

ABSTRAK

Safira Cindra Ardina (2018), Pengaruh Edukasi MPASI dengan Buku Saku Terhadap Pengetahuan, Sikap Ibu dan Tingkat Konsumsi (Energi, Protein dan Zinc) Pada Baduta Stunting Usia 6-24 Bulan di Desa Sumbergepoh Kecamatan Lawang Kabupaten Malang. (Dibawah bimbingan I Dewa Nyoman Supriasa, MPS dan Hasan Aroni, SKM, MPH)

Jumlah prevalensi anak sangat pendek atau *stunting* di desa Sumbergepoh Kecamatan Lawang Kabupaten Malang pada tahun 2017 sebesar 39,5%. Tujuan dari penelitian ini adalah mengetahui pengaruh edukasi dengan media buku saku terhadap pengetahuan dan sikap ibu tentang MP-ASI serta tingkat konsumsi (energi, protein dan zinc) pada baduta usia 6-24 bulan di Desa Sumbergepoh Kecamatan Lawang Kabupaten Malang. Metode Penelitian ini menggunakan pre experimental dengan desain penelitian pre dan post test one grup desain. Penelitian ini dilaksanakan di desa Sumbergepoh Kecamatan Lawang Kabupaten Malang pada bulan November-Desember 2017. Pemilihan sampel dilakukan dengan cara sampling jenuh. Hasil penelitian menunjukkan bahwa edukasi MPASI dengan buku saku memberikan pengaruh yang signifikan terhadap pengetahuan dan sikap ibu baduta *stunting* masing-masing sebesar ($p=0,002$) dan ($p=0,018$). Edukasi MPASI dengan buku saku memberikan pengaruh yang signifikan terhadap tingkat konsumsi energi ($p=0,001$), tingkat konsumsi protein ($p=0,014$) dan tingkat konsumsi *zinc* ($p=0,001$). Perlu dilakukan penelitian lebih lanjut mengenai pengaruh edukasi MPASI dan pengembangan media buku saku sebagai alat bantu pembelajaran serta keaktifan Dinas Kesehatan dalam pengembangan program promosi tentang pencegahan *stunting* di Desa Sumbergepoh Kecamatan Lawang Kabupaten Malang dan berbagai daerah yang masih banyak terdapat anak dengan status gizi *stunting*.

Kata Kunci : Edukasi MPASI, Buku Saku, Pengetahuan, Sikap, Tingkat Konsumsi Energi, Protein, Zinc.

ABSTRACT

Safira Cindra Ardina (2018), Effect of MPASI Education with Pocket Books on Knowledge, Mother's Attitudes and Consumption Levels (Energy, Protein and Zinc) on Stunting Children Ages 6-24 Months in Sumberngepoh Village, Lawang District, Malang Regency. **(Under the guidance of I Dewa Nyoman Supariasa, MPS and Hasan Aroni, SKM, MPH)**

The number of child prevalence is very short or stunting in Sumberngepoh village, Lawang District, Malang Regency in 2017 at 39.5%. The purpose of this study was to determine the effect of education with the media of pocket books on maternal knowledge and attitudes about MP-ASI as well as the level of consumption (energy, protein and zinc) in children aged 6-24 months in Sumberngepoh Village, Lawang District, Malang Regency. This research method uses pre experimental design with pre and post test one design group. This research was carried out in Sumberngepoh Village, Lawang District, Malang Regency in November-December 2017. Sampling was done by saturated sampling. The results showed that MPASI education with a pocket book had a significant influence on mother's knowledge and attitudes of baduta stunting respectively ($p = 0.002$) and ($p = 0.018$). MPASI education with a pocket book has a significant effect on the level of energy consumption ($p = 0.001$), the level of protein consumption ($p = 0.014$) and the level of zinc consumption ($p = 0.001$). Further research is needed on the effect of MPASI education and the development of pocket book media as learning aids and activeness of the Health Office in the development of promotional programs on prevention of stunting in Sumberngepoh Village, Lawang District, Malang Regency and various areas where there are still many children with stunting.

Keywords: MPASI Education, Pocket Book, Knowledge, Attitude, Energy Consumption Level, Protein, Zinc.