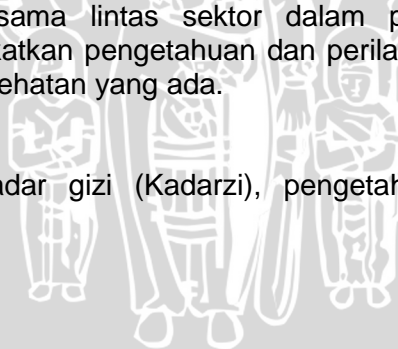


## ABSTRAK

Alberry, M. Zakky Fandi. 2014. **Hubungan Tingkat Pengetahuan, Sikap dan Tindakan Ibu tentang Keluarga Sadar Gizi (Kadarzi) dengan Status Gizi Batita (Studi Kasus di Desa Tanjung Kamal Wilayah Kerja Puskesmas Mangaran Kabupaten Situbondo)**. Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya. Pembimbing : (1) dr. A. Chusnul Chuluq Ar, MPH., (2) Catur Saptaning Wilujeng, S. Gz, MPH.

Perilaku Keluarga Sadar Gizi (Kadarzi) dapat dilakukan dengan upaya pemberdayaan keluarga dengan cara meningkatkan pengetahuan dan sikap terhadap perilaku Kadarzi. Peran serta seorang ibu dalam rumah tangga sangat penting untuk mewujudkan tercapainya perilaku Kadarzi sebagai upaya peningkatan status gizi anggota keluarga. Penelitian ini bertujuan untuk menganalisis hubungan tingkat pengetahuan, sikap dan tindakan ibu tentang Keluarga Sadar Gizi (Kadarzi) dengan status gizi batita. Penelitian menggunakan metode yang bersifat analitik observasional dengan rancangan *cross-sectional*. Subjek penelitian adalah ibu yang mempunyai batita sejumlah 80 responden yang dipilih secara *simple random sampling*. Analisis yang digunakan adalah Uji *Chi-Square*. Hasil penelitian menunjukkan tidak ada hubungan yang bermakna antara tingkat pengetahuan, sikap dan tindakan ibu tentang Keluarga Sadar Gizi (Kadarzi) dengan status gizi batita ( $p > 0,05$ ). Walaupun demikian, tingkat pengetahuan dan tindakan ibu tentang Kadarzi masih kurang, sehingga disarankan adanya kerjasama lintas sektor dalam pendampingan kepada masyarakat untuk meningkatkan pengetahuan dan perilaku dalam pemanfaatan pelayanan dan fasilitas kesehatan yang ada.

Kata kunci : Keluarga sadar gizi (Kadarzi), pengetahuan, sikap, tindakan, status gizi.



## ABSTRACT

Alberry, M. Zakky Fandi. 2014. **The Association of The Level of Knowledge, Attitude, and Mother Action about The Family Aware of Nutrition (Kadarzi) with The Nutritional Status of Children under Three Years Old (The Case Study in Village of Tanjung Kamal Working Area Puskesmas Mangaran Situbondo Regency.** Final Assignment, Nutritional Program Faculty of Medicine Brawijaya University. Supervisors : (1) dr. A. Chusnul Chuluq Ar, MPH., (2) Catur Saptaning Wilujeng, S. Gz, MPH.

The Behaviour of Family Aware of Nutrition (Kadarzi) can be done with family empowerment by improving knowledge and attitude toward behavior Kadarzi. The role of a mother in household very important to realize the achievement of behavior Kadarzi as efforts to improve the nutritional status of family members. The Objective of this study was to analyze the association of the level of knowledge, attitude, and mother action about Kadarzi with nutritional status of children under three years old. The study was analytic observational with *cross-sectional* design. The subjects consisted of mothers who have the children under three years old, there are 80 respondents were selected by *simple random sampling*. Data analysis used *Chi-square* test. The results showed no significant association between level of the knowledge, attitude and mother action about Kadarzi with nutritional status of children under three years old ( $p > 0,05$ ). However, the results indicated level of the knowledge and mother action about Kadarzi is still low, so that suggested to *cross-sector* collaboration in mentoring the community to improve their knowledge and behavior in the utilization of health services and facilities available.

Keywords : The family aware of nutrition (Kadarzi), knowledge, attitude, action, nutritional status.

