

ABSTRAK

GAMBARAN PENGETAHUAN, SIKAP, PERILAKU IBU DALAM PENYEDIAAN MAKANAN SEHAT KREATIF BALITA STUNTING DESA MUKTIHARJO MARGOREJO PATI

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Latar Belakang: Stunting merupakan salah satu masalah gizi kronis yang dialami balita di Indonesia. Salah satu upaya pencegahannya adalah melalui penyediaan makanan sehat dan kreatif oleh ibu. Tingkat pengetahuan, sikap, dan perilaku ibu memiliki peran penting dalam penyediaan makanan tersebut.

Tujuan: Mengetahui gambaran pengetahuan, sikap, dan perilaku ibu dalam penyediaan makanan sehat kreatif balita stunting di Desa Muktiharjo wilayah kerja Puskesmas Margorejo Pati.

Metode: Penelitian ini menggunakan metode deskriptif kuantitatif dengan pendekatan cross sectional. Jumlah sampel sebanyak 45 ibu yang memiliki balita stunting. Teknik pengambilan sampel menggunakan total sampling. Instrumen penelitian berupa kuesioner, dan data dianalisis secara univariat.

Hasil: Pengetahuan ibu dalam kategori baik sebanyak 41 responden (91,1%), cukup 4 responden (8,9%), dan tidak ada yang kurang. Sikap ibu dalam kategori baik sebanyak 28 responden (62,2%), cukup 16 responden (35,6%), dan kurang 1 responden (2,2%). Perilaku ibu dalam kategori baik sebanyak 27 responden (60%), cukup 18 responden (40%), dan tidak ada yang kurang.

Kesimpulan: Mayoritas ibu di Desa Muktiharjo memiliki pengetahuan, sikap, dan perilaku yang baik dalam penyediaan makanan sehat kreatif bagi balita stunting. Namun masih diperlukan edukasi dan pendampingan untuk meningkatkan keterampilan dan kesadaran ibu dalam mengembangkan variasi menu sehat dan menarik bagi balita.

Kata Kunci: Pengetahuan, Sikap, Perilaku, Makanan Sehat Kreatif, Balita Stunting

ABSTRACT

OVERVIEW OF MOTHERS' KNOWLEDGE, ATTITUDES, AND PRACTICES IN PROVIDING CREATIVE HEALTHY FOOD FOR STUNTED TODDLERS IN MUKTIHARJO VILLAGE, MARGOREJO, PATI

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Background: *Stunting is a chronic nutritional problem affecting toddlers in Indonesia. One of the preventive efforts is the provision of healthy and creative meals by mothers. The level of maternal knowledge, attitude, and behavior plays a crucial role in ensuring proper food provision.*

Objective: *To describe the knowledge, attitudes, and behaviors of mothers in providing healthy and creative food for stunted toddlers in Muktiharjo Village, working area of Margorejo Health Center, Pati.*

Method: *This study used a quantitative descriptive method with a cross-sectional approach. The total sample consisted of 45 mothers with stunted toddlers. The sampling technique was total sampling. Data were collected using a questionnaire and analyzed using univariate analysis.*

Results: *Mother's knowledge was mostly in the good category (91.1%), with 8.9% in the sufficient category, and none in the poor category. Attitudes were in the good category (62.2%), sufficient (35.6%), and poor (2.2%). Behavior was in the good category (60%), sufficient (40%), and none in the poor category.*

Conclusion: *Most mothers in Muktiharjo Village have good knowledge, attitudes, and behaviors in providing healthy and creative meals for stunted toddlers. However, continuous education and guidance are needed to improve mothers' skills and awareness in serving varied and nutritious meals attractively.*

Keywords: *Knowledge, Attitude, Behavior, Creative Healthy Food, Stunted Toddlers*