

ABSTRACT

WEIGHT DIFFERENCE BEFORE AND AFTER SUPPLEMENTARY FEEDING FOR TODDLERS MALNOURISHED IN WORKING AREA OF PEKALONGAN PUBLIC HEALTH CENTERS, EAST LAMPUNG

By

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Background : Nutritional status is related to physical growth and mental and social psychomotor development so it is necessary to obtain nutrition. Nutritional status problems happen in toddler example nutritional deficient. One of the efforts to resolve malnutrition in toddlers age groups is supplementary feeding recovery.

Objective : To knowing the difference of weight pre and post supplementary feeding recovery for toddlers malnourished in Pekalongan Public Health Centers Region East Lampung.

Methods : The type of this research is quasi experimental with one group before and after design approach. The study was conducted from November to December 2017. The population in this study were all toddlers malnourished in Pekalongan Public Health Centers Region East Lampung. The number of research samples are 34 respondents with purposive sampling technique. Weight data taken before and after supplementary feeding recovery for 1 month

Results : The results showed 13 male and 21 women toddlers. Most respondents aged > 12 months by 27 toddlers. The average weight before and after supplementary feeding recovery amount 8,67 kg and 9,36 kg. T test got p value is 0,000.

Conclusion : There are difference of weight pre and post supplementary feeding recovery.

Keywords : Toddlers, supplementary feeding recovery, malnutrition.

ABSTRAK

PERBEDAAN BERAT BADAN SEBELUM DAN SESUDAH PEMBERIAN MAKANAN TAMBAHAN PEMULIHAN (PMT-P) BAGI BALITA GIZI KURANG DI WILAYAH KERJA PUSKESMAS PEKALONGAN, LAMPUNG TIMUR

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Latar Belakang : Status gizi berkaitan dengan pertumbuhan fisik dan perkembangan psikomotorik, mental dan sosial. Masalah status gizi sering terjadi pada balita contohnya gizi kurang. Salah satu upaya untuk mengatasi kekurangan gizi pada kelompok usia balita adalah Pemberian Makanan Tambahan Pemulihan.

Tujuan : Mengetahui perbedaan berat badan sebelum dan sesudah Pemberian Makanan Tambahan Pemulihan bagi balita gizi kurang di wilayah kerja Puskesmas Pekalongan, Lampung Timur.

Metode : Jenis penelitian ini adalah *quasy experimental* dengan rancangan *one group before and after design*. Penelitian dilakukan pada bulan November – Desember 2017. Populasi pada penelitian adalah semua balita gizi kurang di Puskesmas Pekalongan, Lampung Timur. Jumlah sampel sebanyak 34 responden dengan teknik *purposive sampling*. Data berat badan diambil sebelum dan sesudah pemberian makanan tambahan pemulihan selama 1 bulan.

Hasil : Hasil penelitian menunjukan responden laki – laki sebanyak 13 dan perempuan 21 balita. Responden terbanyak berusia > 12 bulan sebesar 27 balita. Rerata berat badan sebelum dan sesudah Pemberian Makanan Tambahan Pemulihan (PMT-P) sebesar 8,67 kg dan 9,36 kg. Uji T didapatkan nilai p 0,000.

Kesimpulan : Terdapat perbedaan berat badan sebelum dan sesudah Pemberian Makanan Tambahan Pemulihan.

Kata Kunci : balita, pemberian makanan tambahan pemulihan, gizi kurang.