

Annisa Syifaul Qolbiyah. 2026. *Pemahaman Orang Tua tentang Pemenuhan Gizi Anak Usia Dini melalui Bekal Makanan di TK Se-Kecamatan Karanggeneng Kabupaten Lamongan*. Skripsi, Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Jurusan Ilmu Pendidikan, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Trunojoyo Madura. Pembimbing: Ajeng Rizki Safira, S.Pd., M.Pd.

ABSTRAK

Penelitian ini dilatarbelakangi oleh rendahnya kualitas bekal makanan anak di TK se-Kecamatan Karanggeneng, Kabupaten Lamongan, yang mengindikasikan adanya kesenjangan antara program gizi pemerintah daerah (GELAS CANTING) dengan pemahaman orang tua dalam menyediakan bekal bergizi seimbang. Penelitian ini bertujuan untuk mendeskripsikan tingkat pemahaman orang tua tentang pemenuhan gizi anak usia dini melalui bekal makanan di TK se-Kecamatan Karanggeneng Kabupaten Lamongan. Penelitian ini menggunakan pendekatan kuantitatif deskriptif dengan instrumen kuesioner tertutup (56 butir, Skala Guttman). Pengambilan sampel dilakukan menggunakan teknik cluster random sampling dengan rumus Slovin ($e=5\%$) dari populasi 981 orang tua/wali murid di 33 TK, menghasilkan sampel sebanyak 284 responden dari 10 lembaga TK terpilih. Uji validitas menggunakan pendekatan expert judgment ($V_{ah} = 80,5\%$, kategori Valid) dan uji reliabilitas menggunakan Kuder-Richardson 20 ($KR-20 = 0,787$, kategori cukup reliabel). Seluruh tujuh indikator pemahaman Taksonomi Anderson & Krathwohl berada dalam kategori Rendah, yaitu: Menafsirkan (42,0%), Mencontohkan (43,2%), Mengklasifikasikan (43,8%), Meringkas (42,5%), Menyimpulkan (46,6%), Membandingkan (43,0%), dan Menjelaskan (44,4%). Dengan demikian, hipotesis nol (H_0) diterima dan hipotesis alternatif (H_a) ditolak.

Kata Kunci: *Pemahaman orang tua, gizi seimbang, bekal makanan, anak usia dini*

Annisa Syifaul Qolbiyah. 2026. Parents' Understanding of Early Childhood Nutrition Fulfillment Through Packed Meals at Kindergartens in Karanggeneng District, Lamongan Regency. Undergraduate Thesis, Early Childhood Education Teacher Study Program, Department of Educational Sciences, Faculty of Teacher Training and Education, Universitas Trunojoyo Madura. Supervisor: Ajeng Rizki Safira, S.Pd., M.Pd.

ABSTRACT

This research was motivated by the low quality of packed lunches brought by children to kindergartens (TK) throughout Karanggeneng District, Lamongan Regency, indicating a gap between the local government's nutrition program (GELAS CANTING) and parents' understanding of providing nutritionally balanced packed meals. This study aims to describe the level of parental understanding regarding early childhood nutrition fulfillment through packed meals at kindergartens in Karanggeneng District, Lamongan Regency. This study employed a descriptive quantitative approach using a closed questionnaire (56 items, Guttman Scale) and an open questionnaire (7 questions). Sampling was conducted using cluster random sampling with the Slovin formula ($e=5\%$) from a population of 981 parents/guardians across 33 kindergartens, yielding a sample of 284 respondents from 10 selected institutions. Validity was assessed through expert judgment ($V_{ah} = 80.5\%$, Valid category) and reliability was measured using Kuder-Richardson 20 ($KR-20 = 0.787$, sufficiently reliable category). All seven comprehension indicators based on Anderson & Krathwohl's Taxonomy fell within the Low category, namely: Interpreting (42.0%), Exemplifying (43.2%), Classifying (43.8%), Summarizing (42.5%), Inferring (46.6%), Comparing (43.0%), and Explaining (44.4%). Accordingly, the null hypothesis (H_0) is accepted and the alternative hypothesis (H_a) is rejected.

Keywords: *Parents' understanding, balanced nutrition, packed meals, early childhood*