

An Overview of Age, Executive Educational Background, and Knowledge of Mothers with Toddlers at Posyandu Teratai 16, Wonorejo Village, Kencong District, Jember Regency

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ABSTRACT

The toddler years constitute a crucial "golden age" for a child's growth and development, necessitating adequate nutritional intake. Maternal knowledge plays a vital role in managing dietary intake and monitoring a child's nutritional status. This study aimed to assess the knowledge, age, and educational background of mothers with toddlers attending the Teratai 16 Integrated Health Post (Posyandu) in Wonorejo Village, Kencong District, Jember Regency. A descriptive quantitative approach was employed using a total sampling technique, involving 30 mothers as respondents. Data were collected via a structured questionnaire with established validity and reliability and subsequently analyzed using univariate descriptive statistics. The results showed that 50.0% of respondents (15 mothers) were aged 20–30 years, and 43.3% (13 mothers) had completed high school (SMA) as their highest level of education. Regarding knowledge levels, 46.7% of respondents (14 mothers) fell into the "sufficient" category, 43.3% (13 mothers) into the "good" category, and 10.0% (3 mothers) into the "poor" category. The majority of mothers at Posyandu Teratai 16 possessed a "sufficient" level of knowledge regarding toddler nutrition. Continuous nutrition education and routine health counseling remain essential to enhance mothers' capacity to optimize their toddlers' health, growth, and development.

Keywords: Knowledge, Age, Education, Toddler.