

## ABSTRAK

**Mudholifah, Ainun. 2024. Hubungan Pengetahuan Ibu Tentang Isi Piringku dan Pemberian ASI Eksklusif Dengan Status Gizi Balita Usia 1-5 Tahun di Posyandu Petungsewu Barat Desa Petungsewu Wagir Kabupaten Malang. Skripsi. Program Studi Sarjana Terapan Kebidanan Malang Politeknik Kesehatan Kemenkes Malang. Pembimbing Utama: I Dewa Nyoman Supriasa, MPS. Pembimbing Pendamping: Asworingrum Yulindahwati, S.Si.T., M. Keb.**

Gizi merupakan salah satu masalah kesehatan di berbagai negara, baik di negara maju maupun di negara berkembang. Prevalensi gizi kurang pada balita di Puskesmas Wagir mengalami kenaikan pada tahun 2023 didapatkan 5% balita dengan gizi kurang dibandingkan tahun 2022 sebesar 4,2% yang didasarkan pada indeks BB/PB atau BB/TB. Data Dinas Kabupaten Malang pemberian ASI eksklusif tahun 2022 Puskesmas Wagir sebesar 47,56%. Tujuan penelitian adalah mengidentifikasi hubungan pengetahuan ibu tentang isi piringku dan pemberian ASI eksklusif dengan status gizi balita usia 1-5 tahun di Posyandu Petungsewu Barat Desa Petungsewu Wagir Kabupaten Malang. Jenis penelitian kuantitatif dengan desain penelitian analitik observasional yang dilaksanakan pada bulan Maret 2024 di Posyandu Petungsewu Barat. Pengambilan sampel dengan teknik purposive sampling. Data dianalisis menggunakan uji statistik *Spearman Rank* dengan derajat kemaknaan 0,05. Hasil uji statistik *Spearman Rank* menunjukkan pada pengetahuan ibu tentang isi piringku didapatkan p-value 0,023 ( $\leq 0,05$ ) dan pemberian ASI eksklusif didapatkan p-value 0,009 ( $\leq 0,05$ ). Dapat disimpulkan bahwa terdapat hubungan antara pengetahuan ibu tentang isi piringku dan pemberian ASI eksklusif dengan status gizi balita. Kader diharapkan untuk memasukkan topik gizi tentang pedoman isi piringku dan pemberian ASI eksklusif dalam kegiatan posyandu.

**Kata kunci:** ASI Eksklusif, Balita, Isi Piringku, Pengetahuan, Status Gizi.

## ABSTRACT

**Mudholifah, Ainun. 2024. Relationship between Mother's Knowledge About the Contents of My Plate and Exclusive Breastfeeding with the Nutritional Status of Toddlers Aged 1-5 Years at West Petungsewu Posyandu, Petungsewu Wagir Village, Malang Regency. Thesis. Applied Midwifery Undergraduate Study Program Health Polytechnic Ministry of Health Malang. Main Supervisor: I Dewa Nyoman Supriasa, MPS. Complain Supervisor: Asworoningrum Yulindahwati, SSiT., M. Keb.**

Nutrition is a health problem in various countries, both developed and developing countries. The prevalence of malnutrition among children under five at the Wagir Community Health Center has increased in 2023, with 5% of children under five being malnourished compared to 4.2% in 2022, which is based on the BB/PB or BB/TB index. Data from the Malang Regency Office for exclusive breastfeeding in 2022 at the Wagir Community Health Center was 47.56%. The aim of the research was to identify the relationship between mothers' knowledge about the contents of my plate and exclusive breastfeeding with the nutritional status of toddlers aged 1-5 years at Posyandu Petungsewu Barat, Petungsewu Wagir Village, Malang Regency. This type of quantitative research with an observational analytical research design was carried out in March 2024 at Posyandu Petungsewu Barat. Sampling was taken using purposive sampling technique. Data were analyzed using the Spearman Rank statistical test with a significance level of 0.05. The results of the Spearman Rank statistical test show that the mother's knowledge about the contents of my plate obtained a p-value of 0.023 ( $\leq 0.05$ ) and exclusive breastfeeding obtained a p-value of 0.009 ( $\leq 0.05$ ). It can be concluded that there is a relationship between mother's knowledge about the contents of my plate and exclusive breastfeeding with the nutritional status of toddlers. Cadres are expected to include nutritional topics regarding guidelines for the contents of my plate and exclusive breastfeeding in posyandu activities.

**Keywords:** Exclusive Breastfeeding, Toddlers, Contents of My Plate, Knowledge, Nutritional Status.