

ABSTRACT

Dian Lestari Putri Manggini. 2020. Perbedaan Pengetahuan, Sikap Ibu dan Tingkat Konsumsi Energi dan Protein pada Balita Stunting Usia 6-59 Bulan Sebelum dan Sesudah Pendampingan Gizi dengan Media Booklet dan Tanpa Media Booklet di Desa Kucur Kecamatan Dau Kabupaten Malang. Karya tulis ilmiah, prgram stufi DIII Gizi Malang, Jurusan Gizi, Politeknik Kesehatan Kemenkes Malang. Dibawah bimbingan **B. Doddy Riyadi, SKM. MM.**

Asupan makanan yang tidak seimbang, berkaitan dengan kandungan zat gizi dalam makanan yaitu karbihidrat, protein, lemak, mineral, vitamin dan air merupakan salah satu faktor yang dikaitkan dengan terjadinya stunting (UNICEF,2007). Pendampingan gizi merupakan kegiatan layanan bagi keluarga dapat mencegah dan mengatasi masalah gizi anggota keluarganya. Kegiatan pendampingan ini dapat ditunjang dengan berbagai media, salah satunya dengan media booklet. Tujuan dari penelitian ini adalah untuk mempelajari pendampingan gizi pada balita stunting usia 6-59 bulan dengan media booklet terhadap pengetahuan dan sikap ibu tentang pemberian makan, tingkat konsumsi energi dan protein sebelum dan sesudah pendambpingan gizi di Desa Kucur, Kecamatan Dau, Kabupaten Malang.

Penelitian ini termasuk kedalam penelitian Pre Experimental dengan desain penelitian non randomized control grup pre-test desain untuk membandingkan hasil intervensi dengan suatu kelompok kontrol yang serupa. Penelitian ini dilakukan di Desa Kucur, Kecamatan Dau, Kabupaten Malang pada bulan januari-februari 2020, jumlah subjek sebanyak 21 balita diambil sesuai kriteria inklusi dan eksklusi. Data yang di ambil meliputi gambaran umum desa, karakteristik responden, pengetahuan ibu balita, sikap ibu balita, tingkat konsumsi energi dan protein, dan status gizi balita. Cara pengumpulan data diperoleh dengan wawancara secara langsung dan recall secara manual.

Hasil penelitian menunjukkan hasil pengetahuan ibu ada perbedaan yang signifikan tingkat pengetahuan ibu balita sebelum dan sesudah diberikan pendampingan gizi pada kelompok kontrol dan kelompok perlakuan dengan nilai p-value <0,05. Hasil sikap ibu balita tidak ada perbedaan signifikan tingkat sikap ibu balita sebelum dan sesudah di berikan pendampingan gizi pada kelompok kontrol dan kelompok perlakuan dengan nilai p-value >0,05. Hasil tingkat konsumsi energi dan protein ada perbedaan yang signifikan tingkat konsumsi energi dan protein sebelum dan sesudah diberikan pendampingan gizi pada kelompok kontrol dan kelompok perlakuan dengan nilai p-value <0,05. Saran dari penelitian ini adalah perlu diadakan pengembangan dan penambahan terkait media yang digunakan dalam proses pendampingan gizi sehingga pesan yang disampaikan dapat diterima dengan baik oleh responden.

Kata Kunci: Booklet, Pengetahuan Ibu Balita, Sikap Ibu Balita, Tingkat konsumsi Energi dan Protein.

ABSTRACT

Dian Lestari Putri Manggini. 2020. *Differences in knowledge, Mother Attitudes and Levels of Energy and Protein Consumption in Stunting Toddlers Ages 6-59 Months Before and After Nutrition Assistance with Booklet Media and Without Booklet Media in Kucur Village, Dau Subdistrict, Malang Regency. Scientific papers, DIII Nutrition Malang program, Departement of Nutrition, Health Polytechnic Kemenkes Malang. Under the guidance of B. Doddy Riyadi, SKM. MM.*

Unbalanced food intake, related to nutrient content in the diet of carbohydrates, proteins, fats, minerals, vitamins, and water is one of the factors associated with the occurrence of stunting (UNICEF,2007). Nutrition assistance is a service activity for families to prevent and overcome nutritional problems for their family members. This mentoring activity can be supported by various media, one of which is the media booklet. The purpose of this study was to study nutrition assistance for stunting toddlers aged 6-59 months using booklets on knowledge and attitudes of mothers about feeding, levels of energy and protein consumption before and after nutritional intake in Kucur Village, Dau District, Malang Regency.

This study was a pre-experimental study with a non-randomized control group pre-test design to compare the results of the intervention with a similar control group. This research was conducted in Kucur Village, Dau Subdistrict. Malang Regency in January-February 2020, the number of subjects as many as 21 toddlers were taken according to inclusion and exclusion criteria. The data taken includes an overview of the village, the characteristics of the respondents, the knowledge of the mothers of the children under five, the attitudes of the mothers of the children, the levels of energy and protein consumption, and the nutritional status of the children. Data collection methods were obtained by direct interviews and manual recall.

The results showed that there was a significant difference in the knowledge level of mothers under five before and after being given nutritional assistance in the control group and the treatment group with a p-value <0.05. The results of the attitudes of mothers under five there were no significant differences in the attitudes of mothers under five before and after being given nutritional assistance to the control group and the treatment group with a p-value > 0.05. The results of the level of energy and protein consumption were significant differences in the level of energy and protein consumption before and after being given nutritional assistance in the control group and the treatment group with a p-value <0.05. The suggestion from this research is that it is necessary to develop and add to the media used in the nutrition assistance process so that the message conveyed can be well received by the respondents.

Keywords: *Booklet, Knowledge of Mother Toddlers, Attitudes of Mother Toddlers, Level of Energy and Protein Consumption.*