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**Judul : Hubungan Tingkat Pengetahuan Dan Sikap Terhadap Upaya Pencegahan Stunting
Pada Remaja Putri SMK Budhi Warman 1**

ABSTRAK

Latar Belakang: Stunting masih menjadi masalah besar di Indonesia dan dunia, yang pencegahannya bisa dimulai dari usia remaja dengan pendidikan tentang parenting, kesehatan, dan makan seimbang. Masalah gizi remaja, seperti gizi pendek, kurus, gemuk, dan obesitas, mempengaruhi status gizi remaja putri yang sering rendah dan dapat menyebabkan stunting. Untuk mencegahnya, remaja perlu diberi informasi dini tentang pentingnya menjaga pola makan seimbang dan mengonsumsi tablet darah. **Tujuan Penelitian:** Mengetahui Hubungan tingkat pengetahuan dan sikap terhadap upaya pencegahan stunting pada remaja putri SMK Budhi Warman 1. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross sectional*. Sampel yang digunakan dalam penelitian sebanyak 104 remaja putri menggunakan total sampling. **Hasil:** penelitian ini mayoritas usia yang terbanyak usia remaja akhir 17-18 tahun dengan kategori status gizi yang terbanyak status gizi normal dan responden terbanyak pada variabel tingkat pengetahuan yaitu tingkat pengetahuan kurang, responden terbanyak pada variabel sikap adalah sikap positif, responden terbanyak pada variabel upaya pencegahan stunting pada remaja adalah upaya pencegahan stunting kurang dan terdapat hubungan yang antara Tingkat pengetahuan dan Sikap Terhadap Upaya pencegahan stunting pada remaja putri SMK Budi Warman 1. **Kesimpulan:** Remaja diharapkan menyadari pentingnya pencegahan stunting sejak dini dengan memperbaiki nutrisi, menjaga gizi seimbang, dan mengonsumsi tablet penambah darah 1x seminggu, agar menjadi ibu yang sehat dan melahirkan generasi berkualitas di masa depan.

Kata Kunci : Remaja putri, Tingkat pengetahuan, Sikap, Upaya pencegahan stunting.

Daftar Pustaka : 88 Daftar Pustaka (2014 – 2024)

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Title : The Relationship between Knowledge Level and Attitudes towards Stunting Prevention Efforts For Young Women at Budhi Warman 1 Vocational School

ABSTRACT

Background: Stunting is still a big problem in Indonesia and the world, prevention of which can start from adolescence with education about parenting, health and balanced eating. Adolescent nutritional problems, such as undernutrition, thinness, fatness and obesity, affect the nutritional status of adolescent girls, which is often low and can cause stunting. To prevent this, teenagers need to be given early information about the importance of maintaining a balanced diet and taking blood tablets. **Objective:** The aim of this research is to determine the relationship between levels of knowledge and attitudes towards efforts to prevent stunting among teenagers at Budhi Warman 1 Vocational School. **Method:** This research uses a quantitative approach with a cross sectional design. The sample used in the research was 104 respondents using total sampling. **Result:** In this study, the majority of the majority were late adolescents aged 17-18 years with the highest nutritional status category being normal nutritional status and the largest number of respondents in the level of knowledge variable, namely the level of lack of knowledge, the most respondents in the attitude variable were positive attitudes and the largest number of respondents in the effort variable. preventing stunting in adolescents is a lack of stunting prevention efforts and there is a significant relationship between the level of knowledge and attitudes towards efforts to prevent stunting in adolescent girls at Budi Warman Vocational School 1. **Conclusion:** Teenagers are expected to realize the importance of preventing stunting from an early age by improving nutrition, maintaining balanced nutrition, and consuming blood-boosting tablets once a week, in order to become healthy mothers and give birth to a quality generation in the future.

Keywords: Adolescent girls, level of knowledge, attitude, efforts to prevent stunting.

Bibliography: 88 pieces (2014 – 2024)