

# **PENGARUH KEHADIRAN KONSELING DAN KONSUMSI FORMULA 100 (F100) TERHADAP PERUBAHAN STATUS GIZI BALITA GIZI BURUK DI RUMAH GIZI KOTA SEMARANG**

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Gizi buruk merupakan masalah yang kompleks dengan banyak penyebab antara lain karena kekurangan gizi dan kurangnya pengetahuan ibu tentang gizi. Pemberian diet Formula 100 (F100) kepada balita gizi buruk dapat meningkatkan berat badan penderita gizi buruk. Salah satu cara untuk menyadarkan masyarakat tentang gizi melalui konseling gizi yang bertujuan untuk menambah pengetahuan dan mengubah perilaku yang berkaitan dengan gizi sehingga masalah gizi dapat teratasi. Tujuan penelitian ini adalah untuk mengetahui pengaruh kehadiran konseling dan konsumsi F100 terhadap perubahan status gizi balita gizi buruk di Rumah Gizi Kota Semarang.

Jenis penelitian eksperimental semu dengan disain *one group pre-test and post-test*. Teknik pengambilan sampel menggunakan sampling jenuh (*sensus*) dimana seluruh populasi dijadikan sampel yaitu seluruh balita gizi buruk yang mengikuti perawatan komprehensif sebanyak 27 balita. Kehadiran konseling diukur dari jumlah kehadiran konseling yang diikuti selama perawatan komprehensif di Rumah Gizi Kota Semarang selama 6 bulan sebanyak 15 kali kehadiran. Konsumsi F100 diukur dari jumlah F100 yang dikonsumsi balita gizi buruk selama perawatan komprehensif di Rumah Gizi dan di rumah selama 6 bulan. Analisis statistik menggunakan uji *Chi Square* untuk melihat pengaruh antara kehadiran konseling dan konsumsi F100 terhadap perubahan status gizi balita gizi buruk di Rumah Gizi Kota Semarang.

Hasil penelitian didapatkan 66,7% subyek penelitian sering menghadiri konseling, sebesar 66,7% normal dalam mengkonsumsi F100 dan sebesar 81,5% mengalami perubahan status gizi meningkat. Hasil analisis statistik didapatkan bahwa tidak ada pengaruh kehadiran konseling terhadap perubahan status gizi balita gizi buruk ( $p$  value = 1,000), tetapi ada pengaruh konsumsi F100 terhadap perubahan status gizi balita gizi buruk ( $p$  = 0,000). Tidak ada pengaruh kehadiran konseling terhadap perubahan status gizi balita gizi buruk. Ada pengaruh konsumsi F100 terhadap perubahan status gizi balita gizi buruk

**Kata Kunci:** Kehadiran konseling, Konsumsi F100, Perubahan Status Gizi Buruk

**EFFECT OF COUNSELING AND CONSUMPTION CONSUMPTION 100 (F100) TO CHANGE NUTRITION STATUS OF BENEFIT NUTRITION IN THE NUTRITION HOUSE OF SEMARANG CITY**

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*Malnutrition is a complex problem with many causes such as malnutrition and lack of mother's knowledge of nutrition. Provision of dietary Formula 100 (F100) to malnourish toddlers can increase the weight of malnourished patients. One way to awake the public about nutrition through nutritional counseling is to increase knowledge and change nutritional behaviors so that nutritional problems can be overcome. The purpose of this study was to determine the effect of counseling and consumption of F100 on changes in nutritional status of malnourished children under five in Nutrition Semarang City.*

*This type of quasi experimental research with one group pre-test and post-test design. The sampling technique used saturated sampling (census) where the entire population is sampled that is all malnourished children under five who follow comprehensive care as many as 27 children under five. The presence of counseling was measured by the number of counseling attendees attended during the comprehensive care at Nutrition Semarang City for 6 months at 15 times attendance. F100 consumption was measured from the amount of F100 consumed by malnourished children under five years of comprehensive care at Home Nutrition and at home for 6 months. Statistical analysis using Chi Square test to see the influence between counseling and consumption of F100 to change nutrition status of malnourished children under five in Nutrition Semarang City.*

*The result of this research is 66,7% research subject often attend counseling. A 66,7% normal consumption of F100, and 81,5% experienced a change in nutritional status increased. The result of statistic analysis showed that there was no influence of counseling to the change of nutritional status of malnourished children under five years ( $p$  value = 1,000), but there was influence of F100 consumption to nutritional status of malnourished children ( $p$  = 0,000). There is no effect of counseling attendance on the change of nutritional status of malnourished children. There is influence of consumption of F100 to change nutritional status of malnutrition children under five.*

**Keywords:** Counseling Presence, F100 Consumption, Malnutrition Status Changes