

# Hubungan antara pendidikan profesi dan faktor lain dengan pengetahuan program dan aktivitas tenaga gizi puskesmas

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## Abstrak

Penelitian potong lintang dengan sampel tenaga gizi Puskesmas dilakukan di 5 Propinsi: Jawa Timur, Jawa Tengah, Sumatera Barat, Nusa Tenggara Barat dan Irian Jaya. Tujuan penelitian untuk mengetahui pengaruh latar belakang pendidikan, pengalaman bekerja, pelatihan, kerja rangkap dan jenis kelamin terhadap pengetahuan program dan aktivitas tenaga gizi Puskesmas. Sejumlah 285 orang tenaga gizi Puskesmas yang diteliti, hanya 37.2% yang berlatar belakang pendidikan profesi gizi (AKZI/SPAG). Pada uji statistik kai kuadrat menunjukkan adanya hubungan yang signifikan antara latar belakang pendidikan dengan pengetahuan program ( $p=0.05; X^2=28.61$ ) dan dengan aktivitas ( $p=0.05; X^2=4.78$ ). Tenaga gizi Puskesmas yang mempunyai latar belakang pendidikan AKZI/SPAG mempunyai pengetahuan program dan aktivitas yang lebih baik . Hubungan yang lama ditunjukkan antara variabel pelatihan dengan pengetahuan program ( $p=0.05; X^2=27.36$ ) dan dengan aktivitas ( $p=0.05; X^2=30.42$ ). Tenaga gizi Puskesmas yang pernah mengikuti pelatihan gizi, mempunyai pengetahuan program dan aktivitas yang lebih baik. terdapat hubungan signifikan antara variabel tugas rangkap dengan pengetahuan pada  $p=0.05$  dan  $X^2=31.30$  dan dengan aktivitas pada  $p=0.05$  dan  $X^2=9.10$ .Tenaga gizi Puskesmas yang tidak mempunyai tugas rangkap mempunyai pengetahuan program dan aktivitas lebih baik. Demikian juga ditemukan adanya hubungan yang signifikan antara pengalaman bekerja dengan pengetahuan program ( $p =0.05; x^2 =22.84$ ), dan dengan aktivitas ( $p=0.05; X^2=53.20$ ). Tenaga gizi Puskesmas yang berpengalaman kerja lama, mempunyai pengetahuan dan aktivitas lebih baik. Sedangkan jenis kelamin tidak berhubungan signifikan dengan pengetahuan program dan aktivitas. Hasil uji multivariat regresi logistik menunjukkan bahwa variabel pendidikan sangat dominan pengaruhnya terhadap pengetahuan program dan aktivitas tenaga gizi Puskesmas. Disarankan untuk meningkatkan jumlah lulusan AKZI/SPAG dengan menambah jumlah institusi pendidikan, dan memberi kelonggaran tugas belajar bagi pegawai negeri kesehatan untuk mengikuti pendidikan profesi gizi. Pelatihan gizi untuk secara intensif bagi tenaga gizi Puskesmas juga merupakan alternatif pemecahan masalah jangka pendek agar program gizi Puskesmas berhasil baik.

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The cross sectional research with samples of nutrition personnel of the Public Health Center was in 5 provinces: East Java, Central Java, West Sumatera, West Nusa Tenggara and Irian Jaya. The purpose of the research is to understand the influence of educational background, work experience, training, and work at two places and sex toward the knowledge of program and activities of Public Health Center nutrition personnel. Out of the 285 subjects of the Public Health Center nutrition personnel studied, there was only 37.2% which has nutrition profession background (AKZI/SPAG). There is a significant relationship between the educational background the knowledge about the program by using the chi square test ( $p =0.05; X^2=28.61$ ) and with their activities ( $p=0.05; X^2=4.78$ ). The Public Health Center nutrition personnel which have the education background of AKZI/SPAG have a better knowledge about the program and activities. The same relationship indicated between training variable and the program knowledge ( $p =0.05; X^2 =27.36$ )

and the activities ( $p = 0.05$ ;  $X^2 = 30.42$ ). For Public Health Center nutrition personnel which have experienced a nutrition training have a knowledge about the program and activities better. There is a significant relationship between the double tasks with the knowledge at  $p=0.05$  and  $X^2=31.30$  and with the activities. at  $p=0.05$  and  $X^2=0.10$ . The Public Health Center nutrition personnel who have no double task have a better knowledge about the program and activities. The same is found that there is a significant relationship between work experience and the program knowledge ( $p=0.05$ ;  $X^2=22.84$ ), and with the activities ( $p = 0.05$ ;  $x^2=53.20$ ). The Public Health Center nutrition personnel who have a long work experience, have better knowledge and activities. There is no significant relationship between the sex and the knowledge of the program and activities. The results of the logistics regression multivariate indicate that the educational variable has a very dominant impact toward the program knowledge and activities of the Public Health Center nutrition personal. It is suggested to increase the number of the AKZI/SPAG graduates by increasing the number of educational institution, and provide a more flexible study assignment to health public servants to continue the nutrition profession education. The nutrition training intensively for the Public Health Center nutrition a personnel is a solution alternative in the short term in order that the Public Health - Center nutrition personnel is effective.