

UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI KESEHATAN MASYARAKAT
SKRIPSI, JUNI 2016

DENA SUNDAWATI, NIM: 201231085

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU
KELUARGA SADAR GIZI PADA KELUARGA BALITA DI DESA
TELUKNAGA KECAMATAN TELUKNAGA KABUPATEN TANGERANG
TAHUN 2016**

(VI Bab, 134 halaman, 33 tabel, 1 grafik, 2 gambar, 11 lampiran)

ABSTRAK

Latar Belakang: Keluarga Sadar Gizi (Kadarzi) adalah keluarga yang seluruh anggota keluarganya melakukan perilaku gizi seimbang, mampu mengenali masalah kesehatan dan gizi bagi setiap anggota keluarganya, dan mampu mengambil langkah-langkah untuk mengatasi masalah gizi yang dijumpai oleh anggota keluarganya. Di Desa Teluknaga terdapat 10 kasus gizi buruk, dan 40 kasus gizi kurang pada anak usia 0-59 bulan pada tahun 2015. Tingginya kasus gizi buruk dan kurang pada balita di Desa Teluknaga menunjukkan perilaku sadar gizi ditingkat keluarga masih belum baik.

Tujuan Penelitian: Penelitian ini dilakukan untuk menganalisis Faktor-Faktor yang Berhubungan dengan Perilaku Keluarga Sadar Gizi pada Keluarga Balita di Desa Teluknaga, Kecamatan Teluknaga, Kabupaten Tangerang, yang dilaksanakan pada bulan Mei-Juni 2016.

Metode Penelitian: Jenis penelitian ini bersifat deskriptif analitik, dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah 129 ibu yang mempunyai balita umur 12-59 bulan. Pengambilan sampel dilakukan dengan teknik *Proportionate Stratified Random Sampling*. Analisis data menggunakan analisis univariat dan analisis bivariat *Chi Square*.

Hasil: Mayoritas ibu berumur dewasa muda (<32 tahun) (69%), berlatar pendidikan rendah (65,1%), dengan pendapatan keluarga kurang (71,3%). Hasil penelitian menunjukkan sebagian besar ibu berpengetahuan baik (59,7%), memiliki sikap positif (63,6%), mendapatkan dukungan sosial suami positif (57,4%), dan tidak berperilaku kadarzi (57,4%). Berdasarkan hasil uji *chi Square*, variabel yang mempunyai hubungan dengan perilaku kadarzi adalah pendidikan (*p-value*: 0,000), pendapatan keluarga (*p-value*: 0,014), pengetahuan (*p-value*: 0,000), sikap (*p-value*: 0,000), dan dukungan sosial suami (*p-value*: 0,001). Variabel yang tidak mempunyai hubungan dengan perilaku kadarzi adalah umur (*p-value*: 0,257).

Kesimpulan dan Saran: Terdapat hubungan antara pendidikan, pendapatan keluarga, pengetahuan, sikap, dan dukungan sosial suami dengan perilaku kadarzi. Disarankan mensosialisasikan pentingnya menerapkan perilaku kadarzi melalui penyuluhan, maupun media cetak seperti *leaflet*, dan poster untuk menambah pengetahuan ibu.

Kata Kunci: Perilaku Keluarga Sadar Gizi, Keluarga Balita

Daftar Pustaka : (1983-2015)

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
PUBLIC HEALTH DEPARTEMENT
SKRIPSI, JUNE 2016

DENA SUNDAWATI, NIM: 201231085

The Factors That Related with Family Nutrition Awareness Behavior in Family of Children Less than Five Years Old in Teluknaga VillageTeluknaga District Tangerang Regency on 2016

(6 Chapters, 134 pages, 33 tables, 1 chart, 2 pictures, 11 attachment)

ABSTRACT

Background: Family Nutrition Awareness is the family that all members of the family having good nutrition behavior in accordance with the principles of nutrition science which are able to recognize health problems for every member of his family, and able to take steps to address the nutritional problems encountered by members of his family. In the Teluk Naga Village there were 10 cases of malnutrition, and 40 cases of malnutrition among children aged 0-59 months in 2015. The high prevalence of malnutrition and lack of children less than five years old in Teluknaga village shows the level of family nutrition awareness is still not good.

Objective: This study aims to determine the factors that related with family nutrition awareness behavior in family of children less than five years old in Teluknaga village, Teluknaga District, Tangerang Regency, which was held in Mei-Juni 2016.

Method: This study type was descriptive analytic, with cross sectional approach. The sample in this study were 129 mothers of children aged 12-59 months, Sampling was done by Proportionate Stratified Random Sampling technique. Data analyzed using univariate and bivariate chi-square.

Results: Respondents are dominated by young adults aged (69%), low education (65,1%), lack of family income (71,3%). The results showed most of the knowledge of the mother in the good category (59,7%), have a positive attitude (63,6%), getting husband social support in positive category (57,4%), and mothers who did not family nutrition awareness behavior (57,4%). Based on bivariate analysis, it is found that education (p-value: 0,000), family income (p-value: 0,014), knowledge (p-value: 0,000), attitude (p-value: 0,000), and husband social support (p-value: 0,001) have a significant relationship with family nutrition awareness behavior. Then, it is found that mother's age (p-value: 0,257) have not significant relationship with family nutrition awareness behavior.

Conclusions and Recommendations: There is a relationship between education, family income, knowledge, attitude, and social support husband with family nutrition awareness behavior. Suggestions that can be given is socialization about the importance of family nutrition awareness behavior, through counseling nor print media such as leaflets and posters to increase knowledge mother.

Keywords: Family Nutrition Awareness Behavior, Family of Children less than Five Years.

Bibliography: (1983-2015)