
An Overview of Maternal Knowledge on Nutritional Adequacy for Toddlers at Posyandu Cempaka 7, Cindaga Village, Kebasen Sub-District

Tuti Nurul Aini¹, Umi Solikhah¹

¹Faculty of Health Sciences, Universitas Muhammadiyah Purwokerto

ARTICLE INFO

Article history:

DOI:

[10.30595/pshms.v8i.1985](https://doi.org/10.30595/pshms.v8i.1985)

Submitted:

July 29, 2025

Accepted:

Sept 22, 2025

Published:

Oct 23, 2025

Keywords:

Maternal knowledge level;
Nutritional adequacy; Toddlers

ABSTRACT

In November 2024, Cindaga Village recorded 116 out of 754 toddlers as having inadequate nutritional intake, with the highest number located in Posyandu Cempaka 7. 15 out of 76 toddlers who attended the posyandu were identified as being at risk of or severely undernourished. Interviews with seven mothers revealed that five lacked knowledge regarding toddler nutritional adequacy, and most families reported income limited to daily needs. These findings prompted an investigation into maternal knowledge about toddler nutrition in the area. This study aimed to describe the level of maternal knowledge regarding nutritional adequacy for toddlers at Posyandu Cempaka 7, Cindaga Village, Kebasen Subdistrict, Banyumas Regency. A descriptive research design was employed, involving 83 mothers of toddlers as respondents at Posyandu Cempaka 7. The study revealed that 42.2% of mothers possessed good knowledge regarding toddler nutrition, 36.1% demonstrated moderate knowledge, and 21.7% showed limited understanding. These results indicate the need for enhanced nutrition education, particularly for mothers with moderate and low knowledge levels.

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).



Corresponding Author:

Umi Solikhah

Faculty of Health Sciences, Universitas Muhammadiyah Purwokerto
Soepardjo Rustam Street KM. 7, Banyumas, Indonesia

1. INTRODUCTION

Children under five are at high risk of malnutrition, especially in developing countries like Indonesia. Malnutrition among toddlers in Indonesia continues to increase compared to several other ASEAN countries. This is a serious concern for the government because malnutrition in toddlers has a significant impact on their growth and development. The link between malnutrition in toddlers and poverty cannot be ignored. Many poor families in Indonesia cannot afford to provide adequate nutrition for their children, making this a major factor contributing to malnutrition in toddlers. Therefore, the government must take action to address poverty in order to reduce the prevalence of malnutrition in toddlers (Fernández-Lázaro & Seco-Calvo, 2023)

The 2021 Indonesian Nutritional Status Study (SSGI) showed that stunting rates among toddlers in Indonesia reached 24.4%, underweight at 17.0%, overweight at 5.4%, and wasting at 7.1%. Considering the 2024 National Medium-Term Development Plan (RPJMN), which aims to reduce malnutrition, particularly stunting, this is a crucial goal to achieve. According to Widwiono, Head of the Central Java Representative Office of the National Population and Family Planning Agency (BKKBN), the prevalence of stunting in Central Java in 2022 was 20.8% (Rahmawati & Retnaningrum, 2022).

Based on data from the Kebasen Health Center, Kebasen District, in November 2024, the village that still had many toddlers with inadequate nutritional adequacy was in Cindaga Village, namely 116 out of 754 toddlers. In Cindaga Village itself, there are 15 integrated health posts (posyandu), but the most data on toddlers with inadequate nutritional adequacy is precisely in Posyandu Cempaka 7. The results of the data obtained are according to BB/U measurements in November, there were 15 toddlers with the risk category of malnutrition and very less from a total of 76 toddlers who came to Posyandu Cempaka 7. After conducting interviews with 7 parents of toddlers by asking about nutritional adequacy in toddlers, the results were 5 people did not know and 2 people already knew. When interviewed, the parents said that their income was only enough for daily food and knowledge about nutritional adequacy was still lacking, so that nutritional adequacy in toddlers had not been met. Based on this, the researcher is interested in conducting research with the title "Description of the Level of Mothers' Knowledge about Nutritional Adequacy in Toddlers at Posyandu Cempaka 7, Cindaga Village."

