

ABSTRAK

FRANSISKA RINGGA ANGGI PUTRI VIERTANTY, 2019. *Pengaruh Konseling Gizi Seimbang terhadap Perilaku Ibu, Pola Makan, Tingkat Konsumsi Energi dan Protein serta Pertumbuhan Berat Badan Balita Gizi Kurang di Desa Ngajum Kecamatan Ngajum Kabupaten Malang.* Karya Tulis Ilmiah, Jurusan Gizi Politeknik Kesehatan Kemenkes Malang. Pembimbing : **ASTUTIK PUDJIRAHAJU**

Kasus gizi kurang di Desa Ngajum Kecamatan Ngajum Kabupaten Malang berdasarkan hasil *Baseline* 2018 menunjukkan sebesar 25%. Tujuan dari penelitian ini menganalisis pengaruh konseling gizi seimbang terhadap perilaku ibu, pola makan, tingkat konsumsi energi dan protein serta pertumbuhan berat badan balita gizi kurang di Desa Ngajum Kecamatan Ngajum Kabupaten Malang. Metode penelitian menggunakan pre eksperimental dengan desain penelitian *one group pre-test post-test design*. Penelitian ini dilaksanakan di Desa Ngajum Kecamatan Ngajum Kabupaten Malang pada bulan April - Mei 2019. Populasi penelitian 28 balita gizi kurang dan sampel penelitian 8 balita yang memenuhi kriteria inklusi dan eksklusi. Teknik sampling yang digunakan yaitu *purposive sampling*. Hasil penelitian menunjukkan bahwa konseling gizi seimbang memberikan pengaruh yang signifikan terhadap pengetahuan ibu ($p=0,011$) dan tingkat konsumsi protein ($p=0,012$), sedangkan konseling gizi seimbang memberikan pengaruh tidak signifikan terhadap sikap ibu ($p=0,317$), keterampilan ibu ($p=0,317$), tingkat konsumsi energi ($p=0,327$) dan pertumbuhan berat badan balita ($p=0,159$). Konseling gizi seimbang meningkatkan pengetahuan gizi ibu 15%, sikap ibu 0,83%, keterampilan ibu 4,68%, pola makan pada kelompok padi-padian 4,27%, umbi-umbian 2,29%, minyak dan lemak 2,93%, buah/biji berminyak 0,10%, kacang-kacangan 4,56%, sayur dan buah 0,43%, gula 1,30%, tingkat konsumsi energi 15,8%, tingkat konsumsi protein 31,29% serta berat badan 0,33%. Pola makan balita menunjukkan perubahan, namun peningkatan pola makan yang terjadi masih belum memenuhi standar yaitu dalam kategori sangat kurang. Diperlukan upaya pendampingan dalam waktu 3 bulan dengan memberikan edukasi disertai praktek pemberian makan yang baik pada balita sehingga sikap dan keterampilan ibu dapat meningkat.

Kata kunci: konseling gizi seimbang, pengetahuan, sikap, keterampilan, pola makan, tingkat konsumsi energi dan protein, berat badan.

ABSTRACT

FRANSISKA RINGGA ANGGI PUTRI VIERTANTY, 2019. The Influence of Balanced Nutritional Counseling on Mother's Behavior, Diet, The Level of Energy and Protein Consumption and The Growth in Weight of Malnourished Toddlers in Ngajum Village, Ngajum District, Malang Regency. Mentor: **ASTUTIK PUDJIRAHAJU**

Underweight cases in Ngajum Village, Ngajum District, Malang Regency based on the Baseline in 2018 was 25%. The purpose of this research was to analyze the influence of balanced nutritional counseling on mother's behavior, diet, the level of energy and protein consumption and the growth in weight of malnourished toddlers in Ngajum Village, Ngajum District, Malang Regency. The research method used pre-experimental research design with one group pre-test post-test design. This research was conducted in Ngajum Village, Ngajum District, Malang Regency in April - May 2019. The population of the research was 28 under-nutrition toddlers and 8 toddlers who complete the inclusion and exclusion criteria. The sampling technique used was purposive sampling. The results showed that balanced nutritional counseling had a significant effect on mother's knowledge ($p=0,011$) and protein consumption level ($p=0,012$), while balanced nutritional counseling had an insignificant effect on mother's attitudes ($p=0,317$), mother's skills ($p=0,317$), energy consumption level ($p=0,327$) and the growth in toddler weight ($p=0,159$). Nutrition counseling increases mother's knowledge 15%, mother's attitudes 0,83%, mother's skills 4,68%, diet in the cereal group 4,27%, tubers 2,29%, oil and fat 2,93%, oily fruit and seeds 0,10%, nuts 4,56%, vegetables and fruits 0,43%, sugar 1,30%, energy consumption level 15,8%, protein consumption level 31,29% and weight 0,33%. The diet of toddlers shows a change, but the increase in eating patterns that occur still do not meet the standards, namely in the very less category. Assistance efforts are needed within 3 months by providing education along with good feeding practices for toddlers so that mother's attitudes and skills can improve.

Keywords: balanced nutritional counseling, knowledge, attitude, skill, diet, energy and protein consumption levels, body weight.