

ABSTRAK

Stunting adalah kondisi gagal tumbuh pada anak balita akibat kekurangan gizi kronis sehingga anak terlalu pendek untuk usianya. Pendampingan gizi adalah kegiatan dukungan dan layanan bagi keluarga agar dapat mencegah dan mengatasi masalah gizi anggota keluarganya. Tujuan penelitian ini adalah mengetahui pengaruh pendampingan gizi terhadap praktik ibu dalam pemberian makan dan tingkat konsumsi protein, zat besi, vitamin A balita *stunting* usia 6 – 59 bulan di Desa Kuwolu Kecamatan Bululawang, Kabutapen Malang.

Penelitian ini merupakan penelitian dengan jenis *quasi eksperimen* dengan rancangan Two Group *Pre-test dan Post-test design*. Jumlah sampel yaitu 11 orang pada kelompok intervensi dan 11 orang pada kelompok kontrol. Kelompok intervensi adalah ibu balita yang diberi pendampingan gizi sedangkan kelompok kontrol tidak diberi pendampingan gizi. Pendampingan gizi dilakukan sebanyak 9 kali kunjungan dalam waktu 6 minggu. Variabel yang diteliti adalah praktik ibu dalam pemberian makan balita, tingkat konsumsi protein, zat besi dan vitamin A. Pengumpulan data dilakukan dengan observasi dan wawancara dengan bantuan *observation list* dan form *food recall 24 jam*. Analisis data menggunakan *Paired t test* atau *Independent t test* dengan sebaran data normal dan *Wilcoxon* atau *U-Mann Whitney* dengan sebaran data tidak normal.

Pada kelompok pendampingan, terdapat terdapat perbedaan skor praktik ibu, tingkat konsumsi protein, zat besi, vitamin A balita *stunting* sebelum dan setelah pendampingan gizi. Pada kelompok kontrol, tidak terdapat perbedaan skor praktik ibu, tingkat konsumsi zat besi dan vitamin A sebelum dan setelah pendampingan gizi. Namun, terdapat perbedaan tingkat konsumsi protein sebelum dan setelah pendampingan gizi pada kelompok kontrol. Terdapat perbedaan praktik ibu, tingkat konsumsi zat besi dan vitamin A setelah pendampingan gizi pada kelompok pendampingan dan kelompok kontrol, namun tidak terdapat perbedaan tingkat konsumsi protein setelah pendampingan gizi pada kelompok pendampingan dan kelompok kontrol. Kesimpulan dari penelitian ini adalah terdapat pengaruh pendampingan gizi terhadap praktik ibu dalam pemberian makan balita serta tingkat konsumsi protein, zat besi dan vitamin A balita *stunting* di Desa Kuwolu, Kecamatan Bululawang, Kabupaten Malang.

Kata kunci : Praktik ibu dalam pemberian makan, tingkat konsumsi zat gizi, *stunting*

ABSTRACT

Stunting is a condition of failure to thrive in children under five due to chronic malnutrition so children are too short for their age. Nutrition assistance is an activity of support and service for families in order to prevent and overcome nutritional problem of family members. The purpose of this study was to determine the effect of nutritional assistance on the practice of mothers in feeding and the level of consumption of protein, iron, vitamin A stunting toddlers aged 6 - 59 months in Kuwolu Village, Bululawang District, Malang Kabutapen.

This research is a quasi-experimental type study with the design of the Two Group Pre-test and Post-test design. The number of samples is 11 people in the intervention group and 11 people in the control group. The intervention group was a stunting toddler mother who was given nutrition assistance while the control group was not given nutritional assistance. Nutrition assistance was carried out in 9 visits within 6 weeks. The variables studied were the practice of mothers in feeding toddlers, the level of consumption of protein, iron and vitamin A. Data collection was carried out by observation and interviews with the help of observation list and 24-hour food recall form. Data analysis using Paired t test or Independent t test with normal data distribution and Wilcoxon or U-Mann Whitney with abnormal data distribution.

In the mentoring group, there were differences in maternal practice scores, levels of consumption of protein, iron, stunting vitamin A toddlers before and after nutrition assistance. In the control group, there were no differences in maternal practice scores, consumption levels of iron and vitamin A before and after nutritional assistance. However, there were differences in the level of protein consumption before and after nutritional assistance in the control group. There were differences in maternal practices, iron and vitamin A consumption levels after nutritional assistance in the mentoring group and the control group, but there was no difference in the level of protein consumption after nutritional assistance in the mentoring and control groups. The conclusion of this study is that there is the effect of nutritional assistance on the practice of mothers in toddler feeding as well as the level of consumption of protein, iron and vitamin A stunting toddlers in Kuwolu Village, Bululawang District, Malang Regency.

Keywords: Maternal practice in feeding, level of consumption of nutrients, stunting