

Faktor-Faktor yang Berhubungan dengan Persepsi Ibu terhadap Status Gizi Anak Balita

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INTISARI

Latar Belakang: Salah satu aspek yang memengaruhi status gizi balita adalah pola asuh orang tua, di antaranya adalah sikap dan perilaku ibu dalam memberi makan. Faktor dominan yang dapat memengaruhi perilaku adalah persepsi. Kesalahan persepsi ibu terhadap status gizi balita dapat menyebabkan kesalahan pola pemberian makan.

Tujuan: Mengetahui persepsi ibu terhadap status gizi anak balitanya serta faktor-faktor yang berhubungan, di Kabupaten Sleman.

Metode: Metode yang digunakan *cross sectional* dengan *cluster sampling* pada 83 pasang ibu dan anak di Kecamatan Ngaglik dan Sleman. Persepsi ibu dinilai dari jawaban *Collins Scale Figure*. Uji statistik yang dilakukan yaitu uji *Gamma*, *Chi Square* dan *Fisher*.

Hasil: 65,1% ibu memiliki persepsi yang tidak sesuai (*overestimated* 43,4% dan *underestimated* 21,7%). Beberapa faktor yang berhubungan dengan persepsi ibu adalah pendidikan ibu (0,027), status gizi ibu (0,036) dan urutan kelahiran anak. Sedangkan berat badan lahir anak, jenis kelamin, pendapatan, lingkungan kerja, dan lingkungan rumah tidak berhubungan.

Kesimpulan: Sebagian besar ibu memersepsikan status gizi anak balitanya tidak sesuai, yaitu 43,4% *overestimated* dan 21,7% *underestimated*. Faktor yang berhubungan dengan persepsi ibu terhadap status gizi anak balitanya adalah pendidikan ibu, status gizi ibu dan urutan kelahiran anak.

Kata Kunci: persepsi ibu, status gizi balita, faktor-faktor, prediktor

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FACTORS RELATED TO THE PERCEPTION OF MOTHERS TOWARD THE NUTRITIONAL STATUS OF TODDLERS

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ABSTRACT

Background: One of the many aspects affecting the nutritional status of toddlers is the parenting method. Parenting, in this context, is the mothers' attitude and behavior in providing food. A dominant factor affecting behavior is perception. A mistake in the mothers' perception towards the toddlers' nutritional status can possibly cause errors in the feeding pattern.

Purpose: Recognizing mothers' perception towards the nutritional status of their toddlers and the factors correlated to it in the Sleman District.

Methods: This research used the cross-sectional method with cluster sampling to 83 pairs of mother and child in the sub-district of Ngaglik and Sleman. Mothers' perception is obtained through answers in the Collins Scale Figure. The statistical analysis undergone includes the Gamma, Chi-Square, and Fisher tests.

Results: 65,1% of mothers (43,4% overestimated and 21,7% underestimated) have misperceptions towards the nutritional status of their toddlers. Factors that correlated with mothers' perception are mothers' education (0,027), mother nutritional status (0,036) and birth order (). While there is no relation between the baby's birth weight, sex, income, work and house environment with mother's perception.

Conclusion: Most mothers have a misperception towards the nutritional status of their toddlers, where 43,4% had the status overestimated and 21,7% underestimated. The factors related to the mothers' perception towards the nutritional status of their toddlers are the order of birth and the mothers' education, and mother's nutritional status.

Keywords: mothers' perception, toddlers' nutritional status, factors, predictors

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