

ABSTRACT

Background : *The importance of the role of mothers and families in providing nutritional intake to children affects the nutritional status of children. Mother's knowledge and support provided by the family to mothers in providing complementary foods will affect the growth and development of children. This study aims to determine the correlation between mother's knowledge, family support and nutritional intake on the nutritional status of children aged 6-24 months in the Working Area of Simpang Kawat Health Center, Jambi City in 2024.*

Research Method : *This study is a quantitative study with a cross sectional design. This research was conducted at the Simpang Kawat Health Center Work Area from August 2023 - March 2024. The total population in this study was 311. Sampling was done by accidental sampling technique as many as 81 respondents. Data collection was done by questionnaire, weight measurement. Data analysis using the Chi-Square test.*

Result : *It is known that most mothers' knowledge about nutritional intake is good knowledge (53%), the majority of mothers get family support (67.9%) and most children aged 6-24 months have adequate nutritional intake of energy (66.7%), protein (79%), carbohydrates (61.7%) and fat (71.6%). It is known that there is a significant relationship in the variable of maternal knowledge (p value = 0.038) and nutritional intake of energy (p value = 0.027), carbohydrates (p value = 0.005) and fat (p value = 0.026) to the nutritional status of children aged 6-24 months in the Working Area of the Simpang Kawat Health Center, Jambi City in 2020. There is no relationship between family support and the nutritional status of children aged 6-24 months in the Working Area of the Simpang Kawat Health Center, Jambi City in 2024 (p value=0.232).*

Conslusion : *There is a correlation between mother's knowledge, nutritional intake and nutritional status of children aged 6-24 months. While there is no correlation of family support with the nutritional status of children aged 6-24 months in the Working Area of the Simpang Kawat Health Center, Jambi City in 2024. It is hoped that respondents can increase their knowledge and insight regarding nutritional intake consumed by children through information that can be accessed through social media or at the nearest health facility.*

Keywords : *Nutritional Status, Mother's Knowledge, Family Support, Nutritional Intake*

ABSTRAK

Latar Belakang : Pentingnya peran Ibu dan keluarga dalam pemberian asupan gizi pada anak berpengaruh dalam status gizi anak. Pengetahuan ibu serta dukungan yang diberikan oleh keluarga kepada ibu dalam pemberian MP-ASI akan berpengaruh dalam tumbuh kembang anak. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan ibu, dukungan keluarga dan asupan gizi terhadap status gizi anak usia 6-24 bulan di Wilayah Kerja Puskesmas Simpang Kawat Kota Jambi Tahun 2024.

Metode Penelitian : Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Penelitian ini dilakukan DI Wilayah Kerja Puskesmas Simpang Kawat dari bulan Agustus 2023 - Maret2024.Jumlah populasi pada penelitian ini adalah 311. Pengambilan sampel dilakukan dengan teknik *accidental sampling* sebanyak 81 responden. Pengumpulan data dilakukan dengan kuesioner, pengukuran berat badan. Analisis data menggunakan uji *Chi-Square*.

Hasil : Diketahui pengetahuan ibu tentang asupan gizi paling banyak adalah pengetahuan baik (53%), mayoritas ibu mendapatkan dukungan keluarga (67,9%) serta sebagian besar anak usia 6-24 bulan memiliki asupan zat gizi energi (66,7%), protein (79%), karbohidrat (61,7%) dan lemak (71,6%) yang cukup. Diketahui bahwa terdapat hubungan yang signifikan pada variabel pengetahuan ibu (p value=0,038) dan asupan gizi energi (p value=0,027), karbohidrat (p value=0,005) dan lemak (p value=0,026) terhadap status gizi anak usia 6-24 bulan di Wilayah Kerja Puskesmas Simpang Kawat Kota Jambi Tahun 2024 . Tidak terdapat hubungan antara dukungan keluarga terhadap status gizi anak usia 6-24 bulan di Wilayah Kerja Puskesmas Simpang Kawat Kota Jambi Tahun 2024 (p value=0,232).

Kesimpulan : Terdapat hubungan pengetahuan ibu, asupan gizi terhadap status gizi anak usia 6-24 bulan. Sedangkan tidak terdapat hubungan dukungan keluarga dengan status gizi anak usia 6-24 bulan di Wilayah Kerja Puskesmas Simpang Kawat Kota Jambi Tahun 2024. Diharapkan bagi responden dapat meningkatkan pengetahuan dan wawasan mengenai asupan gizi yang dikonsumsi anak melalui informasi yang dapat diakses melalui sosial media ataupun di fasilitas kesehatan terdekat.

Kata Kunci : Status Gizi, Pengetahuan, Dukungan Keluarga, Asupan gizi