

**Hubungan Keikutsertaan Ibu dalam Kelas Ibu Balita dengan Status Gizi Balita di  
Desa Tegalsari Kecamatan Sidareja Tahun 2023**

*Relationship between Mother Participation in Toddler Mother Classes and Toddler  
Nutrition Status in Tegalsari Village, Sidareja District in 2023*

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**ABSTRAK**

**Latar Belakang:** Pemenuhan gizi secara tepat, lengkap dan seimbang pada balita dapat memberikan pengaruh terhadap pertumbuhan dan perkembangan anak. Kelas ibu balita merupakan sarana untuk belajar bersama tentang kesehatan balita dalam bentuk tatap muka dalam kelompok. Tujuan kelas ibu balita adalah meningkatkan pengetahuan, sikap dan perilaku ibu dalam mewujudkan tumbuh kembang balita yang optimal. **Tujuan:** mengetahui hubungan keikutsertaan ibu dalam kelas ibu balita dengan status gizi balita. **Metode Penelitian:** Jenis penelitian menggunakan kuantitatif deskriptif dengan pendekatan *cross sectional*. Sampel adalah ibu balita sebanyak 71 orang yang diambil dengan teknik *cluster random sampling*. Analisis data menggunakan uji *Spearman Rank*. **Hasil Penelitian:** ibu balita yang pernah mengikuti kelas ibu balita sebagian besar status gizi balita baik (92,6%) sedangkan ibu balita yang tidak pernah mengikuti kelas ibu balita sebagian besar status gizi balita baik (82,4%). Uji analisis data didapatkan nilai  $p = 0,014 < \alpha = 0,05$ . **Kesimpulan:** Terdapat hubungan signifikan yang cukup kuat antara keikutsertaan ibu dalam kelas ibu balita dengan status gizi balita.

Kata Kunci : Kelas, Balita, Status Gizi, Keikutsertaan

**ABSTRACT**

*Background: Fulfillment of proper, complete and balanced nutrition in toddlers can have an impact on children's growth and development. Toddler mother class is a means to learn together about toddler health in the form of face-to-face in groups. The purpose of the toddler mother class is to increase the mother's knowledge, attitude and behavior in realizing optimal toddler growth and development. Objective: to know the relationship between mother's participation in toddler mother class and toddler's nutritional status. Research Methods: This type of research uses descriptive quantitative with a cross sectional approach. The samples were 71 mothers under five who were taken by cluster random sampling technique. Data analysis used the Spearman Rank test. Research results: Mothers under five who had attended mother under five classes mostly had good nutritional status (92.6%) while mothers under five who had never attended mother under five classes were mostly of good nutritional status (82.4%). Data analysis test obtained the value of  $p = 0.014 < \alpha = 0.05$ . Conclusion: There is a fairly strong significant relationship between the participation of mothers in toddler mothers' classes and the nutritional status of toddlers.*

Keyword : Class, Toddler, Nutritional Status, Participation