

**Gambaran Karakteristik Ibu Balita Dengan Gizi Kurang di UPTD Puskesmas Gandrungmangu I Kabupaten Cilacap Tahun 2023**

*Description of the Characteristics of Mothers of Toddlers with Malnutrition at the UPTD of the Gandrungmangu I Health Center, Cilacap Regency in 2023*

Feri Indra Astuti<sup>1</sup>, Tri Budiarti<sup>2</sup>, Rochany Septiyaningsih<sup>3</sup>

<sup>1,2,3</sup>Health Science Al-Irsyad University Cilacap

Jl.Cerme No.24 Sidanegara Cilacap

**ABSTRAK**

**Latar belakang:** Gizi kurang (malnutrition) merupakan masalah kesehatan masyarakat yang cukup serius. Faktor penyebab gizi kurang, antara lain faktor ibu yang memegang peran penting dalam menyediakan serta menyajikan makanan bergizi, karakteristik ibu seperti pengetahuan, pendidikan, pekerjaan, pendapatan, serta usia saat melahirkan. Karakteristik ibu dapat mempengaruhi kejadian gizi kurang pada balita dalam penelitian ini meliputi, umur ibu, tingkat pendidikan, pekerjaan dan paritas. **Tujuan penelitian:** untuk mengetahui gambaran karakteristik ibu balita dengan gizi kurang. **Metode penelitian** Penelitian observasional analitik dengan pendekatan retrospektif. Sampel yang digunakan adalah semua data ibu balita dengan gizi kurang di UPTD Puskesmas Gandrungmangu I Kabupaten Cilacap pada bulan Januari-September tahun 2023 sebanyak 93 ibu balita. Analisis data menggunakan uji univariat. **Hasil penelitian:** Karakteristik ibu balita dengan gizi kurang sebagian besar dengan kategori tidak berisiko (20-35 tahun) sebanyak 73 orang (78,5%), berpendidikan dasar (SD-SMP) sebanyak 72 orang (77,4%), tidak bekerja sebanyak 81 orang (87,1%) dan multipara sebanyak 68 orang (73,1%). **Kesimpulan:** Karakteristik ibu balita dengan gizi kurang sebagian besar dengan umur tidak berisiko (20-35 tahun), berpendidikan dasar, tidak bekerja dan multipara.

Kata Kunci : Karakteristik, Ibu, Balita, Gizi kurang

**ABSTRACT**

**Background:** Malnutrition among children under five is one of the public health problems. **Background:** Malnutrition is a serious public health problem. Factors causing undernutrition include the mother who plays an important role in providing and serving nutritious food, maternal characteristics such as knowledge, education, employment, income, and age at birth. Maternal characteristics that can influence the incidence of malnutrition among toddlers in this study include maternal age, education level, occupation and parity. **Research objective:** to determine the characteristics of mothers of toddlers with malnutrition. **Research method:** Analytical observational research with a retrospective approach. The sample used was all data from mothers of toddlers with malnutrition at the UPTD Gandrungmangu I Health Center, Cilacap Regency in January-September 2023, totaling 93 mothers of toddlers. Data analysis used univariate tests. **Research results:** Characteristics of mothers of toddlers with malnutrition, mostly in the no-risk category (20-35 years), 73 people (78.5%), 72 people (77.4%) with basic education (SD-SMP), not working as many as 81 people (87.1%) and multipara as many as 68 people (73.1%). **Conclusion:** The characteristics of mothers under five who are undernourished are mostly those who are not at risk (20-35 years), have basic education, do not work and are multiparous.

Keyword : Characteristics, Mothers, Toddlers, Malnutrition