ABSTRACT

LINDA DWI JAYANTI. Clean and Healthy Lifestyle Behavior, and Balanced Nutrition Behavior of Mothers and it’s Relation to Nutritional Status and Health Status of Children Under Five Years in Bojonegoro. Supervised by YEKTI HARTATI EFFENDI and DADANG SUKANDAR

Childhood is a very important period and should be given serious attention because during this time the growth process occurs very rapidly. Malnutrition among children under five are affected by many factors, one of which is parenting and maternal nutrition behavior. The purpose of this study was to determine nutritional knowledge, clean and healthy lifestyle behavior, and balanced nutrition maternal behavior, as well as its relationship with nutritional status and children health. The research was conducted during March-April 2011 using population survey study design. The population in this study consist of all the children under five living in Campurejo rural, Bojonegoro city districts, while the samples in this study were all children recorded in posyandu selected villages. The respondents were mothers of toddlers who were selected as samples. The sampling technique used was stratified random sampling with proportional allocation. The results showed that most maternal nutrition knowledge was classified in the medium category. Based on the classification of clean and healthy lifestyle behaviors in the families, it is known that most families (60%) belong to the category healthy family 3 (with the medium category of clean and healthy lifestyle behavior implementation), and 40% were classified as healthy family 4 (with a good category of clean and healthy lifestyle behavior implementation). Meanwhile, 87.27% balanced nutrition behavior of mothers were classified into the good category. Most of the samples were classified as normal nutritional status, both based on weight/age, height/age, and weight/height index. Nevertheless, based on weight/age index there were still 1.82% samples which were included as poor nutrition. Almost all the samples had experienced illness over the last month, with an average frequency of illness 1-2 times a month, and the average duration of illness 1-3 days. Maternal nutrition knowledge was positively correlated with clean and healthy lifestyle behavior (p<0.05 and r=0.706), and also correlated with balanced nutrition behavior (p<0.05 and r=0.537). Clean and healthy lifestyle behavior was positively correlated with nutritional status of samples (p<0.05 and r=0.325), but didn’t correlate with the incidence of illness in the samples (p>0.05). Balanced nutrition maternal behavior didn’t correlate with the nutritional status of samples (p>0.05) and the incidence of illness in the samples (p>0.05).

Keyword: clean and healthy lifestyle behaviors, balanced nutrition behaviors, nutritional status, health status, children under five.