

INTISARI

Latar Belakang: Usia seribu hari pertama kehidupan penting untuk mendukung perkembangan sosial emosional sebagai dasar kemampuan interaksi dan mengungkapkan emosi. Salah satu faktor yang mendukung perkembangan ini adalah *nurturing care*. Tingginya permasalahan gizi anak di Indonesia berisiko menghambat perkembangan tersebut. Pengetahuan *nurturing care* pada anak masalah gizi belum banyak dikaji.

Tujuan Penelitian: Mengetahui gambaran pengetahuan *nurturing care*, tingkat perkembangan sosial emosional anak, hubungan pengetahuan *nurturing care* dengan perkembangan sosial emosional anak usia 6-23 bulan yang memiliki masalah gizi, hubungan variabel perancu dengan variabel bebas dan variabel terikat, serta hubungan variabel luar dengan variabel terikat.

Metode: Penelitian observasional analitik, pendekatan kuantitatif, dan rancangan *cross sectional*. Penelitian dilakukan pada bulan Maret 2024 di Kalibawang, Kulon Progo terhadap 53 ibu dan anak usia 6-23 bulan dengan masalah gizi. Pengambilan data secara *consecutive sampling* menggunakan kuesioner pengetahuan *nurturing care* dan CREDI. Uji t tidak berpasangan digunakan untuk analisis bivariat.

Hasil: Sebanyak 28 ibu (52,83%) memiliki pengetahuan *nurturing care* di bawah rata-rata (25,19) dan 25 ibu (47,17%) di atas rata-rata. Sebanyak 46 anak (86,8%) perkembangan sosial emosionalnya normal dan 7 anak (13,2%) membutuhkan perhatian. Terdapat hubungan pengetahuan *nurturing care* dengan perkembangan sosial emosional ($p = 0,003$). Tidak terdapat hubungan variabel perancu dengan variabel bebas ($p = 0,49-0,92$). Tidak terdapat hubungan variabel luar dan variabel perancu dengan variabel terikat ($p = 0,221-1$).

Kesimpulan: Lebih dari setengah dari jumlah ibu memiliki pengetahuan *nurturing care* di bawah rata-rata dan lebih dari $\frac{3}{4}$ anak usia 6-23 bulan dengan masalah gizi memiliki perkembangan sosial emosional normal. Terdapat hubungan pengetahuan *nurturing care* ibu dengan perkembangan sosial emosional anak usia 6-23 bulan yang memiliki masalah gizi. Tidak terdapat hubungan antara variabel perancu dengan variabel bebas serta tidak terdapat hubungan antara variabel luar dan variabel perancu dengan variabel terikat.

Kata kunci: anak usia 6-23 bulan, ibu, masalah gizi, pengetahuan *nurturing care*, perkembangan sosial emosional

ABSTRACT

Background: The first thousand days are important to support social-emotional development as the basis for the ability to interact and express emotions. One of the factors that supports this development is nurturing care. The high number of child nutrition problems in Indonesia risks hindering this development. The knowledge of nurturing care in children with nutritional problems has not been widely studied.

Objectives: To determine of nurturing care knowledge, the level of children's social-emotional development, the relationship between nurturing care knowledge and the social-emotional development of children aged 6-23 months who have nutritional problems, the relationship between confounding variables with independent variables and dependent variables, and the relationship between external variables and dependent variables.

Methods: Observational analytical research, quantitative approach, and cross-sectional design. The study was conducted in March 2024 in Kalibawang, Kulon Progo on 53 mothers and children aged 6-23 months with nutritional problems. Data were collected by consecutive sampling using nurturing care knowledge questionnaires and CREDI. Independent t test is used for bivariate analysis.

Results: A total of 28 mothers (52.83%) have below average nurturing care knowledge (25.19) and 25 mothers (47.17%) are above average. A total of 46 children (86.8%) have normal social-emotional development and 7 children (13.2%) needed attention. There is a relationship between nurturing care knowledge and social-emotional development ($p = 0.003$). There is no relationship between the confounding variable and the independent variable ($p = 0.49-0.92$). There is no relationship between the external variable and the confounding variable with the dependent variable ($p = 0.221-1$).

Conclusions: More than half of mothers have below average nurturing care knowledge and more than 3/4 of children aged 6-23 months with nutritional problems have normal social-emotional development. There is a relationship between maternal nurturing care knowledge and the social-emotional development of children aged 6-23 months with nutritional problems. There is no relationship between the confounding variable and the independent variable and there is no relationship between the external variable and the confounding variable with the dependent variable.

Keywords: children aged 6-23 months, mothers, nurturing care knowledge, nutrition problems, social-emotional development