

ABSTRAK

Pengaruh Pemberian Makanan Tambahan Biskuit Lapis *Sandwich* Terhadap Perubahan Status Gizi Ibu Hamil Kurang Energi Kronis Di Kecamatan Jatibarang Kabupaten Brebes

Noviyanti Hidayah¹, Agus Sartono²

^{1,2} Program Studi S1 Gizi Fakultas Ilmu Keperawatan dan Kesehatan
Universitas Muhammadiyah Semarang

Tingginya angka ibu hamil Kurang Energi Kronis (Bumil KEK) di Kecamatan Jatibarang Brebes (2,25%) dapat meningkatkan Angka Kematian Ibu dan Angka Kematian Bayi. Salah satu upaya yang dilakukan untuk menurunkan angka Bumil KEK adalah Pemberian Makanan Tambahan (PMT) berupa biskuit lapis sandwich 100 gram per hari selama 90 hari. Penelitian ini bertujuan untuk mengetahui pengaruh PMT terhadap status gizi bumil KEK.

Penelitian analitik dengan rancangan pra eksperimen dan desain *one group pre and posttest*. Jumlah seluruh ibu hamil KEK sasaran PMT biskuit lapis sandwich di wilayah Kecamatan Jatibarang Kabupaten Brebes tahun 2016, adalah 36 orang. Semua sasaran dijadikan sampel. Status Gizi ibu hamil diukur dengan indikator panjang LILA. Tingkat kepatuhan sasaran dalam mengkonsumsi makanan tambahan biskuit lapis sandwich diukur dengan metode wawancara (*recall 24 jam*). Perbedaan status gizi sasaran sebelum dan sesudah PMT diuji dengan uji statistic *Paired Samples T Test*.

Setelah PMT selesai diberikan 19 orang (52,8%) bumil KEK menjadi berstatus gizi normal. Rata-rata nilai LILA (cm) meningkat dari $20,74 \pm 1,31$ sebelum PMT menjadi $23,18 \pm 1,14$ setelah PMT. Hasil uji *t dependen* menunjukkan peningkatan status gizi tersebut signifikan ($p = 0,000$). Jumlah biskuit lapis sandwich yang dikonsumsi sasaran, paling rendah 42 bungkus dan paling tinggi 90 bungkus, dengan rata-rata tingkat kepatuhan konsumsi PMT biskuit lapis *sandwich* (%) $86,33 \pm 16,79$ dengan variasi antara 46,67% hingga 100%. PMT biskuit lapis sandwich berpengaruh positif terhadap status gizi Bumil KEK. Kesimpulan : PMT biskuit lapis sandwich dapat meningkatkan status gizi Bumil KEK. Lebih dari sepekatuh bumil KEK menjadi normal.

Kata kunci : PMT Biskuit Sandwich, Ibu hamil KEK, Puskesmas Jatibarang

ABSTRACT

The Effect of Giving Additional Food Biscuit Sandwich to the Change of Nutrition Status of Pregnant Women Chronic Less Energy In Jatibarang Brebes

Noviyanti Hidayah¹ . Agus Sartono²

^{1,2}Nutrition Science Study Program The Faculty of Nursing and Health
University of Muhammadiyah Semarang

Malnutrition of pregnant woman (Chronic Less Energy/KEK) is still a big problem in Jatibarang Brebes (2,25%), it cause for high Maternal Mortality Rate and Children Mortality Rate. One of solution to eliminate the problem is giving biscuit sandwich 100 gram everyday for 90 days as additional food (PMT). The experiment was done to analyze how PMT biscuit sandwich could eliminate Malnutrition for Pregnant Woman.

Types of analytical research, by experimental research and with one group pre and post test design. All pregnant women KEK who got additional food biscuit sandwich in Jatibarang Brebes at 2016 (36 pregnant women) become research sample. Nutrition status for pregnant women is known by arm circumference (LILA) condition. The adherence rate in consuming additional food for sandwich biscuits was measured by interview method (recall 24 hour). Differences in nutritional status of before and after PMT biscuit sandwich used the statistic test Paired Samples T Test.

After PMT biscuit sandwich was given to pregnant women KEK and the result was 19 pregnant women (52,80%) become normally nutrition status. The average value of LILA (cm) increased from $20,74 \pm 1,31$ to $23,18 \pm 1,14$ after PMT biscuit sandwich. Its a significant result ($p=0,000$) according T dependen test. PMT biscuit sandwich consumed the lowest 42 wraps and the highest 90 wraps, with average adherence rate in consuming additional food for sandwich biscuits (%) was $86,33 \pm 16,79$ with variation 46,67% to 100%. PMT biscuit sandwich can improve nutritional status of pregnant women KEK significantly. The conclusion is PMT biscuit sandwich could increase more than half nutrition status for pregnant women KEK to be a normally nutrition status.

Keywords: PMT biscuit sandwich, Pregnant women (Cronic Less Energy/KEK), Puskesmas Jatibarang