

ABSTRAK

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HUBUNGAN UMUR IBU, JUMLAH ANGGOTA KELUARGA, DAN PENGETAHUAN GIZI IBU DENGAN KECUKUPAN GIZI PADA BEKAL MAKANAN SISWA PAUD BUMBLE BEE

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Kecukupan gizi pada bekal makanan anak merupakan salah satu aspek penting dalam mendukung tumbuh kembang optimal anak. kecukupan gizi pada bekal makanan anak usia 4-6 tahun yaitu, energi 140-182 kkal, protein 2,5-3,25 gram, lemak 5-6,5 gram, karbohidrat 22-28,6 gram. Tujuan penelitian untuk mengetahui hubungan umur ibu, jumlah anggota keluarga, dan pengetahuan gizi Ibu dengan kecukupan gizi pada bekal makanan siswa PAUD Bumble Bee. Metode penelitian survey analitik kuantitatif, pendekatan *cross sectional*. Populasi siswa PAUD Bumble Bee sebanyak 92 orang, sampel sebanyak 48 orang, teknik *purposive sampling*. Analisis menggunakan uji *Rank Spearman*. Hasil penelitian menunjukkan umur ibu yang paling banyak yaitu ibu dewasa akhir 24 orang (50%), jumlah anggota keluarga sebagian besar keluarga kecil 30 orang (62,5%) dan pengetahuan gizi ibu sebagian besar cukup 23 orang (47,9%). Umur Ibu berhubungan dengan kecukupan energi ($p=0,044$), karbohidrat ($p=0,044$) pada bekal makanan. Jumlah anggota keluarga berhubungan dengan kecukupan energi ($p=0,001$), protein ($p=0,001$), lemak ($p=0,044$), dan karbohidrat ($p=0,001$) pada bekal makanan. Pengetahuan gizi Ibu berhubungan dengan kecukupan energi ($p=0,001$), protein ($p=0,001$), lemak ($p=0,004$), dan karbohidrat ($p=0,001$) pada bekal makanan. Umur Ibu tidak berhubungan dengan kecukupan protein ($p=0,138$), dan lemak ($p=0,655$) pada bekal makanan siswa PAUD Bumble Bee. Diharapkan orang tua dapat membawakan bekal makanan yang sehat dan bergizi dan lebih mencari informasi tentang menu makanan bergizi seimbang baik melalui leaflet, media internet, maupun dari pengalaman-pengalaman orang lain, serta membatasi konsumsi bekal makanan yang terlalu manis, asin dan berlemak yang dapat meningkatkan risiko terjadinya penyakit kronis.

Kata kunci: Jumlah anggota keluarga, kecukupan gizi pada bekal makanan, pengetahuan gizi ibu, umur ibu

ABSTRACT

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THE CORRELATION OF MOTHER'S AGE, NUMBER OF FAMILY MEMBERS, AND MOTHER'S NUTRITIONAL KNOWLEDGE WITH NUTRITIONAL ADEQUACY IN THE FOOD PROVISION OF BUMBLE BEE PRESCHOOL STUDENTS

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Nutritional adequacy in children's food is one of the important aspects in supporting children's optimal growth and development. Nutritional adequacy in children's food supplies aged 4-6 years is 140-182 kcal, protein 2.5-3.25 grams, fat 5-6.5 grams, carbohydrates 22-28.6 grams. The purpose of the study was to determine the relationship between maternal age, the number of family members, and maternal nutritional knowledge with nutritional adequacy in the food provisions of Bumble Bee PAUD students. Quantitative analytical survey research method, cross sectional approach. The population of PAUD Bumble Bee students is 92 people, the sample is 48 people, the purposive sampling technique. The analysis uses the Spearman Rank test. The results showed that the most maternal age was 24 late adult mothers (50%), the number of family members was mostly small families 30 people (62.5%) and most of the mother's nutritional knowledge was sufficient 23 people (47.9%). The mother's age is related to the adequacy of energy ($p=0.044$), carbohydrates ($p=0.044$) in food provisions. The number of family members was related to the adequacy of energy ($p=0.001$), protein ($p=0.001$), fat ($p=0.044$), and carbohydrates ($p=0.001$) in food provisions. Maternal nutritional knowledge is related to the adequacy of energy ($p=0.001$), protein ($p=0.001$), fat ($p=0.004$), and carbohydrates ($p=0.001$) in food provisions. The mother's age was not related to the adequacy of protein ($p=0.138$), and fat ($p=0.655$) in the food of Bumble Bee PAUD students. It is hoped that parents can bring healthy and nutritious food and seek more information about a balanced nutritious food menu both through leaflets, internet media, and from other people's experiences, as well as limit the consumption of food that is too sweet, salty and fatty which can increase the risk of chronic diseases.

Key words: *Mother's age, mothers' nutritional knowledge, number of family members, nutritional adequacy of packed meals*