

Hubungan Pengetahuan Gizi Dengan Asupan dan Keragaman Sumber Protein Pada Ibu Balita *Stunting* (The Relationship between Nutritional Knowledge and the Intake and Diversity of Protein Sources in Stunting Mothers of Toddlers)

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ABSTRACT

Stunting is a chronic condition that describes a child's stunted growth due to long-term malnutrition. Lack of maternal knowledge about nutrition has a greater potential to cause stunting in children. The choice of food ingredients and the availability of sufficient and varied amounts of food is influenced by the mother's level of knowledge about food and nutrition. Consuming a variety of foods, including protein, is associated with increased growth in toddlers. Consuming less diverse protein can result in a lower level of protein consumption. Inadequate protein intake during the toddler's growth period results in the toddler's growth and development process being hampered and stunting nutritional problems can arise. The aim of the research is to determine the relationship between nutritional knowledge and the intake and diversity of protein sources in stunted mothers of toddlers. This research uses a cross-sectional research design with analytical survey research methods. The subjects taken were 66 respondents with a subject sampling technique using probability sampling. Bivariate test results using SPSS v.25.0. Using the Spearman correlation test, it was found that $p = 0.001$ for adequacy of protein intake and $p = 0.000$ for protein diversity, so it can be concluded that there is a relationship between nutritional knowledge and protein intake and diversity of sources in stunted mothers of toddlers.

Keywords: Maternal nutritional knowledge, protein intake, and protein diversity