

# Pengaruh pendidikan kesehatan tentang gizi balita terhadap kemampuan ibu dalam memberikan asupan gizi balita di Kecamatan Indralaya kabupaten Ogan Ilir

Nurharlinah, author

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## Abstrak

Gizi adalah faktor penting yang berperan dalam pertumbuhan dan perkembangan balita. Gangguan gizi pada balita mengakibatkan penurunan kecerdasan, terhambatnya pertumbuhan, perkembangan motorik, perkembangan mental dan meningkatnya angka kesakitan, kematian balita. Masalah gizi balita salah satunya disebabkan kurangnya pengetahuan ibu sehingga pengetahuan gizi sangat penting agar asupan gizi balita diberikan sesuai kebutuhan. Diperlukan pendidikan kesehatan mengenai gizi balita. Tujuan penelitian ini untuk menjelaskan pengaruh pendidikan kesehatan terhadap peningkatan kemampuan ibu dalam memberikan asupan gizi balita di Indralaya Ogan Ilir. Penelitian ini, Quasi Experimental " Non-randomized Control Group Pretes-Postest Design" Populasinya adalah ibu-ibu balita di Kecamatan Indralaya, Desa Tebing Gerinting, Tanjung Seteko, dan Tanjung Agas. Jumlah sampel penelitian ini 120 orang, 40 orang kelompok intervensi 1 (buku panduan, penyuluhan), 41 orang kelompok intervensi 2 (buku panduan, penyuluhan dan kunjungan rumah) dan 39 orang kelompok kontrol (buku panduan). Pengambilan sampel dengan cara cluster sampling. Hasil uji homogenitas responden usia dan pendidikan ( $P<0,05$ ) sedangkan pekerjaan dan pengeluaran RT ( $P < 0,05$ ). Analisis pengaruh pendidikan kesehatan terhadap peningkatan kemampuan ibu memberikan asupan gizi balita menggunakan uji beda lebih dan dua mean (Anova), menunjukkan perbedaan bermakna peningkatan kemampuan ibu antara kelompok intervensi 1, kelompok intervensi 2 dan kelompok kontrol dengan ( $P=0,0001$ ) pada asupan gizi juga menunjukkan perbedaan peningkatan asupan gizi yang bermakna antara kelompok intervensi 1, intervensi 2 dan kelompok kontrol ( $P=0,0001$ ) untuk status gizi balita belum dapat dievaluasi perubahannya karena keterbatasan waktu penelitian. Hubungan karakteristik ibu (usia, pendidikan, pekerjaan dan pengeluaran RT) intervensi 1, intervensi 2 dengan peningkatan pengetahuan dan perilaku menggunakan uji Regresi linear ganda menunjukkan tidak ada pengaruh karakteristik ibu terhadap peningkatan kemampuan ibu tetapi hanya dipengaruhi oleh intervensi 1 dan intervensi 2. Implikasi dari penelitian ini pendidikan kesehatan dengan menggunakan buku panduan, penyuluhan dan kunjungan rumah dapat diterapkan asuhan keperawatan keluarga dan masyarakat. .... Nutrition is an important factor which helps growth and development of child under five years old. Nutrition disturbance under five years old decreases intelligence, growth pursue, motoric development and increases illness and death among under five years old children. This problem nutrition under five years old is one of mother's less knowledge about nutrition under five years old, in order nutrition intake under five years old is gave according to health education of nutrition under five years old. This research purpose to explain the effect of health education for increasing mother's ability in giving nutrition intake under five years old at Indralaya district, Ogan Ilir regency. This research used Quation Experimental "Non-randomized Control Group Pretest-Postest Design". Population in this research is mothers who have under five years old children at Indralaya district, Desa Tebing Gerinting, Tanjung Seteko and Tanjung Agas. Amount of these samples in this research are 120 people, 40 people are intervention group 1 (guidance book, instruction), 41 people are intervention group 2 (guidance book, instruction, and

home visit), and 39 people are control group (guidance book). Samples are taken by cluster sampling. Test result of respondent homogeneous according to age and education ( $P<0,05$ ), according to job and home expenses ( $P>0,05$ ). Analyzing the influence of health education for increasing mother's ability in giving nutrition intake under five years old used different test over two means (Anova), indicate meaning different of increasing mother's ability between intervention group 1, intervention group 2 and control group ( $P=0,0001$ ), nutrition intakes also indicate meaning different of increasing nutrition intake between intervention group 1, intervention group 2 and control group ( $P=0,0001$ ), nutrition status under five years old can not be evaluated its change yet because research time is short. Relation of mother's characteristic (according to age, education, job and home expenses), intervention 1, intervention 2 by increasing knowledge and behavior used Double Linear Regression test, indicate there are not effect for mother's characteristic in increasing mother's ability, but there are only effected by intervention I and intervention 2. This research Implication of health education by using guidance book, instruction and home visit can be applied nursing guidance for family and community.