2. RESEARCH METHOD

The research design uses descriptive research. Descriptive research is a way to describe, explain, or illustrate research results (Swarjana, 2023). The toddler population in this study was entirely at Posyandu Cempaka 7, Cindaga Village, namely 105 toddlers based on posyandu data from November 2024. The sample taken in this study used the Slovin formula, where

$$n = \frac{N}{(1 + Ne^2)}$$

Where:

n = sample size

N = population size

e = level of accuracy used

² = power

$$\frac{105}{(1 + 105 \cdot 5\%^2)} = \frac{105}{(1 + 105 \cdot (0,0025))} = \frac{105}{1 + 0,2625} = 83$$

Based on the Slovin formula above, the sample size used in this study was 83 people. In this study, to determine the level of knowledge and nutritional status of children, several research instruments are needed, namely questionnaires.

3. RESULT AND DISCUSSION

This study aimed to determine the level of mothers' knowledge about nutritional adequacy for toddlers at the Cempaka 7 Integrated Health Post (Posyandu) in Cindaga Village, Kebasen District, Banyumas Regency. Respondents in this case study were 83 mothers of toddlers who visited the Cempaka 7 Integrated Health Post (Posyandu). The study was conducted on February 13, 2025, during routine Posyandu activities. The data obtained from this study are as follows:

a. Respondent Characteristics

The characteristics of the respondents in this study consisted of the mother's highest education level and parental income in the Cempaka 7 Integrated Health Post (Posyandu) area of Cindaga Village. The results are as follows:

Table 3.1 Characteristics of toddler parents

Characteristics of toddler parents		Frequency (f)	Presentation (%)
Education	Primary school	9	10.8
	Junior high school	26	31.3
	High school	44	53.0
	Bachelor's degree/diploma	4	4.8
	Income	Below minimum wage	59
	Above minimum	24	28.9
Total		83	100

Based on the research results listed in Table 3.1, the characteristics of the education level of mothers in the Cempaka 7 Integrated Health Post (Posyandu) area in Cindaga Village can be seen in the following indicators: elementary school education with a prevalence of 10.8%, junior high school with a prevalence of 31.3%, high school with a prevalence of 53%, and bachelor's/diploma with a prevalence of 4.8%. Therefore, it can be concluded that the majority of mothers of toddlers in the Cempaka 7 Integrated Health Post (Posyandu) area, Cindaga Village, have completed high school.

Based on the research results listed in Table 3.1, the characteristics of the income level of parents in the Cempaka 7 Integrated Health Post (Posyandu) area in Cindaga Village can be seen in the following indicators: below the minimum wage (UMR) with a prevalence of 71.1% and above the minimum wage with a prevalence of 28.9%. Therefore, it can be concluded that the income of parents of toddlers in the Cempaka 7 Integrated Health Post (Posyandu) area, Cindaga Village, is mostly below the minimum wage.

b. Description of Toddler Characteristics

The description of toddler characteristics in this study consisted of the toddler's age and gender in the Cempaka 7 Integrated Health Post (Posyandu) area of Cindaga Village. The results are as follows:

Table 3.2 Toddler characteristics

Toddler characteristics		Frequency (f)	Presentation (%)
Toddler gender	Female	43	51.8
	Male	40	48.2
Toddler age	0-6 months	9	10.8
	7-11 months	4	4.8
	12-36 months	27	32.5
	37-60 months	43	51.8
Total		83	100

The research results listed in Table 3.2 show that the gender characteristics of toddlers in the Cempaka 7 Integrated Health Post (Posyandu) area in Cindaga Village are 48.2% male and 51.8% female.

The research results listed in Table 3.2 show that the age characteristics of toddlers in the Cempaka 7 Integrated Health Post (Posyandu) area in Cindaga Village are 10.8% for 0-6 months, 4.8% for 7-11 months, 32.5% for 12-36 months, and 51.8% for 37-60 months.

c. Mothers' Knowledge of Toddler Nutritional Adequacy

Mothers' knowledge of toddler nutritional adequacy in the Cempaka 7 Integrated Health Post (Posyandu) area in Cindaga Village is presented in the following table:

Table 3.3 Knowledge level

Knowledge level	Frequency (f)	Presentation (%)
Good	35	42.2
sufficient	30	36.1
poor	18	21.7
Total	83	100

