ABSTRACT

Mother Nutrition Knowledge, Family Income Level, Mother participation in Posyandu and Family Food Diversification Practices In Purworejo Village, Margoyoso District, Pati Regency

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In daily observations the pattern of food consumption in the Purworejo village community is not so diverse, there are still mothers who are not posyandu participants so that knowledge related to food diversification is lacking while family income levels are quite varied.The purpose of this study was to determine the relationship between maternal nutritional knowledge, level of family income with family food diversity practices and knowing the differences in family food diversification practices for participants and not posyandu participants in Purworejo Village, Margoyoso Pati District.

His study is a quantitative analytic study with a cross sectional approach. The sample of this study was housewives in Purworejo Village, Margoyoso Pati District. The number of samples is 88 households which are determined by systematic random sampling. The variables in this study were measured by interviews and questionnaires. The statistical test used in the variables of nutritional knowledge and family income level is Rank Spearman correlation, while the maternal match variable in the posyandu uses Mann Whitney.

Found 45.5% of respondents had good nutrition knowledge and 48.9% had poor nutrition knowledge, 72.75% of respondents have ≥UMR income, the average family income of respondents is ±Rp1,676,236.36. There were 69.3% of respondents did not become Posyandu participants, 52.3% of respondents had poor food diversification. There is a relationship between maternal nutrition knowledge and family income level with food diversification practices and there is no difference in Family Food Diversification Practices based on maternal participation in Posyandu.

Keywords: Food diversification, nutritional knowledge, Posyandu Participation

RINGKASAN

Pengetahuan Gizi Ibu, Tingkat Pendapatan Keluarga, Kepesertaan Ibu dalam Posyandu dan Praktik Penganekaragaman Pangan Keluarga Di Desa Purworejo Kecamatan Margoyoso Kabupaten Pati

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Dalam pengamatan sehari-hari pola konsumsi pangan masyarakat desa Purworejo pati tidak begitu beragam, masih terdapat ibu yang tidak menjadi peserta posyandu sehingga pengetahuan terkait penganekaragaman pangan kurang sedangkan tingkat pendapatan keluarga cukup bervariasi. Tujuan penelitian ini adalah mengetahui hubungan antara pengetahuan gizi ibu, tingkat pendapatan keluarga dengan praktik keanekaragaman pangan keluarga serta mengetahui perbedaan praktik penganekaragaman pangan keluarga pada peserta dan bukan peserta Posyandu di Desa Purworejo Kecamatan Margoyoso Pati.

Penelitian ini merupakan penelitian kuantitatif analitik dengan pendekatan cross sectional. Sampel penelitian ini adalah ibu rumah tangga di Desa Purworejo Kecamatan Margoyoso Pati. Jumlah sampel adalah 88 rumah tangga yang ditentukan dengan *sistematik random sampling*. Variabel pada penelitian ini diukur dengan metode wawancara dan kuesioner. Uji statistik yang digunakan pada variabel pengetahuan gizi dan tingkat pendapatan keluarga adalah korelasi *Rank Spearman* sedangkan pada variabel kepersetaan ibu dalam posyandu menggunakan *Mann Whitney*.

Ditemukan 45,5% responden memiliki pengetahuan gizi baik dan 48,9% memiliki pengetahuan gizi kurang, 72,75% responden memiliki pendapatan ≥UMR, rata-rata pendapatan keluarga responden adalah ±Rp1.676.236,36. Terdapat 69,3% responden tidak menjadi peserta Posyandu, 52,3% responden memiliki penganekaragaman pangan kurang baik. Ada hubungan antara pengetahuan gizi ibu dan tingkat pendapatan keluarga dengan praktik penganekaragaman pangan serta tidak ada perbedaan Praktik Penganekaragaman Pangan Keluarga berdasarkan Kepesertaan ibu dalam Posyandu.

Kata kunci : Penganekaragaman pangan, pengetahuan gizi, kepesertaan posyandu.