

**HUBUNGAN SELF EFIKASI ORANG TUA DENGAN
POLA MAKAN BALITA STUNTING DI WILAYAH
KERJA PUSKESMAS KATAPANG
KABUPATEN BANDUNG**

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ABSTRAK

Self-efikasi orang tua berperan penting dalam keberhasilan pengasuhan gizi balita, khususnya pada kasus stunting. Keyakinan orang tua terhadap kemampuannya dalam mengatur pola makan anak dapat memengaruhi kualitas asupan gizi yang diberikan. Penelitian ini bertujuan mengetahui hubungan antara self-efikasi orang tua dengan pola makan balita stunting di wilayah kerja Puskesmas Katapang, Kabupaten Bandung. Penelitian menggunakan metode kuantitatif dengan desain korelasional dan pendekatan cross-sectional. Sampel berjumlah 40 orang tua balita stunting yang dipilih menggunakan teknik konklusif sampling. Instrumen yang digunakan adalah kuesioner self-efikasi orang tua dan kuesioner pola pemberian makan balita. Data dianalisis menggunakan uji korelasi Spearman Rank. Hasil penelitian menunjukkan bahwa 23 responden (57,5%) memiliki self-efikasi tinggi dan 25 responden (62,5%) memberikan pola makan yang tepat pada balita. Sebagian besar responden dengan self-efikasi tinggi (95,7%) memiliki pola makan balita yang tepat, sedangkan responden dengan self-efikasi rendah (82,4%) memiliki pola makan yang tidak tepat. Uji statistik menunjukkan adanya hubungan signifikan antara self-efikasi orang tua dengan pola makan balita stunting ($p = 0,738$; $p = 0,000$) dengan arah korelasi positif. Temuan ini menunjukkan bahwa semakin tinggi self-efikasi orang tua, semakin baik pula pola makan balita. Disarankan agar tenaga kesehatan meningkatkan self-efikasi orang tua melalui edukasi gizi, pendampingan, dan pelatihan keterampilan pemberian makan sebagai bagian dari upaya pencegahan stunting.

Kata kunci: Balita, Pola makan, Self efikasi, Stunting

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**RELATIONSHIP BETWEEN PARENTAL SELF-EFFICACY AND
FEEDING PATTERNS OF STUNTED TODDLERS IN THE WORKING
AREA OF KATAPANG PUBLIC HEALTH CENTER, BANDUNG
REGENCY**

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ABSTRACT

Parental self-efficacy plays an important role in the success of nutritional care for toddlers, particularly in cases of stunting. Parents' confidence in their ability to manage their child's feeding patterns can influence the quality of nutritional intake provided. This study aimed to determine the relationship between parental self-efficacy and the feeding patterns of stunted toddlers in the working area of the Katapang Public Health Center, Bandung Regency. This research employed a quantitative method with a correlational design and a cross-sectional approach. The sample consisted of 40 parents of stunted toddlers selected using conclusive sampling. The instruments used were the parental self-efficacy questionnaire and the toddler feeding pattern questionnaire. Data were analyzed using the Spearman Rank correlation test. The results showed that 23 respondents (57.5%) had high self-efficacy and 25 respondents (62.5%) practiced appropriate feeding patterns. Most respondents with high self-efficacy (95.7%) implemented appropriate feeding patterns, whereas respondents with low self-efficacy (82.4%) had inappropriate feeding patterns. Statistical analysis indicated a significant relationship between parental self-efficacy and feeding patterns of stunted toddlers ($\rho = 0.738$; $p = 0.000$), with a positive correlation direction. These findings suggest that the higher the parental self-efficacy, the better the toddler's feeding patterns. Health workers are encouraged to enhance parental self-efficacy through nutrition education, guidance, and feeding skills training as part of stunting prevention efforts.

Keywords: self-efficacy, feeding patterns, toddlers, stunting

Bibliography: 35 Journals (2014-2024)

11 Books (2014-2024)

0 Thesis (2018)