Based on the research results listed in table 3.3, it shows that from the table of characteristics of maternal knowledge about health and nutritional adequacy in the Posyandu Cempaka 7 area of Cindaga Village above, it can be seen according to the indicator of poor knowledge with a prevalence of 22.9%, sufficient knowledge with a prevalence of 36.1%, good knowledge with a prevalence of 41.0%. Mothers who have a good level of knowledge tend to already know about nutrition, nutritional needs in toddlers, the benefits of nutrition in toddlers, and a balanced menu for toddlers. Mothers who have a sufficient level of knowledge, they know about nutrition in toddlers but do not know about a balanced menu for toddlers. Meanwhile, mothers who have a low level of knowledge, they know about toddler nutrition, but are less aware of the benefits and a balanced menu for toddlers.

A mother's knowledge of good nutrition can influence her toddler's eating patterns, which in turn can impact their nutritional status. If a mother's understanding is adequate, she can choose and provide food to her toddler in terms of both quantity and quality, meeting their nutritional needs, which can ultimately impact their nutritional status (Rahayu et al., 2022).

A mother's greater understanding of health issues will significantly contribute to the prevention of nutritional problems in toddlers. This knowledge will shape mothers' attitudes, ultimately leading to a better understanding of how to meet their children's nutritional needs. Lack of nutritional knowledge can lead to a reduced ability to apply that information in daily life, which is one of the causes of malnutrition. However, if mothers have sufficient knowledge about how to manage their children's diets and maintain their health, malnutrition in toddlers can be avoided. Health promotion media, both print and electronic, as well as health workers, provide easy access to information. With technological advances, various types of mass media, such as radio, television, newspapers, and magazines, can influence public understanding of new innovations (Harahap, 2021).

4. CONCLUSION

Based on the results of the research and discussion that have been described, the conclusion in this study, based on the research that has been conducted regarding the Description of the Level of Mother's Knowledge about Nutritional Adequacy in Toddlers at Posyandu Cempaka 7, Cindaga Village in 2025, it can be concluded that most respondents have knowledge about nutrition in toddlers, namely more good categories with a total of 34 people with a prevalence of 41.0%, sufficient categories as many as 30 people with a prevalence of 36.1%, less categories as many as 19 people with a prevalence of 22.9%.

REFERENCES

- Berlina, E. (2021a). *Skripsi Faktor Yang Mempengaruhi Status Gizi Pada Balita Di Posyandu Desa Semen Kecamatan Paron Kabupaten Ngawi Oleh : Eva Berlina Nim 201702013 Program Studi Keperawatan Stikes Bhakti Husada Mulia Madiun Tahun 2021*.
- Berlina, E. (2021b). *Skripsi Faktor Yang Mempengaruhi Status Gizi Pada Balita Di Posyandu Desa Semen Kecamatan Paron Kabupaten Ngawi Oleh : Eva Berlina Nim 201702013 Program Studi Keperawatan Stikes Bhakti Husada Mulia Madiun Tahun 2021*.
- Candra Susanto, P., Ulfah Arini, D., Yuntina, L., Panatap Soehaditama, J., & Nuraeni, N. (2024). Konsep Penelitian Kuantitatif: Populasi, Sampel, dan Analisis Data (Sebuah Tinjauan Pustaka). *Jurnal Ilmu Multidisiplin*, 3(1), 1–12. <https://doi.org/10.38035/jim.v3i1.504>
- Cheikh Ismail, L., Al Dhaheri, A. S., Ibrahim, S., Ali, H. I., Chokor, F. A. Z., O'Neill, L. M., Mohamad, M. N., Kassis, A., Ayesh, W., Kharroubi, S., & Hwalla, N. (2022). Nutritional status and adequacy of feeding Practices in Infants and Toddlers 0-23.9 months living in the United Arab Emirates (UAE): findings from the feeding Infants and Toddlers Study (FITS) 2020. *BMC Public Health*, 22(1), 319. <https://doi.org/10.1186/s12889-022-12616-z>
- Dwi Pratiwi, T., Masrul, M., & Yerizel, E. (2020). Hubungan Pola Asuh Ibu dengan Status Gizi Balita di Wilayah Kerja Puskesmas Belimbing Kota Padang. *Jurnal Kesehatan Andalas*, 5(3). <https://doi.org/10.25077/jka.v5i3.595>
- Gannika, L. (2023). Hubungan Status Gizi dengan Tumbuh Kembang Pada Anak Usia 1-5 Tahun : Literature Review. *Jurnal Ners*, 7(1), 668–674. <https://doi.org/10.31004/jn.v7i1.14198>
- Harahap, D. (2021). *Gambaran Tingkat Pengetahuan Ibu Tentang Gizi Seimbang Pada Balita Di Desa Pagar Gunung*.
- Hastoety, S. P., Wardhani, N. K., Sihadi, S., Sari, K., Kumala Putri, D. S., Rachmalina, R., Utami, N. H., Susilawati, M. D., Chitijani, R., & Febriani, F. (2020). Disparitas Balita Kurang Gizi di Indonesia. *Media Penelitian Dan Pengembangan Kesehatan*, 28(3), 201–210. <https://doi.org/10.22435/mpk.v28i3.219>
- Kartika, A. P. D., Adi, S., Ratih, S. P., & Gayatri, R. W. (2023). Pengaruh Pengetahuan dan Sikap terhadap Perilaku Ibu dalam Pemberian Imunisasi Dasar Lengkap pada Bayi di Indonesia: Literature Review. *Sport Science and Health*, 5(4), 353–363. <https://doi.org/10.17977/um062v5i42023p353-363>
- kemenkes. (2024, June 28). *isi piringku, panduan kebutuhan gizi seimbang haria*. Ayosehat.Kemkes.
- Khotimah, H., Nurseha, N., Pertasari, R. M. Y., Subagio, S. U., & Trikawati, T. (2023). Penguatan Keanekaragaman Pangan berbasis Kearifan Lokal sebagai Upaya Mencegah Stunting pada Balita. *Jurnal Pengabdian Pada Masyarakat*, 8(4), 925–933. <https://doi.org/10.30653/jppm.v8i4.558>
- Naftalika Prilly. (2023, November 2). *Tingkatan, Sumber, dan Jenis - Jenis Pengetahuan*. Kompasiana.Com.

