

## ABSTRAK

Stunting yaitu sebuah kondisi di mana tinggi badan yang dimiliki oleh seorang anak lebih rendah dari rata-rata untuk usianya yang disebabkan nutrisi yang kurang dalam waktu yang lama. Ibu dengan pengetahuan yang baik adalah hal utama karena secara langsung memengaruhi sikap dan perilaku ibu dalam merawat keluarga, yang pada akhirnya sangat berefek terhadap status kesehatan dan tumbuh kembang anak, termasuk pencegahan stunting. Tujuan: mengetahui Hubungan Pengetahuan Ibu terhadap Kejadian Stunting di Wilayah Kecamatan Sogae'adu Kabupaten Nias. Metode: Dalam penelitian ini adalah kuantitatif dengan pendekatan cross-sectional, jumlah sampel 30 responden. Hasil: terdapat hubungan pengetahuan ibu terhadap kejadian stunting pada balita di wilayah kerja Puskesmas Sogae'adu tahun 2026 dengan nilai  $p=0,001 < 0,005$

Kata Kunci : Pengetahuan ; Gizi ; Ibu ; Stunting

## ABSTRACT

**Background:** *Stunting is a condition where a child's height is lower than the average for their age due to long-term chronic nutritional deficiency. Maternal knowledge is a primary factor as it directly influences maternal attitudes and behaviors in family care, which ultimately impacts the health status and growth of the child, including stunting prevention.* **Objective:** *This study aims to determine the relationship between maternal knowledge and the incidence of stunting in Sogae'adu District, Nias Regency.* **Methods:** *This study is a quantitative research with a cross-sectional approach, involving a sample of 30 respondents. The study was conducted in the working area of the Sogae'adu Health Center. Data were analyzed using univariate and bivariate analysis.* **Results:** *The findings indicate a significant relationship between maternal knowledge and the incidence of stunting among toddlers in the Sogae'adu Health Center area in 2026.* **Conclusion:** *The level of maternal knowledge is correlated with stunting incidence; therefore, strengthening nutritional education for mothers in Sogae'adu District is necessary to effectively reduce stunting rates with  $p=0,001 < 0,005$*

**Keywords:** *Knowledge; Nutrition; Mother; Stunting.*