

## HUBUNGAN ANTARA TINGKAT PENGETAHUAN GIZI IBU DAN *FOOD WASTE BEHAVIOR* DENGAN STATUS GIZI BALITA DI PUSKESMAS UMBULHARJO 1

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### ABSTRAK

**Latar belakang :** Indonesia menempati posisi teratas sebagai negara dengan jumlah sampah makanan rumah tangga terbanyak di Asia Tenggara. *Food waste* yang tinggi di tingkat rumah tangga dapat mengindikasikan adanya inefisiensi dalam pemanfaatan sumber daya pangan. Ketidakefisienan ini berdampak pada pemborosan makanan dan berpotensi menyebabkan terhambatnya proses tumbuh kembang karena ketidakcukupan asupan gizi pada balita. Mengingat masa balita adalah periode yang sangat rentan terhadap masalah gizi, kondisi ini dapat berdampak negatif pada perkembangan fisik, kognitif, dan sosial anak.

**Tujuan :** Mengetahui hubungan antara pengetahuan gizi ibu dan *food waste behavior* dengan status gizi balita usia 06-59 bulan di wilayah kerja puskesmas Umbulharjo 1.

**Metode:** Penelitian ini menggunakan metode analitik korelasi dan pendekatan *cross sectional* dengan besar sampel 102 responden. Pengambilan sampel dilakukan melalui metode *quota sampling*. Pengumpulan data dilakukan melalui kuesioner tervalidasi yang mencakup variabel pengetahuan gizi ibu dan *food waste behavior*, serta pengukuran antropometri balita (berat badan dan tinggi badan) yang disesuaikan dengan usia dan kemampuan anak. Analisis hubungan antar variabel dilakukan menggunakan uji Spearman's Rho.

**Hasil penelitian:** Hasil penelitian menunjukkan bahwa mayoritas pengetahuan gizi ibu dalam kategori baik (76,5%), menerapkan sikap positif terhadap perilaku *food waste* (87,3%), dan status gizi balita berdasarkan BB/TB dalam kategori gizi baik (78,4%). Terdapat hubungan antara pengetahuan gizi ibu ( $r = 0,003$  ;  $p = <0,05$ ) dan *food waste behavior* ( $r = 0,003$  ;  $p = <0,05$ ) dengan status gizi balita (BB/TB) usia 06-59 bulan di wilayah kerja puskesmas Umbulharjo 1.

**Kesimpulan :** Terdapat hubungan bermakna antara pengetahuan gizi ibu dan *food waste behavior* dengan status gizi balita usia 06-59 bulan berdasarkan indeks berat badan menurut panjang/tinggi badan di wilayah kerja puskesmas Umbulharjo 1.

**Kata Kunci :** *Food waste behavior*; Pengetahuan gizi; Status gizi balita

## RELATIONSHIP BETWEEN MOTHER'S NUTRITION KNOWLEDGE LEVEL AND FOOD WASTE BEHAVIOR WITH TODDLER NUTRITION STATUS IN THE WORKING AREA OF PUBLIC HEALTH CENTER OF UMBULHARJO 1

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### ABSTRACT

**Background:** Indonesia ranks first as the country with the largest amount of household food waste in Southeast Asia. High food waste at the household level can indicate inefficiency in the utilization of food resources. This inefficiency has an impact on food waste and has the potential to hamper the growth and development process due to inadequate nutritional intake in toddlers. Given that toddlerhood is a period that is very vulnerable to nutritional problems, this condition can have a negative impact on children's physical, cognitive, and social development.

**Objective:** The study examined the relationship between maternal nutritional knowledge, food waste behavior, and the nutritional status of toddlers aged 0-59 months in the Umbulharjo 1 Health Center area.

**Method:** This study employed a correlational analytical method with a cross-sectional approach, involving a sample of 102 respondents. Sampling was conducted using the quota sampling method. Data were collected using a validated questionnaire covering maternal nutritional knowledge, food waste behavior, and toddler anthropometric measurements (weight and height) adjusted for age and developmental abilities. The relationship between variables was analyzed using Spearman's Rho test.

**Results:** The study found that the majority of mothers had good nutritional knowledge (76.5%), practiced positive food waste behavior (87.3%), and had toddlers in the good nutritional status category based on weight for length/height z-score (WHZ) (78.4%). A significant relationship was found between maternal nutritional knowledge ( $r = 0.003$ ;  $p < 0.05$ ) and food waste behavior ( $r = 0.003$ ;  $p < 0.05$ ) with the nutritional status of toddlers aged 0-59 months in the Umbulharjo 1 Health Center area.

**Conclusion:** There is a significant relationship between maternal nutritional knowledge and food waste behavior with the nutritional status (WHZ) of toddlers aged 0-59 months in the Umbulharjo 1 Health Center area.

**Keywords:** Food waste behavior; Nutritional knowledge, Toddler nutritional status