

HUBUNGAN PENGETAHUAN IBU TENTANG GIZI DAN TUMBUH KEMBANG ANAK SERTA STIMULASI PSIKOSOSIAL DENGAN PERKEMBANGAN KOGNITIF ANAK USIA 2-5 TAHUN

Relation Between Mother's Knowledge on Nutrition and Child's Growth Development to Psychosocial Stimulation and Cognitive Development of Children Aged 2-5 Years Old

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ABSTRACT. Purpose of this research were (1) to identify family's and child's characteristics, (2) to identify mother's knowledge on nutrition and child's growth development, mother's access to information on nutrition and child growth development, psychosocial stimulation, and child's cognitive development, (3) to analyze relationship between family's characteristics and mother's knowledge on nutrition and growth development, (4) to analyze relationship of family's characteristics, mother knowledge, child's characteristics and psychosocial stimulation, (5) to analyze relationship between mother's knowledge, psychosocial stimulation and child's cognitive development. A cross sectional design was assigned for this research. Population of this research were children aged 2-5 years old that located at Sub capital East Bogor and Kedungbadak were selected by random proportional from 297 children's to 100 sample which consist of aged 2-3 years old (37 children), 3-4 years old (50 children), and 4-5 years old (33 children). A correlation test of Rank Spearman was applied to test the correlation among variables. Results showed that there were significant and positive relationship among three variables which were family's characteristics (family's income and mother's education) and mother's knowledge. Meanwhile, mother's and father's educational attainment and family's income had a positive and significant correlation with psychosocial stimulation.. The study also found that psychosocial stimulation and mother's knowledge had a significant and positive relationship with child's cognitive development.

Keywords: *mother knowledge, psychosocial stimulation, child's cognitive*

PENDAHULUAN

Pembangunan nasional mempunyai tujuan untuk melakukan peningkatan kualitas Sumber Daya Manusia (SDM) (Soetjningsih 2000). Kualitas SDM sangat ditentukan oleh kualitas pertumbuhan dan perkembangan anak yang dikembangkan melalui pengasuhan oleh keluarga, terutama orang tua. Untuk menjadi manusia yang berkualitas, maka harus didukung oleh perkembangan kognitif yang baik.

Kognitif berhubungan dengan aktivitas intelektual yang disadari seperti berpikir, menjelaskan, membayangkan, mempelajari kata, dan menggunakan bahasa (Webster 1993, diacu dalam Hastuti 2006). Pertumbuhan dan perkembangan anak sebagian besar terbentuk dalam

keluarga. Penelitian ini bertujuan untuk: (1) mengidentifikasi karakteristik keluarga, (2) mengidentifikasi pengetahuan ibu mengenai gizi dan tumbuh kembang anak, akses informasi ibu mengenai gizi dan tumbuh kembang anak, pemberian stimulasi psikososial, serta perkembangan kognitif anak, (3) menganalisis hubungan karakteristik keluarga dengan pengetahuan ibu tentang gizi dan tumbuh kembang anak, (4) menganalisis hubungan karakteristik keluarga, anak, dan pengetahuan ibu tentang gizi dan tumbuh kembang anak dengan pemberian stimulasi psikososial, dan (5) menganalisis hubungan pengetahuan ibu tentang gizi dan tumbuh kembang anak serta