

ABSTRAK

Pengaruh Metode Penyuluhan Gizi terhadap Peningkatan Pengetahuan Gizi Ibu Balita di Wilayah Kerja Puskesmas Watukumpul

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Program penyuluhan di wilayah Puskesmas Watukumpul selama ini menggunakan metode ceramah, leaflet dan lembar balik sehingga dirasa belum optimal. Penerapan metode demonstrasi pada pelatihan kader menunjukkan hasil yang cukup baik dalam meningkatkan pengetahuan. Penelitian ini bertujuan untuk melihat adakah perbedaan peningkatan pengetahuan dengan metode penyuluhan lembar balik dan demonstrasi.

Penelitian *quasi eksperimen* dengan rancangan *pre test post test with control group*. Sampel yang digunakan adalah 70 ibu balita terdiri dari 35 ibu balita kelompok metode lembar balik dan 35 ibu balita kelompok metode demonstrasi. Pengambilan sampel dilakukan secara *simple random sampling*. Pengukuran pengetahuan dilakukan dengan *Pre Test* dan *Post Test* dengan menjawab kuesioner. Uji statistik dengan uji *Mann Whitney*.

Rata-rata skor pengetahuan gizi ibu balita sebelum penyuluhan metode lembar balik $64 \pm 1,94245$ dan setelah penyuluhan $72,4286 \pm 1,69492$ mengalami kenaikan sebesar 2,31, pada metode demonstrasi rata-rata skor pengetahuan sebelum penyuluhan $62,8571 \pm 1,57829$ dan setelah penyuluhan $78,2857 \pm 1,46303$ mengalami kenaikan sebesar 44,69. Nilai $p < 0,005$, kedua rata-rata tersebut berbeda secara signifikan.

Ada perbedaan peningkatan pengetahuan gizi ibu balita pada metode penyuluhan lembar balik dan demonstrasi. Metode demonstrasi lebih baik dalam meningkatkan pengetahuan gizi ibu balita.

Kata Kunci : pengetahuan gizi ibu, perbedaan metode penyuluhan, metode demonstrasi, metode lembar balik

ABSTRACT

Influence of Nutrition Counselling Methods to Increase Nutritional Knowledge of Under-five Mothers in Watukumpul Watershed Area.

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Counselling programs that have been implemented in Watukumpul Puskesmas area has not been optimal. Methods of demonstration have been done on cadre training. Methods of demonstration and practice are used to improve maternal education, knowledge and skills and enhance motivation and provide a more profound impression of nutrition education materials. The purpose of this study is to know the different methods of counselling to increase knowledge of nutrition of respondents.

Quasi experimental research with pre test post test with control group design. The sample used is 70 mother of toddler consist of 35 mother of flock back sheets method group and 35 mothers group demonstration method group with random assignment. Measurement of knowledge is done by Pre Test and Post Test by answering the questionnaire. Test statistic with Mann Whitney test.

Average score of mother nutrient knowledge before counseling method of return sheet $64 \pm 1,94245$ and after counseling $72,4286 \pm 1,69492$ experience increase of 2,31, at method of demonstration average score of knowledge before extension $62,8571 \pm 1,57829$ and after counseling 78.2857 ± 1.46303 experienced an increase of 44.69. The p value <0.005 , the two meanings differ significantly.

There is a difference in the increase of nutritional knowledge of under-five mother in the method of sheets and demonstration counseling. Demonstration method is better in improving nutrition knowledge of mother of toddler

Keywords: mother's nutrition knowledge, difference of extension method, demonstration method, back sheet method

