

**Pengaruh pelatihan gizi seimbang terhadap peningkatan pengetahuan dan keterampilan kader Posyandu lansia di Kecamatan Grogol Petamburan Jakarta Barat tahun 2011 = The Influence balanced nutrition training on increased knowledge and skills cadre Posyandu elderly's in Grogol Petamburan Sub District, West Jakarta 2011**

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**Abstrak**

Penelitian ini bersifat kuantitatif dengan desain pre-eksperimental. Pengambilan data dilakukan selama bulan Juli ? Oktober 2011, dengan jumlah sampel sebanyak 32orang. Metode yang digunakan untuk mengumpulkan data karakteristik individu (usia, pendidikan, pekerjaan, lama pengabdian, keikutsertaan pada pelatihan lainnya), dan pengetahuan dengan kuesioner, sedangkan tingkat keterampilan dinilai dengan observasi langsung. Setelah dilakukan analisa, dapat diketahui: terdapat pengaruh antara pengetahuan sebelum dan sesudah intervensi; Hanya tingkat pendidikan kader yang mempengaruhi pengetahuan setelah pelatihan; Tidak terdapat hubungan antara pengetahuan dan keterampilan; Selain itu umur, pendidikan, dan lama pengabdian yang berpengaruh terhadap keterampilan kader dalam memberikan penyuluhan mengenai gizi seimbang.

.....This paper is classified as quantitative research with pre-experimental design. Data is collected during the July to October 2011 with sample size is 32 people. The methods used to collect individual characteristics data (age, education, occupation, length of service, participation in other training), and knowledge data is questionnaire, while the skill level was assessed by direct observation. The result of data analysis are: there is a relation between knowledge before and after intervention; Only cadres level of education that influence knowledge after training. Other variables like age, occupation, long dedication, and participation in other training, does not give significant influence; There is no relationship between knowledge and skills; Age, level of education, and long dedication that affect cadres skill on giving counseling about balanced nutrition.