

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU
PEMBERIAN GIZI SEIMBANG PADA BALITA DI KECAMATAN
PURWAKARTA KOTA CILEGON BANTEN TAHUN 2023**

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ABSTRAK

Konsumsi gizi pada balita di Indonesia masih belum sesuai dengan pedoman gizi seimbang. Desain penelitian menggunakan Kuantitatif, *cross sectional* dengan besarsampel 70 responden. Teknik pengambilan sampel *purposive sampling* dan menggunakan *chi-square*. Hasil Bivariat menunjukkan bahwa tidak ada hubungan usia dengan perilaku ibu pemberian gizi seimbang P-Value 0,471, terdapat hubungan pendidikan dengan perilaku ibu gizi seimbang P-Value 0,045, tidak ada hubungan pekerjaan dengan perilaku ibu gizi seimbang P-Value 1,000, tidak ada hubungan penghasilan dengan perilaku ibu gizi seimbang P-Value 0,694, ada hubungan pengetahuan dengan perilaku ibu gizi seimbang P-Value 0,047, tidak ada hubungan sikap dengan perilaku ibu gizi seimbang P-Value 0,914, ada hubungan dukungan kader dengan perilaku ibu gizi seimbang P-Value 0,047 dan ada hubungan dukungan keluarga dengan perilaku ibu gizi seimbang P- Value 0,018. Diharapkan kepada pihak puskesmas dan tenaga kesehatan agar melakukan promosi kesehatan atau penyuluhan yang lebih aktif dalam mengedukasi masyarakat terkait informasi dan pengetahuan dengan bahasa yang mudah dipahami dan udah diingat sehingga menarik perhatian bagi masyarakat, serta melakukan promosi kesehatan atau penyuluhan mengenai gizi seimbang pada balita di lingkungan posyandu.

Kata kunci: Perilaku pemberian gizi seimbang, Pengetahuan, Sikap, Dukungan kader dan Dukungan keluarga

***FACTORS RELATED TO THE BEHAVIOR OF GIVING BALANCED
NUTRITION TO TODDLERS IN PURWAKARTA DISTRICT, CILEGON
CITY, BANTEN, 2023***

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ABSTRACT

Consumption of nutrition in toddlers in Indonesia is still not in accordance with balanced nutrition guidelines. The research design used quantitative, cross sectional with a sample size of 70 respondents. The sampling technique was purposive sampling and using chi-square. Bivariate results show that there is no relationship between age and the behavior of mothers providing balanced nutrition P-Value 0.471, there is a relationship between education and behavior of mothers with balanced nutrition P-Value 0.045, there is no relationship between work and behavior of mothers with balanced nutrition P-Value 1.000, there is no relationship with income with the behavior of mothers with balanced nutrition P-Value 0.694, there is a relationship between knowledge and behavior of mothers with balanced nutrition P-Value 0.047, there is no relationship between attitude and behavior of mothers with balanced nutrition P-Value 0.914, there is a relationship between cadre support and behavior of mothers with balanced nutrition P-Value 0.047 and there is a relationship between family support and the mother's behavior on balanced nutrition P-Value 0.018. It is hoped that the puskesmas and health workers will carry out health promotion or counseling that is more active in educating the public regarding information and knowledge in a language that is easily understood and memorized so that it attracts the attention of the community, as well as conducting health promotion or counseling regarding balanced nutrition for toddlers in the environment. Integrated Healthcare Center.

Keywords: Behavior of providing balanced nutrition, Knowledge, Attitudes, Cadre support and Family support.