

ABSTRAK

Judul : Analisis Perbedaan Pengetahuan Ibu, Perilaku Ibu dan Status Gizi Anak Usia 6-24 Bulan Sebelum dan Sesudah Mengikuti Kegiatan KP-PMBA Rumah 4 Bintang
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Program Studi : Gizi

VI Bab, 70 Halaman, 7 Tabel, 17 Gambar, 7 Lampiran

Latar Belakang : Gizi adalah unsur yang sangat berperan pada pembentukan tubuh manusia yang berkualitas, oleh karena itu penting sekali mempelajari bagaimana pemberian makanan pada bayi (Suharjo, 2003 dalam Lestari, 2012). Praktik pemberian makan bayi dan pelayanan lainnya yang buruk juga dapat mengakibatkan gizi kurang pada ibu dan anak-anak. Satu dari setiap tiga anak bertubuh pendek (*stunted*) dan satu dari empat sampai lima anak mengalami berat badan kurang (kuintil miskin). Balita yang kurang gizi dengan disertai penyakit infeksi seperti ISPA, diare, malaria dan campak mempunyai risiko meninggal lebih tinggi dibandingkan balita yang tidak kurang gizi (WHO, 2002).

Tujuan : Mengetahui perbedaan pengetahuan ibu, perubahan perilaku ibu dan status gizi anak usia 6-24 bulan sebelum dan sesudah mengikuti kegiatan KP-PMBA Rumah 4 Bintang.

Metode Penelitian : Penelitian ini menggunakan rancangan studi pra *experimental* dengan pendekatan *per post test design*. Penelitian mengadopsi kegiatan rutin program gizi Puskesmas Kecamatan Grogol Petamburan Jakarta Barat, yaitu Kelompok Pendukung Pemberian Makan Bayi dan Anak (KP-PMBA) Rumah 4 Bintang. Analisis data diuji menggunakan *Independent t test*. Populasi dalam penelitian ini adalah semua anak usia 6-24 bulan yang terdata di Posyandu Kenanga RW 08 Kelurahan Jelambar, Grogol Petamburan Jakarta Barat, yaitu sebanyak 125 orang. Sampel dalam penelitian ini adalah anak usia 6-24 bulan dan respondennya adalah ibu pengasuh atau ibu yang memiliki anak usia 6-24 bulan dan rutin datang ke posyandu balita.

Hasil Penelitian : Dari hasil uji *Independent t test* didapatkan bahwa ada perbedaan yang bermakna pengetahuan ibu pada kelompok perlakuan saat sebelum dan sesudah mengikuti KP-PMBA Rumah 4 Bintang dengan nilai $p=0,000$ ($p \leq 0,05$) dan ada perbedaan yang bermakna perubahan perilaku ibu pada kelompok perlakuan saat sebelum dan sesudah mengikuti kegiatan KP-PMBA Rumah 4 Bintang dengan nilai $p=0,001$ ($p \leq 0,05$).

Kesimpulan: Ada perbedaan pengetahuan ibu dan perubahan perilaku ibu pada kelompok perlakuan saat sebelum dan sesudah mengikuti KP-PMBA Rumah 4 Bintang di Posyandu Kenanga RW 08 Kelurahan Jelambar, Grogol Petamburan Jakarta Barat.

Kata kunci : Makanan pendamping ASI, PMBA, pemberian makan bayi dan anak, berat badan, panjang badan, status gizi anak, pengetahuan ibu, perilaku ibu, PHBS.

ABSTRACT

Title : Analysis of Differences in Mother Knowledge, Change Behavior of Mother and Nutritional Status of Child Aged 6-24 Months Before And After Participating Activities in KP-PMBA House of 4 Stars
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VI Chapter, 70 Pages, 7 Tables, 17 Images, 7 Attachments

Background: Nutrition is a very important element in the formation of a quality human body, therefore it is very important to learn how to feed babies (Suharjo, 2003 in Lestari, 2012). Poor infant feeding practices and other services can also lead to malnutrition in mothers and children. One in every three children is short (stunted) and one in four to five children are underweight (poor quintile). Malnourished children with infectious diseases such as ARI, diarrhea, malaria and measles have a higher risk of death than undernourished children (WHO, 2002).

Aim: To find out the differences in mother's knowledge, changes in maternal behavior and nutritional status of children aged 6-24 months before and after participating activities in KP-PMBA House of 4 Stars.

Research methods: This study uses a pre-experimental study design with per post test design approach. The study adopted routine nutrition program activities at the Grogol Petamburan District Health Center in West Jakarta, namely the Baby Feeding Support Group (KP-PMBA) House of 4 Stars. Data analysis was tested using the Independent t test. The population in this study were all children aged 6-24 months recorded in Kenanga Maternal and Child Health Centre Jelambar Village, Grogol Petamburan West Jakarta, as many as 125 people. The sample in this study was children aged 6-24 months and the respondents were caregivers or mothers who had children aged 6-24 months and routinely came to the Maternal and Child Health Centre.

Result: From the results of the Independent t test, it was found that there were significant differences in maternal knowledge in the treatment group before and after attending the KP-PMBA House of 4 Stars with a value of $p = 0,000$ ($p \leq 0.05$) and there were significant differences in behavior change mothers in the treatment group before and after participating in the KP-PMBA House of 4 Stars with the value $p = 0.001$ ($p \leq 0.05$).

Conclusion: There were differences in mother's knowledge and changes in maternal behavior in the treatment group before and after attending the KP-PMBA House of 4 Stars in Kenanga Maternal and Child Health Centre Jelambar Village, Grogol Petamburan West Jakarta.

Keywords: Complementary feeding, PMBA, infant and child feeding, body weight, body length, child nutritional status, maternal knowledge, maternal behavior, PHBS.