

HUBUNGAN ANTARA PENDAPATAN KELUARGA, PENGETAHUAN GIZI IBU DAN POLA MAKAN DENGAN STATUS GIZI BALITA 24-59 BULAN DI WILAYAH KERJA DESA PENITI DALAM I UPT PUSKESMAS SEGEDONG KABUPATEN MEMPAWAH

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Family income Maternal nutrition knowledge Dietary patterns Nutritional status Toddlers	Status gizi balita usia 24-59 bulan merupakan indikator penting derajat kesehatan masyarakat karena periode ini menentukan pertumbuhan fisik, kematangan kognitif, dan daya tahan tubuh anak di masa depan. Masalah gizi kurang masih menjadi tantangan kesehatan di wilayah kerja UPT Puskesmas Segedong, Kabupaten Mempawah, yang diduga berkaitan erat dengan kondisi ekonomi keluarga, tingkat pengetahuan gizi ibu, dan pola makan anak. Penelitian ini bertujuan menganalisis hubungan antara pendapatan keluarga, pengetahuan gizi ibu, dan pola makan dengan status gizi balita usia 24–59 bulan di Desa Peniti Dalam I, wilayah kerja UPT Puskesmas Segedong, Kabupaten Mempawah. Penelitian ini menggunakan desain cross sectional dengan populasi sebanyak 196 balita, dengan besar sampel 36 balita yang dipilih melalui teknik random sampling. Data dikumpulkan melalui wawancara kuesioner, Semi Quantitative Food Frequency Questionnaire, dan pengukuran antropometri berat badan, kemudian dianalisis secara bivariat menggunakan uji chi-square. Balita dengan status gizi baik lebih banyak pada keluarga berpendapatan tinggi (65,0%), sedangkan pada balita dengan status gizi salah lebih banyak ditemukan pada keluarga berpendapatan rendah (81,2) dan balita dengan status gizi baik lebih banyak pada ibu dengan pengetahuan gizi baik (60,0%) sedangkan pada balita dengan status gizi salah lebih banyak pada ibu dengan pengetahuan gizi kurang (75,0%). Hasil penelitian menunjukkan bahwa pendapatan keluarga ($p=0,006$) dan pengetahuan gizi ibu ($p=0,036$) berhubungan signifikan dengan status gizi balita, sedangkan pola makan tidak menunjukkan hubungan yang bermakna ($p=0,418$). Temuan ini menunjukkan bahwa kondisi ekonomi rumah tangga dan literasi gizi ibu menjadi faktor yang perlu diperhatikan dalam upaya peningkatan status gizi balita di lokasi penelitian. ABSTRACT <i>Nutritional status among children aged 24–59 months is an important indicator of community health, as this period plays a crucial role in determining children's future physical growth, cognitive development, and immune function. Undernutrition remains a public health challenge in the working area of UPT Puskesmas Segedong, Mempawah Regency, and is suspected to be closely associated with family economic conditions, maternal nutrition knowledge, and children's dietary patterns. This study aimed to analyze the associations between family income, maternal nutrition knowledge, dietary patterns, and the nutritional status of children aged 24–59 months in Peniti Dalam I Village, within the working area of UPT Puskesmas Segedong, Mempawah</i>

Regency. This study employed a cross-sectional design involving a population of 196 children, with a sample of 36 children selected using a random sampling technique. Data were collected through questionnaire-based interviews, a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), and anthropometric measurements of body weight, and were subsequently subjected to bivariate analysis using the chi-square test. Children with good nutritional status were more commonly found in families with high income (65.0%), whereas malnutrition was more frequently observed among children from low-income families (81.2%). Similarly, children with good nutritional status were more commonly found among mothers with good nutrition knowledge (60.0%), while malnutrition was more frequently observed among children whose mothers had poor nutrition knowledge (75.0%). The results showed that family income ($p = 0.006$) and maternal nutrition knowledge ($p = 0.036$) were significantly associated with children's nutritional status, whereas dietary patterns were not significantly associated with nutritional status ($p = 0.418$). These findings indicate that household economic conditions and maternal nutrition literacy are important factors that should be considered in efforts to improve the nutritional status of children in the study area.

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