

## ABSTRAK

### **Pengaruh Pemberian MP-ASI Biskuit Terhadap Peningkatan Status Gizi Balita di Wilayah Kerja Puskesmas Limpung Kabupaten Batang**

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Kurang Energi Protein (KEP) sampai saat ini masih merupakan masalah gizi utama. Salah satu upaya untuk mengatasi KEP adalah dengan memberikan MP-ASI biskuit pada balita kurus dan sangat kurus. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian MP-ASI biskuit terhadap peningkatan status gizi balita di wilayah kerja Puskesmas Limpung Kabupaten Batang.

Penelitian ini merupakan penelitian quasi eksperimen dengan rancangan *one group pretest posttest*. Jumlah sampel 16 balita kurus dan sangat kurus di wilayah kerja Puskesmas Limpung Kabupaten Batang yang mendapatkan MP-ASI biskuit selama 90 hari. Variabel yang diteliti yaitu peningkatan status gizi balita. Uji statistik yang digunakan adalah *Paired t test* untuk menguji perbedaan status gizi berdasar BB/U dan *Wilcoxon* untuk menguji perbedaan status gizi berdasar BB/TB.

Perbedaan status gizi berdasar BB/TB setelah pemberian MP-ASI biskuit adalah 25% balita sangat kurus dan 75% kurus mengalami peningkatan menjadi 50% kurus dan 50% normal, sedangkan berdasarkan BB/U adalah dari 43,8% gizi buruk turun menjadi 37,5%, 43,8% gizi kurang turun menjadi 25% dan gizi baik dari 12,5% naik menjadi 37,5%. Terdapat peningkatan yang signifikan terhadap nilai z-score BB/U dan BB/TB dengan nilai  $p=0,021$  dan  $p=0,000$ .

Pemberian MP-ASI biskuit selama 90 hari memberikan pengaruh terhadap peningkatan status gizi balita berdasarkan BB/U dan BB/TB.

**Kata Kunci:** MP-ASI biskuit, Status gizi balita, Balita kurus dan sangat kurus.

## ABSTRACT

### **The Effect of Giving Weaning Biscuit on the Improvement of Nutritional Status of Toddlers in the Work Area of the *Puskesmas* (government-mandated community health clinics) Limpung, Batang District**

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The lack of Protein Energy (LPE) is up to now a major nutritional issue. One of the efforts to overcome LPE is to give weaning biscuits to lean toddlers and bony toddlers. This study aims to find out the effect of the biscuits on the improvement of nutritional status of toddlers in the work area of Limpung *Puskesmas*, Batang district.

This research is a quasi experimental research with one group pre-test post-test. The number of samples was 16 lean toddlers and bony toddlers in the work area of Limpung *Puskesmas*, Batang district, who got the biscuits for 90 days. The variables were the improvement of nutritional status of toddlers. The statistical test is Paired t test to examine the difference of nutritional status based on weight/age and Wilcoxon to verify the difference of nutritional status based on weight/height.

The difference of nutritional status based on weight/height after provision of the biscuits was 25% bony toddlers and 75% lean toddlers increased to 50% lean toddlers and 50% normal toddlers, whereas being based on weight/age was that malnutrition decreased from 43.8% to 37.5%, less nutrition dropped from 43.8% to 25% and good nutrition rose from 12.5% to 37.5%. There was a significant increase of z-score value of weight/age and weight/height with  $p = 0,021$  and  $p = 0,000$ .

The provision of weaning biscuits for 90 days gave effect to the improvement of nutritional status of toddlers based on weight/age and weight/height.

**Keywords:** Weaning biscuits, Nutritional status of toddlers, Lean toddlers and bony toddler.