

SUMMARY

HUBUNGAN INTERVENSI GIZI SPESIFIK DALAM PROGRAM GERAKAN 1000 HPK TERHADAP KEJADIAN STUNTING DI WILAYAH KERJA PUSKESMAS JATILUHUR PURWAKARTA

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Subject : GIZI
Subject Alt : NUTRITION
Keyword : STUNTING; 1000 HPK; INTERVENSI GIZI

Description :

Latar Belakang : Stunting merupakan penggambaran dari status gizi kurang yang bersifat kronik pada masa pertumbuhan dan perkembangan sejak awal kehidupan. Prevalensi stunting di Indonesia tahun 2018 sebesar 30,8%, sedangkan di Puskesmas Jatiluhur prevalensi stunting tahun 2018 sebesar 9,4%. Stunting dapat dicegah dengan mengoptimalkan 1000 hari pertama kehidupan pada anak .

Tujuan : Mengetahui hubungan antara intervensi gizi spesifik dalam program gerakan 1000 HPK terhadap kejadian stunting di wilayah kerja Puskesmas Jatiluhur Purwakarta.

Metode Penelitian : Penelitian ini menggunakan desain penelitian cross sectional dengan pendekatan observasional dan wawancara. Sampel penelitian ini yaitu 82 baduta usia 6-23 bulan. Uji statistik menggunakan uji chi-square.

Hasil : Dari penelitian ini didapatkan hasil karakteristik responden berdasarkan jenis kelamin laki-laki 61%, perempuan 39%, kejadian stunting 46,3%, riwayat ASI eksklusif 37,8%, ketepatan MPASI 41,5%, konsumsi kapsul vitamin A 72%, dan kelengkapan imunisasi dasar 43,9%. Hasil uji statistik hubungan antara riwayat ASI eksklusif (0,002), ketepatan MPASI (0,001), konsumsi kapsul vitamin A (0,001), dan kelengkapan imunisasi dasar (0,001) menunjukkan adanya hubungan yang signifikan ($p < 0,05$) terhadap kejadian stunting. Kesimpulan : Ada hubungan antara 1000 HPK terhadap kejadian stunting di wilayah

kerja Puskesmas Jatiluhur Purwakarta. Oleh karena itu, diharapkan orang tua lebih memperhatikan pemenuhan kebutuhan gizi anak terutama pada masa 1000 HPK.

Description Alt:

Background: Stunting is a description of chronic malnutrition in the period of growth and development since early life. Stunting prevalence in Indonesia in 2018 was 30,8% while stunting prevalence in Public Health Center Jatiluhur was 9,4%. Stunting can be prevented by optimizing the first 1000 days of life in children.

Objectives: To determine the relationship between specific nutrition interventions in the 1000 HPK program against the incidence of stunting in working area of Public Health Center Jatiluhur Purwakarta.

Method: The study was a cross sectional design with an observation and interview approach. The sample of this research consisted of 82 toddlers aged 6-23 months.

Statistical test used the chi-square test.

Result: From this research, the result of the respondents characteristic based on gender were male (61%), female (39%), incidence of stunting (46,3%), the history of

exclusive breastfeeding (37,8%), the accuracy of complementary food (41,5%), consumption of Vitamin A capsules (72%), and completeness of basic immunization (43,9%). The result of statistical test, the relationship between histories of exclusive breastfeeding (0,002), accuracy of complementary food (0,001), consumption of Vitamin A capsules (0,001), and completeness of basic immunization (0,001) showed a significant relationship ($P < 0,05$) to the incidence of stunting.

Conclusion: There was relationship between 1000 HPK against incidence of stunting in Public Health Center working area. Therefore, it is hoped that parents pay more attention to meeting the nutritional needs of children, especially during the 1000 HPK period.

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