

ABSTRAK

Pengaruh Pemberian Taburia Dan *Feeding Rules* Terhadap Status Gizi Anak Usia 6 – 24 Bulan Di Puskesmas Waipare Kabupaten Sikka NTT

YULIA WAHYUNI

Latar Belakang. Anak 6-24 bulan adalah kelompok usia rawan masalah gizi yang disebabkan oleh rendahnya asupan makan baduta. Prevalensi balita gizi kurang di Puskesmas Waipare bulan September 2012 cukup tinggi yakni 47%. Penelitian ini bertujuan untuk mengetahui pengaruh taburia dan pendidikan *feeding rules* terhadap status gizi anak usia 6-24 bulan.

Metode. Subjek penelitian *Quasi experiment* ini adalah pasangan ibu - bayi/baduta (96 perlakuan, 96 kontrol) dipilih secara *purposive sampling*. Pengumpulan data status gizi dengan mengukur berat badan dan panjang badan bayi/ baduta untuk menentukan skor z BB/U, PB/U dan BB/PB. Data pengetahuan ibu, praktek *feeding rules*, persentase hari sakit dikumpulkan dengan wawancara menggunakan kuesioner terstruktur. Kelompok perlakuan diberikan taburia dan pendidikan *feeding rules*, kelompok kontrol mendapat pendidikan *feeding rules*. Taburia diberikan 2 hari sekali selama 3 bulan dan pendidikan *feeding rules* diberikan 3x30 menit setiap awal bulan. Analisis data dengan *T test*, *Mann-Whitney*, *wilcoxon* , *regresi linear*.

Hasil. Ada peningkatan skor pengetahuan ibu dan praktek *feeding rules* pada kedua kelompok setelah perlakuan. Asupan makan bayi/ baduta kelompok perlakuan meningkat lebih tinggi dibandingkan kelompok kontrol selama penelitian. Persentase hari sakit (ISPA, diare) kelompok perlakuan lebih rendah daripada kelompok kontrol selama penelitian. Peningkatan skor z BB/U kelompok perlakuan ($0,97 \pm 0,52$ SB) lebih tinggi daripada kelompok kontrol ($0,43 \pm 0,62$ SB). Skor z PB/U kelompok perlakuan meningkat ($0,34 \pm 0,66$ SB) sedangkan kelompok kontrol menurun ($0,27 \pm 0,31$ SB). Peningkatan skor z BB/PB pada kelompok perlakuan ($1,02 \pm 0,42$ SB) lebih tinggi daripada kelompok kontrol ($0,55 \pm 0,1,40$ SB). Skor z BB/U dan BB/PB kelompok perlakuan lebih tinggi daripada kelompok kontrol setelah dikontrol persentase hari sakit. Peningkatan skor z BB/PB lebih tinggi daripada skor z BB/U.

Simpulan. Pemberian taburia selama 3 bulan dapat meningkatkan skor z BB/U, PB/U dan BB/PB sedangkan pemberian pendidikan *feeding rules* dapat meningkatkan skor z BB/U dan BB/PB anak usia 6-24 bulan.

Kata kunci : taburia, *feeding rules*, status gizi, anak usia 6-24 bulan, Puskesmas Waipare, NTT.

ABSTRACT

The Effect of micronutrient “Taburia” Sprinkle Supplementation and Feeding rules education to nutritional status of 6-24 months old children in Waipare primary Health care Center in Sikka Regency-East Nusa Tenggara.

YULIA WAHYUNI

Background. Children aged 6-24 months are vulnerable to get malnutrition because of lack of nutrient intake. The prevalence of malnutrition among children in Waipare in Waipare Health centre was 47%. This study aimed to recognize the effect of “Taburia” sprinkle sprinkle and feeding rules education to nutritional status of children aged 6-24 months.

Method; The subjects of this quasi experiment were mother and their offsprings under 2 years old. They consisted of 96 treatment groups and 96 control groups chosen by purposive sampling. The nutritional status was calculated by measure weight and length of the children. The data of mother’s knowledge, feeding rules practice, and the percentage of diarrhea, acute respiratory infection morbidity days were collected by using structured questionnaire. The treatment group was given sprinkle and feeding rules education. Control group was given feeding rules education. The intervention of “taburia” sprinkle was given once two days. The intervention of feeding rules education was given once month for three months. The data was analyzed using T test, Mann-Whitney, wilcoxon, linear regression.

Result; There was an increase of the score of mother’s knowledge and feeding rules practice . Nutrient intake of treatment was higher than in control group after the intervensi. The percentage of the morbidity days of treatment group is lower than control group. The WAZ and WHZ of treatment group increased ($0,97\pm 0,52$ SD) and ($1,02\pm 0,42$ SD) higher than control group ($0,43\pm 0,62$ SD) and ($0,55\pm 0,1,40$ SD). The HAZ of treatment group goes up ($0,34\pm 0,66$ SD) while control group declines to ($0,27\pm 0,31$ SD). The WAZ and WHZ of treatment group were higher than control group after controlled percentage morbidity days.

Conclusion. Giving “taburia” sprinkle for three months increased WAZ, HAZ, WHZ and feeding rules Education during three months can increase WAZ and WHZ of children Aged 6-24 Months.

Keywords; taburis, feeding rules, nutritional status, children aged 6-24 months, waipare primary health care center, east nusa tenggara.