

Hubungan Pengetahuan Ibu Tentang Gizi dan Kebiasaan Membawa Bekal dengan Pemenuhan Asupan Gizi pada Anak Prasekolah

Nimas Maharani Putri Wulantari¹, Rachma Purwanti¹, Ayu Rahadiyanti¹, Ani Margawati¹

ABSTRAK

Latar Belakang: Anak prasekolah berada dalam fase *golden age* yang ditandai dengan pertumbuhan dan perkembangan pesat, sehingga asupan gizinya perlu diperhatikan. Pemenuhan asupan gizi pada usia ini dapat dipengaruhi oleh pengetahuan ibu dan kebiasaan anak dalam membawa bekal ke sekolah.

Tujuan: Menganalisis hubungan pengetahuan ibu tentang gizi dan kebiasaan membawa bekal dengan pemenuhan asupan gizi pada anak prasekolah.

Metode: Studi observasional analitik dengan desain *cross sectional* dilakukan pada bulan April 2025 di PAUD wilayah RW 04 Kel. Dukuh, Kec. Kramat Jati, Jakarta Timur. Sampel berjumlah 60 ibu dan anak usia 3–5 tahun yang dipilih melalui teknik *purposive sampling*. Data pengetahuan ibu dikumpulkan melalui angket tentang gizi. Asupan gizi diukur menggunakan metode *food recall* 2x24 jam. Analisis bivariat dengan uji *chi-square* dan multivariat menggunakan regresi logistik.

Hasil: Subjek memiliki asupan karbohidrat (53,3%), serat (70%), zat besi (58,3%), dan kalsium (58,3%) yang tergolong kurang. Sebanyak 30% ibu memiliki tingkat pengetahuan kurang. Sebanyak 30% anak jarang membawa bekal. Analisis bivariat menunjukkan pengetahuan ibu tentang gizi seimbang dan makanan berisiko berhubungan dengan pemenuhan asupan energi ($p<0,001$), protein ($p=0,001$), dan lemak ($p=0,002$). Kebiasaan membawa bekal juga berhubungan dengan pemenuhan asupan energi ($p<0,001$), protein ($p=0,006$), dan lemak ($p=0,002$). Analisis multivariat menunjukkan pengetahuan ibu tentang gizi dan kebiasaan membawa bekal berhubungan dengan pemenuhan asupan energi.

Simpulan:

Ada hubungan antara pengetahuan ibu tentang gizi dengan pemenuhan asupan energi, protein, dan lemak. Ada hubungan kebiasaan membawa bekal dengan pemenuhan asupan energi. Tidak ada hubungan antara pengetahuan ibu tentang gizi dan kebiasaan membawa bekal dengan pemenuhan asupan karbohidrat, serat, vitamin A, zat besi, dan kalsium.

Kata Kunci: Pengetahuan ibu, bekal sekolah, asupan gizi, anak prasekolah

¹ Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro

*Korespondensi : nimasmaharani4@gmail.com

The Relationship Between Mother's Knowledge of Nutrition and the Habit of Bringing Packed Meals with Nutrient Intake Fulfillment Among Preschool Children

Nimas Maharani Putri Wulantari¹, Rachma Purwanti¹, Ayu Rahadiyanti¹, Ani Margawati¹

ABSTRACT

Background: Preschool children (ages 3-5 years) are in a golden period characterized by rapid growth and development, making adequate nutritional intake crucial. Nutritional adequacy at this age may be influenced by maternal knowledge and the child's habit of bringing packed meals to school.

Objective: To determine the relationship between maternal knowledge about balanced nutrition and risky foods, and the habit of bringing packed meals with the fulfillment of nutritional intake among preschool children.

Methods: This research was an analytical observational study using a cross-sectional design that has been conducted in April 2025 at PAUDs in RW 04, Kel. Dukuh, Kramat Jati Subdistrict, East Jakarta. A total of 60 mothers with children aged 3-5 years were selected using purposive sampling. Primary data were collected through a 20-item validated and reliable questionnaire on maternal knowledge about balanced nutrition and risky foods. Children's dietary intake was assessed using the 2x24 hour food recall method. Data were analyzed using univariate, bivariate (chi-square test), and multivariate logistic regression analyses.

Results: The subjects had inadequate intake of carbohydrates (53,3%), fiber (70%), iron (58,3%), and calcium (58,3%). About 30% of mothers had low levels of nutritional knowledge. Additionally, 30% of children rarely brought lunch from home. Bivariate analysis showed that mothers' knowledge of nutrition was associated with the adequacy of energy ($p < 0.001$), protein ($p = 0.001$), and fat intake ($p = 0.002$). The habit of bringing lunch was also associated with adequate intake of energy ($p < 0.001$), protein ($p = 0.006$), and fat ($p = 0.002$). Multivariate analysis indicated that mothers' knowledge of nutrition, as well as the habit of bringing lunch, were associated with adequate energy intake.

Conclusion: There is a significant relationship between mother's knowledge of nutrition with the fulfillment of energy, protein, and fat intake. There is a significant relationship between the habit of bringing packed meals with the fulfillment of energy. There is no significant relationship between mother's knowledge of nutrition, as well as the habit of bringing packed meals, with the fulfillment of carbohydrate, dietary fiber, vitamin A, iron, and calcium intake.

Keywords: Mother's knowledge, packed meals, nutritional intake, preschool children

¹ Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro

*Correspondence : nimasmaharani4@gmail.com