**Lampiran 1. Form Persetujuan Responden**

Judul Penelitian :

**PENGARUH KONSELING GIZI TERHADAP POLA MAKAN, TINGKAT KONSUMSI, DAN KENAIKAN BERAT BADAN   
IBU HAMIL KEK TRIMESTER II   
DI DESA KALISONGO KECAMATAN DAU MALANG**

Setelah mendapatkan penjelasan secara rinci dan memahami penelitian ini, saya yang bertanda tangan di bawah ini bersedia berpartisipadi menjadi responden dalam penelitian yang dilakukan oleh Dita Kesuma, Program Studi DIII Gizi, Politeknik Kesehatan Kemenkes Malang.

Nama :

Alamat :

Umur :

Dengan demikian pernyataan ini kami buat dengan sesungguhnya tanpa ada paksaan dari siapapun

Malang, 2019

Saksi, Responden

(Bisa petugas gizi/bisa bidan) (……………………..)

**Lampiran 2. Formulir Frekwensi Makanan**

**FORM FREKWENSI MAKANAN RESPONDEN**

**Nama : BB minggu I/II/III/IV :**

**Jenis Kelamin : Tanggal :**

**Umur :**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Jenis Makanan | Frekwensi | | | | | | | | |  | Ukuran | | | Berat |
| Tidak Pernah < 1x per bulan | 1 kali per bulan | 2-3x per bulan | 1x per minggu | 2x per minggu | 3-4x per minggu | 5-6 x per minggu | 1x per hari | 2x per hari | 3x per hari | Kecil | Sedang | Besar | Gram |
| 1). Sumber Karbohidrat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| a. Beras |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| b. Jagung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| c. Ubi |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| d. Singkong |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| f. kentang |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| g. ............ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2). Sumber Protein Hewani |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| a. Daging sapi |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| b. Ayam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| c. Udang |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| d. Ikan |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| e. Telur |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| f. Hati |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| g. ....................... |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3). Sumber Protein Nabati |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| a. Tempe |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| b. Tahu |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| c. Kacang Kedele |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| d. Kacang Hijau |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| e. ........... |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4). Sumber Vitamin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| a. Sayur-sayuran |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Wortel |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Kacang Panjang |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Buncis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. Sawi |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. Kangkung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. Bayam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. Kubis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. Kecambah |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9. ............... |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| b. Buah-buahan |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Pisang |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Pepaya |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Jeruk |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. Mangga |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. Apukat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. Apel |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. Semangka |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. ............ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5). Susu |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| a. Susu bubuk |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| b. Susu Segar |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| c. SKM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| d. ............. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6). Minuman |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| a. Teh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| b. Kopi |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| c. ..... |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Lampiran 3. Formulir Food Recall**

FORM FOOD RECALL 24 JAM

Nama responden : Umur : tahun

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Waktu | Menu | Bahan Makanan | Jumlah | | Energi (Kkal) | Protein (gram) | Lemak (gram) | KH (gram) |
| URT | Gram |
| Pagi |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
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| Snack |  |  |  |  |  |  |  |  |
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| Siang |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |  |
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| Malam |  |  |  |  |  |  |  |  |
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| Total |  |  |  |  |  |  |  |  |

**Lampiran 4. Hasil Uji Statistik Terhadap Pola Makan Ibu Hamil**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | pola makan sebelum konseling | 38,3333 | 6 | 27,31788 | 11,15248 |
| pola makan sesudah konseling | 48,5000 | 6 | 31,99219 | 13,06076 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | pola makan sebelum konseling & pola makan sesudah konseling | 6 | ,971 | ,001 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Test** | | | | | |
|  | | Paired Differences | | | |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | pola makan sebelum konseling - pola makan sesudah konseling | -10,16667 | 8,51861 | 3,47771 | -19,10640 |

**Lampiran 5. Hasil Analisis Statistik Tk. Konsumsi Energi**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Tk.Konsumsi Energi sebelum | 42,5167 | 6 | 22,65572 | 9,24916 |
| Tk.Konsumsi Energi sesudah | 48,1200 | 6 | 31,61077 | 12,90504 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | Tk.Konsumsi Energi Sebelum & Tk.Konsumsi Energi Sesudah | 6 | ,960 | ,002 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Test** | | | | | |
|  | | Paired Differences | | | |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | Tk.Konsumsi Energi Sebelum - Tk.Konsumsi Energi Sesudah | -5,60333 | 11,72403 | 4,78631 | -17,90695 |

**Lampiran 6. Hasil Analisis Statistik Tk. Konsumsi Protein**

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| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | protein sebelum | 29,4800 | 10 | 9,39596 | 2,97126 |
| protein sesudah | 51,8700 | 10 | 9,79536 | 3,09756 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | protein sebelum & protein sesudah | 10 | ,693 | ,026 |

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| --- | --- | --- | --- | --- | --- |
| **Paired Samples Test** | | | | | |
|  | | Paired Differences | | | |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | protein sebelum - protein sesudah | -22,39000 | 7,52897 | 2,38087 | -27,77590 |

**Lampiran 7. Hasil Analisis Statistik Tk. Konsumsi Lemak**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | lemak sebelum | 18,5000 | 3 | 3,89744 | 2,25019 |
| lemak sesudah | 16,1667 | 3 | 10,11945 | 5,84247 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | lemak sebelum & lemak sesudah | 3 | ,979 | ,131 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Test** | | | | | |
|  | | Paired Differences | | | |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | lemak sebelum - lemak sesudah | 2,33333 | 6,35400 | 3,66848 | -13,45088 |

**Lampiran 8. Hasil Analisis Statistik Tk. Konsumsi Karbohidrat**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | KH sebelum | 94,6667 | 3 | 53,12103 | 30,66944 |
| KH sesudah | 209,5000 | 3 | 50,95007 | 29,41604 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | KH sebelum & KH sesudah | 3 | -,957 | ,188 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Test** | | | | | |
|  | | Paired Differences | | | |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | KH sebelum - KH sesudah | -114,83333 | 102,94155 | 59,43333 | -370,55433 |

**Lampiran 9. Hasil Analisis Statistik Kenaikan Berat Badan**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | kenaikan BB sebelum | 51,8000 | 10 | 4,41714 | 1,39682 |
| kenaikan BB sesudah | 52,7500 | 10 | 4,43127 | 1,40129 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | kenaikan BB sebelum & kenaikan BB sesudah | 10 | ,993 | ,000 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Test** | | | | | |
|  | | Paired Differences | | | |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | kenaikan BB sebelum - kenaikan BB sesudah | -,95000 | ,50827 | ,16073 | -1,31359 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptive Statistics** | | | | | |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| kenaikan BB sebelum | 10 | 47,00 | 61,00 | 51,8000 | 4,41714 |
| kenaikan BB sesudah | 10 | 48,00 | 61,90 | 52,7500 | 4,43127 |
| Valid N (listwise) | 10 |  |  |  |  |

**Lampiran 10. Media Konseling**

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**Lampiran 11. Dokumentasi**

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