- Rahayu, T. H. S., Suryani, R. L., & Utami, T. (2022). Gambaran Tingkat Pengetahuan Ibu Tentang Stunting Pada Balita Di Desa Kedawung Kecamatan Susukan Kabupaten Banjarnegara. *Borneo Nursing Journal (BNJ)*, 4(1), 10–17. <https://doi.org/10.61878/bnj.v4i1.44>
- Rahman, E. (2020). *Faktor-Faktor yang Mempengaruhi Status Gizi pada Balita Usia 0-59 Bulan di Desa Munjul wilayah kerja Puskesmas Ciambar Kecamatan Ciambar Kabupaten Sukabumi*.
- Rahmawati, W., & Retnaningrum, D. N. (2022). The Role of Mothers Knowledge Regarding Nutritional Needs of Toddlers Nutritional Status. *Jurnal MID-Z (Midwivery Zigot) Jurnal Ilmiah Kebidanan*, 5(2), 139–143. <https://doi.org/10.56013/jurnalmidz.v5i2.1638>
- Saidin, & Jailani, M. S. (2023). Memahami Etika Dalam Penelitian Ilmiah. *Jurnal QOSIM Jurnal Pendidikan Sosial & Humaniora*, 1(1), 24–29. <https://doi.org/10.61104/jq.v1i1.51>
- Siringoringo, E. T., Syauqy, A., Panunggal, B., Purwanti, R., & Widyastuti, N. (2020). *Karakteristik Keluarga Dan Tingkat Kecukupan Asupan Zat Gizi Sebagai Faktor Risiko Kejadian Stunting Pada Baduta*. <http://ejournal3.undip.ac.id/index.php/jnc/>
- Sumartini, E. (2022). Studi Literatur : Riwayat Penyakit Infeksi Dan Stunting Pada Balita. *Jurnal Kesehatan Mahardika*, 9(1), 55–62. <https://doi.org/10.54867/jkm.v9i1.101>
- Swarjana, I. K. (2023). *Metodologi Penelitian Kesehatan* (1st ed.). ANDIAnggotaIKAPIYogyakarta.
- Verizarie Rhandy. (2020, February 28). *Kebutuhan Gizi Anak Sesuai Usia (Panduan Lengkap)*. Doktersehat.