

## ABSTRAK

**Intan Azizah, 2020.** *Pengaruh Konseling Gizi dengan Media Booklet terhadap Tingkat Pengetahuan dan Tingkat Konsumsi Ibu Hamil dalam Rangka Pencegahan Balita Stunting di Kelurahan Samaan Kota Malang.* Laporan Tugas Akhir, Jurusan Gizi Politeknik Kesehatan Kemenkes Malang.

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Angka kejadian balita *stunting* kembali menjadi masalah gizi terbesar di Kota Malang dibandingkan dengan balita berat kurang 15,6% dan kurus 9,5%. Menurut data laporan gizi puskesmas Rampal Celaket Kota Malang pada tahun 2019 angka *stunting* mencapai 13,85%. Selanjutnya menurut cakupan di seluruh Kota Malang angka *stunting* sebesar 19,7% artinya kejadian *stunting* meningkat dan masih tinggi di Kota Malang. Tujuan dari penelitian ini mengetahui tingkat pengetahuan ibu hamil sebelum dan sesudah diberi konseling gizi dengan media *booklet*, perbedaan tingkat pengetahuan ibu hamil sebelum dan sesudah konseling gizi dengan media *booklet*, mengetahui tingkat konsumsi ibu hamil sebelum dan sesudah diberi konseling gizi dengan media *booklet*, mengetahui perbedaan tingkat konsumsi ibu hamil sebelum dan sesudah konseling gizi dengan media *booklet*, mengetahui pengaruh konseling gizi dengan media *booklet* terhadap tingkat pengetahuan dan tingkat konsumsi ibu hamil untuk pencegahan balita *stunting*. Metode penelitian menggunakan *pre-experiment* dengan desain *one group pre test post test*. Penelitian ini dilaksanakan di Kelurahan Samaan Kota Malang pada bulan Januari-Februari 2020. Populasi penelitian 6 ibu hamil dengan usia kehamilan trimester I sampai II sampel penelitian 6 ibu hamil yang tergolong usia kehamilan trimester I sampai II. Teknik sampling yang digunakan yaitu *non-probability sampling*. Hasil penelitian menunjukkan bahwa konseling gizi dengan media *booklet* memberikan pengaruh yang signifikan terhadap tingkat pengetahuan ibu hamil ( $p=0,020$ ) dan tidak ada pengaruh yang signifikan terhadap tingkat konsumsi energi, protein, dan zat besi ibu hamil ( $p=0,116$ ), ( $p=0,293$ ), ( $p=0,345$ ). Konseling gizi meningkatkan pengetahuan ibu hamil sebesar (26,65) dan rata-rata tingkat konsumsi energi (9,6), protein (14,5), zat besi (8,6). Meskipun rata-rata tingkat konsumsi energi, protein dan zat besi menunjukkan peningkatan, namun peningkatan yang terjadi masih belum memenuhi standar AKG yaitu dalam kategori defisit berat. Diperlukan konseling gizi dengan waktu kunjungan yang lebih lama dan rutin serta menggunakan pengukuran kualitatif dan kuantitatif untuk melihat tingkat konsumsi yang lebih akurat.

**Kata Kunci :** konseling gizi, *booklet*, tingkat pengetahuan, tingkat konsumsi

## ABSTRACT

**Intan Azizah, 2020.** *The Effect of Nutrition Counseling with Booklet Media on Knowledge Level and Consumption Level of Pregnant Women in Prevention of Stunting Toddler in Samaan, Malang City.* Final Project Report, Department of Nutrition, Health Polytechnic of the Ministry of Health Malang.

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The incidence of toddler *stunting* back into the biggest nutritional problem in Malang compared with infants weighing less 15.6% and 9.5% underweight. According to the nutrition report data at the Malang City Rampal Celaket puskesmas in 2019 the rate *stunting* reached 13.85%. Furthermore, according to coverage throughout Malang City, the *stunting* rate was 19.7%, meaning that the incidence of *stunting* was increasing and still high in Malang City. The purpose of this study was to determine the level of knowledge of pregnant women before and after being given nutritional counseling with media *booklet*, differences in the level of knowledge of pregnant women before and after nutritional counseling with media *booklet*, knowing the level of consumption of pregnant women before and after being given nutritional counseling with media *booklet*, knowing the differences consumption level of pregnant women before and after nutritional counseling with media *booklet*, knowing the effect of nutritional counseling with media *booklet* on the level of knowledge and consumption level of pregnant women to prevent under five *stunting*. The research method used *pre-experiment* with *one group pre test post test design*. This research was conducted in Samaan, Malang City in January-February 2020. The study population was 6 pregnant women with a pregnancy age of the first to second trimesters of the study sample of 6 pregnant women belonging to the first trimester of pregnancy. The sampling technique used was *non-probability sampling*. The results showed that nutritional counseling using media *booklet* had a significant effect on the knowledge level of pregnant women ( $p = 0.020$ ) and there was no significant effect on the level of energy, protein, and iron consumption of pregnant women ( $p = 0.116$ ), ( $p = 0.293$ ), ( $p = 0.345$ ). Nutrition counseling increases the knowledge of pregnant women by (26.65) and the average level of energy consumption (9.6), protein (14.5), and iron (8.6). Although the average level of energy, protein and iron consumption shows an increase, the increase has not yet met the RDA standard, namely in the weight deficit category. Nutritional counseling with longer and regular visit times and using qualitative and quantitative measurements is needed to see a more accurate level of consumption.

**Keywords:** nutritional counseling, *booklets*, level of knowledge, level of consumption