

THE RELATIONSHIP BETWEEN THE LEVEL OF MATERNAL KNOWLEDGE ABOUT BALANCED NUTRITION IN TODDLERS WITH THE NUTRITIONAL STATUS OF TODDLERS IN KELURAHAN BARENG KOTA MALANG

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Abstract

Background: In Indonesia, nutrition problems are still an unresolved issue. Various nutritional problems, especially the *triple burden of malnutrition*, which include deficiency, excess, and imbalance of nutritional intake. The degree of health of children can be measured by nutritional status. The results of the Nutritional Status Study in Indonesia (SSGI) conducted in 2021, the prevalence of stunting decreased by 24.4%, the prevalence of wasting by 7.1%, the prevalence of underweight by 17%. In the East Java region in Malang city, according to the 2021 Nutritional Status Study in Indonesia (SSGI), the prevalence of stunting toddlers is 25.7%, wasting reaches 4.6%, and underweight is 17.7%. The mother's knowledge of balanced nutrition is very important, considering the mother's role in preparing the food eaten by toddlers. Lack of knowledge of mothers affects the selection of various types of foodstuffs, and good nutrition for toddlers

Research Objective: the purpose of this study is to determine the relationship between the level of maternal knowledge about balanced nutrition and the nutritional status of toddlers in Kelurahan Bareng Malang in 2023.

Research Method: the type of research used is analytical conservation with a Cross sectional approach. The number of study respondents was 30 mothers who had children aged 0-59 months. Sampling using *purposive sampling technique*. The analyst method uses *the computer-assisted chi square test*.

Results: The results of this study showed that there was no relationship between the level of maternal knowledge about balanced nutrition and nutritional status based on the BB/U index (p value= 0.419), TB/U (p value= 0.301), and BB/TB (p value= 0.566) in Kelurahan Bareng Malang

Conclusion: There is no relationship between the level of maternal knowledge about balanced nutrition and nutritional status based on the BB/U, TB/U, and BB/TB indices in Kelurahan Bareng Malang

Keywords: mother's knowledge level, balanced nutrition, nutritional status