

ABSTRACT

Background: *Nutritional status is a state of balance between the intake of nutrients consumed and the nutrients needed by the body which can be measured and assessed by child anthropometry. One of the dominant factors and can affect the nutritional status of toddlers is the attitude and behavior of mothers who lack awareness of the importance of toddler nutrition. This study aims to determine the relationship between maternal behavior in feeding with the nutritional status of toddlers in the working area of the Putri Ayu Health Center, Jambi City.*

Method: *This research is a quantitative study using a cross-sectional design. The sample size was 105 respondents. Analyzed using the Spearman Rho statistical test.*

Method: *This research is a quantitative study using a cross-sectional design. With 105 samples in total. Using the Spearman Rho statistical test.*

Results: *The results showed that the Mother's behavior was good (88.6%), mother's behavior was not good (11.4%). Nutritional status of toddlers with good nutrition (79.0%), excess nutrition (5.7%), malnutrition (8.5%) and malnutrition (6.7%). The Spearman Rho statistical test results obtained a correlation coefficient of 0.587.*

Conclusion: *The results showed that there was a relationship between the behavior of mothers in feeding with the nutritional status of toddlers in the Working Area of the Putri Ayu Public Health Center, Jambi City because the majority of respondents have a good education and economic level. It is expected that the community will increase their literacy from various sources related to toddler nutrition, especially for mothers who have toddlers to increase knowledge. The more public knowledge of the nutritional status of toddlers increases, the better the behavior of mothers in toddlers will be and the nutritional status of toddlers will increase.*

Keywords: *Feeding, Mother's Behavior, Nutritional Status, Toddlers*

ABSTRAK

Latar Belakang: Status gizi merupakan keadaan seimbang antara asupan zat gizi yang dikonsumsi dengan zat gizi yang dibutuhkan oleh tubuh yang dapat diukur dan dinilai dengan antropometri anak. Salah satu faktor dominan dan dapat mempengaruhi status gizi balita adalah sikap dan perilaku ibu yang kurang memiliki kesadaran akan pentingnya gizi balita. Penelitian ini bertujuan untuk mengetahui hubungan perilaku ibu dalam pemberian makan dengan status gizi balita di wilayah kerja Puskesmas Putri Ayu Kota Jambi.

Metode: Penelitian ini termasuk penelitian kuantitatif dengan menggunakan desain potong lintang (*cross sectional*). Jumlah sampel 105 responden. Dianalisis menggunakan uji statistik *Spearman Rho*.

Hasil: Hasil penelitian menunjukkan perilaku baik ibu diperoleh (88,6%), perilaku kurang baik ibu diperoleh (11,4%). Status gizi balita dengan gizi baik diperoleh (79,0%), gizi lebih (5,7%), gizi kurang (8,5%) dan gizi buruk diperoleh (6,7%). Hasil uji statistik *Spearman Rho* didapat Koefisien korelasi 0,587.

Kesimpulan: Hasil penelitian menunjukkan terdapat hubungan antara perilaku ibu dalam pemberian makan dengan status gizi balita di Wilayah Kerja Puskesmas Putri Ayu Kota Jambi karena mayoritas responden memiliki pendidikan dan tingkat ekonomi yang baik. Diharapkan masyarakat meningkatkan literasinya dari berbagai sumber terkait gizi balita, terutama pada ibu yang memiliki balita guna meningkatkan pengetahuan. Semakin meningkat pengetahuan masyarakat akan status gizi balita maka perilaku ibu pada balita akan semakin baik dan status gizi balita meningkat.

Kata Kunci: Balita, Perilaku Ibu, Pemberian Makan, Status Gizi