

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN  
UNIVERSITAS MUHAMMADIYAH MAKASSAR**

**Skripsi, 12 Februari 2026**

Hanum Lutfiya Fahri<sup>1</sup>, Rima January<sup>2</sup>, Wiwiek Dewiyanti Habar<sup>3</sup>, Ahmad Nasir<sup>4</sup>  
<sup>1</sup>Mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah  
Makassar Angkatan 2022/Email [hanumlutfiyahfahri@med.unismuh.ac.id](mailto:hanumlutfiyahfahri@med.unismuh.ac.id).

<sup>2</sup>Dosen Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah  
Makassar, <sup>3</sup>Dosen Fakultas Kedokteran dan Ilmu Kesehatan Universitas  
Muhammadiyah Makassar, <sup>4</sup>Dosen Departemen Al-Islam Kemuhammadiyah  
Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar

**Hubungan Tingkat Pengetahuan dan Sikap Ibu terkait Gizi dengan Status  
Gizi Balita di Wilayah Kerja Puskesmas Kassi-Kassi**

**ABSTRAK**

**Latar Belakang:** Balita merupakan kelompok rentan mengalami masalah gizi yang berdampak pada pertumbuhan, perkembangan, dan kualitas kesehatan di masa berikutnya. Di Indonesia, tantangan gizi tidak hanya berupa kekurangan gizi, tetapi juga peningkatan gizi lebih, sehingga membentuk beban ganda malnutrisi. Data Survei Status Gizi Indonesia (SSGI) 2024 menunjukkan prevalensi stunting 19,8%, wasting 7,4%, dan gizi lebih (overweight) 3,4%, yang menegaskan bahwa masalah gizi masih perlu ditangani secara berkelanjutan. Kondisi ini menguatkan pentingnya intervensi pada tingkat keluarga, terutama melalui peran ibu sebagai pengasuh utama dalam pemilihan pangan, praktik pemberian makanan, dan pemantauan pertumbuhan balita. Pengetahuan dan sikap ibu terkait gizi diperkirakan memengaruhi keputusan sehari-hari dalam pemenuhan gizi anak sehingga berpotensi berhubungan dengan status gizi balita. **Tujuan:** Mengetahui hubungan tingkat pengetahuan dan sikap ibu terkait gizi dengan status gizi balita. **Metode:** studi observasional analitik dengan desain potong lintang (*cross-sectional*). Pengetahuan dan sikap diukur menggunakan kuesioner; status gizi ditentukan dari antropometri dan diklasifikasikan berdasarkan skor z-score WHO. **Hasil:** Hasil penelitian didapatkan hubungan bermakna antara pengetahuan ibu terkait gizi dengan status gizi balita ( $p = 0,007$ ) serta sikap ibu terkait gizi dengan status gizi balita ( $p = 0,017$ ). **Kesimpulan:** Pengetahuan dan sikap ibu terkait gizi berhubungan dengan status gizi balita.

**Kata Kunci:** Status gizi balita, Pengetahuan Ibu, Sikap Ibu

**FACULTY OF MEDICINE AND HEALTH SCIENCE  
MUHAMMADIYAH UNIVERSITY OF MAKASSAR**

**Skripsi, 12<sup>nd</sup> February 2026**

Hanum Lutfiya Fahri<sup>1</sup>, Rima January<sup>2</sup>, Wiwiek Dewiyanti Habar<sup>3</sup>, Ahmad Nasir<sup>4</sup>  
<sup>1</sup>Student of the Medical and Health Sciences Faculty at Universitas Muhammadiyah Makassar Angkatan 2022/ Email [hanumlutfiyahfahri@med.unismuh.ac.id](mailto:hanumlutfiyahfahri@med.unismuh.ac.id).  
<sup>2</sup>Lecturer of the Medical and Health Sciences Faculty at Universitas Muhammadiyah Makassar, <sup>3</sup>Lecturer of the Medical and Health Sciences Faculty at Universitas Muhammadiyah Makassar, <sup>4</sup>Lecturer of Al-Islam Kemuhammadiyah Departemen at the Medical and Health Sciences Faculty at Universitas Muhammadiyah Makassar

**The Relationship Between Mothers' Knowledge and Attitudes Regarding Nutrition and Toddlers' Nutritional Status in the Working Area of the Kassi-Kassi Community Health Center**

**ABSTRACT**

**Background:** Toddlers are vulnerable to nutritional problems that affect their growth, development, and quality of health in the future. In Indonesia, nutrition challenges include not only undernutrition, but also overnutrition, creating a double burden of malnutrition. Data from the 2024 Indonesian Nutrition Status Survey (SSGI) shows the prevalence of stunting at 19,8%, wasting at 7,4%, and overweight at 3,4%, confirming that nutrition issues still need to be addressed in a sustainable manner. This reinforces the importance of interventions at the family level, particularly through the role of mothers as primary caregivers in food selection, feeding practices, and growth monitoring of under-fives. Maternal knowledge and attitudes related to nutrition are thought to influence daily decisions in fulfilling children's nutrition, which could potentially be related to the nutritional status of children under five. **Objective:** To investigate the relationship between mothers' nutrition knowledge and attitudes and the nutritional status of children under five years of age. **Methods:** Observational analytic study with cross-sectional design. Knowledge and attitude were measured using a questionnaire; nutritional status was determined from anthropometry and classified based on WHO z scores. **Results:** The results showed a significant relationship between maternal knowledge related to nutrition and nutritional status of toddlers ( $p = 0,007$ ) and maternal attitudes related to nutrition with nutritional status of toddlers ( $p = 0,017$ ). **Conclusion:** Maternal knowledge and attitudes related to nutrition are associated with nutritional status of toddlers.

**Keywords:** Nutritional status of toddlers, Maternal Knowledge, Maternal Attitude