

Relationship of Mother's Knowledge on Balanced Nutrition and Feeding Pattern with Malnutrition Incidence in Children Underweight Trajeng's Health Center

Meylina Soffaning Tyas
*Studies Program Clinical Nutrition
Department of Health*

ABSTRACT

Nutrition is one of the important factors for determining the quality of human resources. Toddlers are a group that prone to malnutrition. At this age, the brain growth is still going rapidly. Lack of knowledge about nutrition will result in reduced ability to apply information everyday, this can causing malnutrition case. Nutrition knowledge is knowledge about food and nutrition, the sources of the nutrients in the food. The purpose of this study was to determine the relationship of mother knowledge about balanced nutrition and feeding pattern with the incidence of malnutrition in children under five years old at Trajeng's Health Center. The research was conducted in February 2021 - March 2021. Metode that used this research is analytic survey with cross sectional approach. The sample size in this study was 38 mothers of children and use Proportional Cluster Random Sampling. Statistical analysis of this research using SPSS 16.0 for Windows with Spearman Test as a correlation. The conclusion indicates that there is a relationship of mother knowledge about nutrition ($p = 0.027$), feeding pattern ($p = 0.013$) in the malnutrition incidence in children under five years old at Trajeng's Health Center.

Keywords: *Feeding Pattern, Malnutrition, Mother's Knowledge*