatan yang digunakan adalah cross sectional jumlah sampel dalam penelitian ini adalah 35 responden dengan teknik pengambilan sampel menggunakan total sampling. Instrumen penelitian menggunakan kuesioner. Analisa data menggunakan uji Regresi Logistik.

Hasil penelitian menunjukkan dari total 35 responden diketahui responden memiliki tingkat pengetahuan tentang faktor pangan yang baik yaitu sebanyak 24 responden (100%). Responden memiliki pengetahuan tentang faktor lingkungan yang cukup sebanyak 20 responden (100%). Sedangkan responden dengan upaya pencegahan *stunting* yang cukup yaitu sebanyak 24 responden (68,6%).

Hasil uji statistik Regresi Logistik didapatkan hasil faktor pangan terhadap upaya pencegahan *stunting* diperoleh P-Value = 0.000 artinya terdapat hubungan, Dan untuk faktor lingkungan terhadap upaya pencegahan *stunting* diperoleh P-Value = 0.025 artinya ada hubungan antara faktor lingkungan terhadap upaya pencegahan *stunting* pada balita di Posyandu Melati Kelurahan Dermo Kota Kediri.

Saran pada penelitian ini diharapkan dapat memberikan pengetahuan lebih terhadap ibu mengenai pencegahan *stunting*, dan faktor yang menyebabkan *stunting*, guna memastikan upaya upaya pencegahan *stunting* yang lebih efektif dan menyeluruh.

Kata Kunci : Pengetahuan, Faktor Pangan, Faktor Lingkungan, Pencegahan Stunting

ABSTRACT

**THE RELATIONSHIP BETWEEN MOTHER'S KNOWLEDGE ABOUT
FOOD AND ENVIRONMENTAL FACTORS AND EFFORTS TO
PREVENT STUNTING IN TODDLERS AT POSYANDU MELATI,
DERMO VILLAGE, KEDIRI CITY.**

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Stunting is a growth and development disorder that occurs in children, this is usually caused by chronic malnutrition in the first 1000 days of life. Stunting can affect intelligence levels, susceptibility to disease, and can inhibit economic growth. The importance of the role of mothers in preventing stunting because mothers have a very important role in providing nutritious food intake, optimizing child care patterns, and maintaining the cleanliness and health of the environment around the child. This study aims to determine the relationship between maternal knowledge about food and environmental factors and efforts to prevent stunting in toddlers at the Melati Posyandu, Dermo Village, Kediri City.

This study aims to determine the relationship between maternal knowledge about food and environmental factors and efforts to prevent stunting in toddlers at the Melati Integrated Health Post, Dermo Village, Kediri City.

This research design uses a descriptive correlational design with the approach used is cross sectional the number of samples in this study is 35 respondents with a sampling technique using total sampling. The research instrument uses a questionnaire. Data analysis uses the Logistic Regression test.

The results of the study showed that out of a total of 35 respondents, it was known that respondents had a good level of knowledge about food factors, namely 24 respondents (100%). Respondents had sufficient knowledge about environmental factors, namely 20 respondents (100%). Meanwhile, respondents with sufficient stunting prevention efforts were 24 respondents (68.6%).

The results of the Logistic Regression statistical test obtained the results of food factors on efforts to prevent stunting obtained P-Value = 0.000, meaning there is a relationship, and for environmental factors on efforts to prevent stunting obtained P-Value = 0.025, meaning there is a relationship between environmental factors and efforts to prevent stunting in toddlers at Posyandu Melati, Dermo Village, Kediri City..

The suggestions in this study are expected to provide mothers with more knowledge regarding stunting prevention and the factors that cause stunting, in order to ensure more effective and comprehensive stunting prevention efforts.

Keywords: Knowledge, Food Factors, Environmental Factors, Stunting Prevention