

## Pemberian diet formula 75 dan 100 meningkatkan berat badan balita gizi buruk Rawat Jalan / Sulistiyawati, Yeni Rustina, Sutanto Priyo Hastono

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### Abstrak

Gizi buruk balita masih menjadi permasalahan serius di Indonesia. Tujuan penelitian menjelaskan pengaruh pemberian diet formula 75 dan 100 terhadap berat badan balita gizi buruk rawat jalan. Desain penelitian quasi experimental pre-post test with control group dengan teknik total sampling, terdiri dari 15 responden kelompok intervensi dan 15 responden kelompok kontrol. Analisis yang digunakan adalah uji chi square, paired t-test, independent t-test, uji ancova. Uji statistik menunjukkan perbedaan bermakna berat badan balita gizi buruk rawat jalan sebelum dan sesudah perlakuan pada kelompok intervensi dan kontrol ( $p= 0,00$ ;  $\alpha= 0,05$ ). Peningkatan berat badan kelompok intervensi lebih besar daripada kelompok kontrol. Puskesmas diharapkan menindaklanjuti hasil penelitian sehingga mencapai target berat badan balita gizi buruk rawat jalan sesuai standar.

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Malnutrition in children is still a serious problem in Indonesia. This study aimed to describe the influence of diet formulas 75 and 100 to the body weight of under five years old malnutrition outpatient. Research design was quasi experimental pre-post test with control group. Total sampling technique was used to involve 15 respondents as intervention group and 15 respondents as control group. Data was analyzed using chi square, paired t-test, independent t-test, and ancova test. The results show that there were significant differences in the body weight before and after treatment in the intervention group and control group ( $p= 0.00$ ;  $\alpha= 0.05$ ). The improvement of body weight on intervention group is greater than the control group. Public health centers are expected to follow up the results of this study as to reach the target of body weight of children under five years malnutrition outpatients according to the standard.