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**PENGARUH EDUKASI GIZI MELALUI MEDIA BUKU SAKU PEDOMAN
PEMBERIAN MAKAN BALITA TERHADAP PENGETAHUAN IBU,
ASUPAN ZAT GIZI (ENERGI, KARBOHIDRAT, DAN PROTEIN)
BALITA, DAN STATUS GIZI BALITA DI POSYANDU CENDANA,
KELURAHAN CAWANG, KECAMATAN KRAMAT JATI**

Xiii, VI BAB, 129 Halaman, 19 Tabel, 2 Grafik, 4 Bagan, 7 Lampiran

Latar Belakang : status gizi merupakan salah satu faktor yang menentukan derajat kesehatan. Masalah gizi di Indonesia pada balita mengalami peningkatan prevalensi sebesar 4,9% dari hasil data Riskesdas tahun 2010 ke tahun 2013.

Tujuan: Mengetahui pengaruh edukasi gizi melalui media buku saku pedoman pemberian makan balita terhadap pengetahuan ibu, asupan makan (energi, karbohidrat, protein) balita, dan status gizi balita

Metode: Penelitian ini bersifat *Quasi eksperimental*, dengan desain non *equivalen* grup. Metode sampling, yaitu *purposive sampling* dengan jumlah populasi 100 dan sampel 60 balita. Analisis data menggunakan t-test independen dengan uji alternatif *Mann Whitney*.

Hasil penelitian : Tidak ada perbedaan pengetahuan ibu balita ($p=0,072$), asupan zat gizi (energi ($p=0,217$), karbohidrat ($p=0,906$), dan protein ($p=0,484$)), dan status gizi ($p= 0,574$) balita sebelum diberikan edukasi. Terdapat perbedaan perubahan pengetahuan ibu ($p=0,000$), asupan makan balita (energi ($p=0,000$), karbohidrat ($p=0,027$), dan protein ($p=0,002$)), dan status gizi balita ($p=0,000$).

Kesimpulan : Edukasi gizi menggunakan media buku saku pedoman pemberian makan balita memiliki pengaruh terhadap pengetahuan ibu, asupan zat gizi (energi, karbohidrat, dan protein) balita, dan status gizi balita. Perlu adanya penyuluhan mengenai gizi seimbang secara berkala setiap bulan dan mengaktifkan kembali meja empat dalam Posyandu, yaitu penyuluhan.

Kata Kunci : Balita, buku saku, pengetahuan, status gizi

Daftar Bacaan : 35 (2008-2016)

ABSTRACT



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EFFECT OF NUTRITION EDUCATION THROUGH THE MEDIA POCKETBOOKS TODDLER FEEDING GUIDELINES ON MOTHER'S KNOWLEDGE, NUTRIENT INTAKE (ENERGY, CARBOHYDRATES AND PROTEINS) CHILDREN AND NUTRITIONAL STATUS OF CHILDREN IN POSYANDU CENDANA, CAWANG VILLAGE, DISTRICT KRAMAT JATI

Xiii, VI Chapters, 129 Pages, 19 Tables, 2 Graphs, 4 Charts, 7 Attachments

Background: Nutritional status is one of the factors that determine health status. Nutritional problems in Indonesia in children under five increased prevalence of 4.9% from the the resulting data Riskesdas 2010 to 2013.

Purpose: Knowing the influence of nutrition education through the media pocketbooks toddler feeding guidelines on mother's knowledge, dietary intake (energy, carbohydrates, and protein) of children, and nutritional status of children.

Methods: This study is a Quasi-experimental design with non-equivalent group. Sampling methods, ie purposive sampling with a total population 100 and a sample of 60 toddlers. Data analysis using independent t-test by Mann Whitney test alternatives.

Results: There is no difference in knowledge of mothers ($p = 0.072$), food intake (energy ($p = 0.217$), carbohydrates ($p = 0.0906$), and protein ($p = 0.0484$)), and the nutritional status ($p = 0.574$) toddlers before being given education. There are differences in changes of mother's knowledge ($p = 0.000$), toddler food intake (energy ($p = 0.000$), carbohydrates ($p = 0.027$), and protein ($p = 0.002$)), and the nutritional status of children ($p = 0.000$).

Conclusion: Nutrition education using the media pocketbooks toddler feeding guidelines have an impact on mother's knowledge, dietary intake (energy, carbohydrates, and protein) of children, and nutritional status of children. It needs a balanced nutritional counseling about once a month and reactivate a table of four in IHC, namely counseling.

Keywords: Toddler, pocket books, knowledge, nutritional status

Reading list: 35 (2008-2016)