PENERAPAN EDUKASI GIZI SEIMBANG DALAM ASUHAN KEPERAWATAN ANAK PADA TODDLER(1-3 TAHUN) DENGAN STUNTING DI POSYANDU KOTA WETAN WILAYAH KERJA PUSKESMAS GUNTUR KABUPATEN GARUT TAHUN 2026

DINI DANIAWATI
231FK06021

ABSTRAK

Latar belakang: Stunting merupakan masalah gizi kronis pada balita yang ditandai dengan tinggi badan menurut umur berada di bawah standar sehingga dapat menghambat pertumbuhan dan perkembangan anak.Salah satu upaya yang dapat dilakukan untuk mengatasi masalah tersebut adalah pemberian edukasi gizi seimbang kepada orang tua guna meningkatkan pengetahuan dalam memenuhi kebutuhan gizi anak. **Tujuan:** Penelitian ini bertujuan melakukan asuhan keperawatan dengan penerapan edukasi gizi seimbang pada anak toddler (1–3 tahun) dengan stunting di Posyandu Kota Wetan wilayah kerja Puskesmas Guntur Kabupaten Garut. **Metode:** Penelitian ini menggunakan desain deskriptif kualitatif dengan pendekatan studi kasus terhadap dua anak toddler yang mengalami stunting. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, pengukuran antropometri, dokumentasi, dan studi rekam medis. Asuhan keperawatan dilaksanakan berdasarkan proses keperawatan yang meliputi pengkajian, penetapan diagnosis, perencanaan, implementasi, dan evaluasi. **Hasil:** Setelah dilakukan penerapan edukasi gizi seimbang selama tiga hari, terjadi peningkatan pengetahuan orang tua mengenai gizi seimbang yang ditandai dengan meningkatnya skor pengetahuan, orang tua mampu menjelaskan kembali prinsip gizi seimbang serta menyusun menu sesuai kebutuhan anak, disertai peningkatan asupan makan pada kedua responden. **Kesimpulan:** Penerapan edukasi gizi seimbang sebagai bagian dari asuhan keperawatan efektif meningkatkan pengetahuan orang tua mengenai pemenuhan gizi anak sehingga diagnosis keperawatan defisit pengetahuan pada orang tua teratasi. **Saran:** Perawat diharapkan dapat mengoptimalkan pemberian edukasi gizi seimbang kepada orang tua sebagai upaya meningkatkan pengetahuan dalam pemenuhan gizi anak dan mendukung pencegahan stunting.

Kata kunci: asuhan keperawatan anak, Toddler, defisit pengetahuan, edukasi gizi seimbang, stunting.

IMPLEMENTASION OF BALANCED NUTRITION EDUCATION IN NURSING CARE FOR TODDLERS (1-3 YEARS) WITH STUNTING AT POSYANDU IN WETAN CITY, WORKING AREA OF GUNTUR COMMUNITY HEALTH CENTER, GARUT REGENCY IN 2026

DINI DANIAWATI
231FK06021

ABSTRACT

Background: *Stunting is a chronic nutritional problem in toddlers characterized by height for age being below the standard so that it can hinder the growth and development of children. One effort that can be done to overcome this problem is providing balanced nutrition education to parents to increase knowledge in meeting children's nutritional needs.* ***Objective:*** *This study aims to provide nursing care by implementing balanced nutrition education in toddlers (1-3 years old) with stunting at the Posyandu Kota Wetan in the working area of Guntur Health Center, Garut Regency.* ***Method:*** *This study used a qualitative descriptive design with a case study approach to two toddlers experiencing stunting. Data collection was carried out through interviews,observations, physical examinations, anthropometric measurements, documentation, and medical record studies. Nursing care was carried out based on the nursing process which includes assessment, diagnosis, planning, implementation, and evaluation.* ***Results:*** *After three days of nursing care, there was an increase in parental knowledge regarding balanced nutrition as indicated by an increase in knowledge scores, parents were able to re-explain the principles of balanced nutrition and prepare menus according to children's needs, accompanied by an increase in food intake in both respondents.* ***Conclusion:*** *The implementation of balanced nutrition education as part of nursing care effectively increases parents' knowledge regarding fulfilling their children's nutritional needs, thereby addressing the nursing diagnosis of knowledge deficit in parents.* ***Recommendation:*** *Nurses are expected to optimize the provision of balanced nutrition education to parents as an effort to increase knowledge in fulfilling children's nutritional needs and support stunting prevention.*

Keywords: *pediatric nursing care, toddler, knowledge deficit, balanced nutrition education, stunting.*