

ABSTRAK

DINA PRATIWI. 2020. Perbedaan Pengaruh Pemberian Konseling Gizi dengan Media Buku Saku Terhadap Pengetahuan, Sikap dan Keterampilan Ibu serta tingkat Konsumsi Balita Gizi Buruk di Puskesmas Cisadea. Pembimbing: A. A Gede Anom Aswin dan I Dewa Nyoman Supariasa

Latar belakang: Prevalensi gizi buruk balita usia 12-60 bulan berdasarkan indeks BB/U (<-3 SD) di Puskesmas Cisadea sebesar 1,09%. Pemberian konseling diharapkan dapat meningkatkan pengetahuan, sikap dan keterampilan ibu serta membantu memecahkan masalah balita. Selain itu pemberian buku saku sebagai alat peraga akan memudahkan ibu menggali informasi baru dengan cara mempelajari buku saku ketika ada waktu senggang.

Tujuan: mengetahui perbedaan pengaruh pemberian konseling dengan media buku saku terhadap pengetahuan, sikap dan keterampilan ibu serta tingkat konsumsi balita gizi buruk di Puskesmas Cisadea.

Metode: Penelitian ini merupakan penelitian eksperimen semu (*quasi experiment*) dengan rancangan *pretest-posttest control group*. Penelitian ini dilakukan pada kelompok kontrol dan kelompok perlakuan. Variabel bebas yaitu konseling dan pemberian buku saku. Variabel terikat yaitu pengetahuan, sikap dan keterampilan ibu serta tingkat konsumsi energi dan protein balita. Penelitian ini dilakukan di Puskesmas Cisadea pada Bulan Juli sampai Agustus 2019. Jumlah sampel sebanyak 8 pada kelompok kontrol dan 8 pada kelompok perlakuan. Untuk mengetahui pengaruh intervensi pada penelitian ini diuji dengan *paired t-test* apabila data berdistribusi normal dan uji *wilcoxon* apabila data berdistribusi tidak normal. Sedangkan untuk mengetahui perbedaan pada kelompok kontrol dan perlakuan diuji dengan uji *independent t-test* untuk data berdistribusi normal dan uji *U mann whitney* apabila data berdistribusi tidak normal.

Hasil: Tidak terdapat pengaruh pada kelompok kontrol terhadap pengetahuan ($p=0,307$), sikap ($p=0,326$), keterampilan ($p=0,104$), tingkat konsumsi energi ($p=1,000$) dan protein ($p=0,572$). Sedangkan pada kelompok perlakuan terdapat pengaruh pemberian konseling terhadap pengetahuan ($p=0,011$), sikap ($p=0,000$), keterampilan ($p=0,018$), namun tidak terdapat pengaruh terhadap tingkat konsumsi energi ($p=0,068$) dan protein ($p=0,063$). Terdapat perbedaan pengetahuan ($p=0,024$) dan tingkat konsumsi protein ($p=0,019$) setelah intervensi pada kelompok kontrol dan perlakuan. Namun tidak terdapat perbedaan sikap ($p=0,827$), keterampilan ($0,798$) dan tingkat konsumsi energi ($p=0,155$) setelah intervensi pada kelompok kontrol dan perlakuan.

Kesimpulan: penelitian menunjukkan bahwa pada kelompok kontrol tidak terdapat pengaruh yang signifikan terhadap pengetahuan, sikap dan keterampilan ibu serta tingkat konsumsi (energi dan protein). Sedangkan pada kelompok perlakuan terdapat pengaruh yang signifikan terhadap pengetahuan, sikap dan keterampilan ibu. Namun tidak terdapat pengaruh yang signifikan terhadap tingkat konsumsi energi dan protein. Terdapat perbedaan tingkat pengetahuan dan tingkat konsumsi protein pada kelompok kontrol dan perlakuan. Namun tidak terdapat perbedaan sikap, keterampilan dan tingkat konsumsi energi pada kelompok kontrol dan perlakuan.

Saran : Masih terdapat kurangnya kesadaran ibu untuk merubah perilaku ibu sehingga perlu dilakukan *home visit* 1x/minggu dan penjelasan materi buku saku agar responden yang hanya diberikan buku saku dapat memahami dan menerapkan informasi yang diberikan.

Kata kunci: pengetahuan, sikap, keterampilan, tingkat konsumsi energi, protein

ABSTRACT

DINA PRATIWI. 2020. Differences in the Effect of Giving Nutrition Counseling with the Pocket Book on Knowledge, Attitudes and Practice of the Mother as well as the Level of Intake of Malnutrition Toddler in Cisadea Health Center. Supervisor: A. A Gede Anom Aswin and I Dewa Nyoman Supariasa

Background: The prevalence of malnutrition in children age of 12-60 months based on the BB / U index (<-3 SD) in Cisadea Health Center is 1.09%. Counseling is expected to improve the knowledge, attitudes and practice of mothers and help solve toddler problems. In addition, the provision of pocket books as props will make it easier for mothers to explore new information by studying pocket books when there is free time.

Objective: To find out the different effects of counseling with pocket book media on the knowledge, attitudes and skills of mothers and the level of intake of malnourished children under five in Cisadea Health Center

Method: This research is a quasi-experimental study with a pretest-posttest control group design. This research was conducted in the control group and the treatment group. The independent variable is counseling and giving a pocket book. The dependent variable is the mother's knowledge, attitudes and practice as well as the level of energy and protein consumption. The research was conducted at the Cisadea Health Center in July to August 2019. The total sample was 8 in the control group and 8 in the treatment group. To determine the effect of intervention in this study tested with paired t-test if the data were normally distributed and Wilcoxon test if the data were not normally distributed. Meanwhile, to find out the differences in the control and treatment groups were tested with independent t-test for normally distributed data and U mann whitney test if the data were not normally distributed.

Results: There was no influence in the control group on knowledge ($p = 0.307$), attitude ($p = 0.326$), skills ($p = 0.104$), energy consumption level ($p = 1,000$) and protein ($p = 0.572$). While in the treatment group there was an effect of counseling on knowledge ($p = 0.011$), attitude ($p = 0,000$), skills ($p = 0.018$), but there was no effect on the level of energy consumption ($p = 0.068$) and protein ($p = 0.063$). There were differences in knowledge ($p = 0.024$) and levels of protein consumption ($p = 0.019$) after the intervention in the control and treatment groups. However there were no differences in attitude ($p = 0.827$), skills (0.798) and the level of energy consumption ($p = 0.155$) after intervention in the control and treatment groups.

Conclusion: The study showed that in the control group there was no significant effect on mother's knowledge, attitudes and practice and energy and protein intake. Whereas in the treatment group there was a significant influence on mother's knowledge, attitudes and practice. But there is no significant effect on the level of energy and protein intake. There are differences in the level of knowledge and the level of protein intake in the control and treatment groups. However there were no differences in attitudes, practice and levels of energy intake in the control and treatment groups.

Suggestion: There is still a lack of awareness of the mother to change the behavior of the mother so that it needs to be done home visit once a week and an explanation of the material of the pocket book so that respondents who are only given a pocket book can understand and apply the information provided.

Keywords: knowledge, attitude, skills, level of energy consumption, protein