

Perbedaan Tingkat Kecukupan Protein dan Zat Besi Balita yang Dititipkan di Day Care Mentari Dengan yang Diasuh Ibu di RW 08 Tlogosari Kulon

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ABSTRAK

Pemenuhan zat gizi balita harus dilakukan untuk menjamin proses tumbuh kembang dapat berlangsung secara optimal. Ibu bekerja sering tidak dapat mengontrol pemenuhan kebutuhan gizi balita sehingga dapat menghambat tumbuh kembangnya. Day Care Mentari merupakan lembaga penitipan balita yang berada di wilayah Tlogosari Kulon, merupakan pilihan untuk menjamin pemberian asupan zat gizi kepada balita. Penelitian bertujuan untuk menganalisis perbedaan tingkat kecukupan protein dan zat besi balita yang dititipkan di di Day Care Mentari dengan yang diasuh sendiri oleh ibu di RW 08 Kelurahan Tlogosari Kulon Kota Semarang

Penelitian *pra eksperimental* dengan rancangan statik. Sampel penelitian 40 balita, 20 balita di Day Care Mentari dan 20 balita diasuh sendiri oleh ibu. Sampel dipilih sesuai kriteria *inklusi* dan *matching* sesuai jenis kelamin. Asupan protein dan zat besi balita diukur dengan metode *food recall* 2 x 24 jam, kemudian dibandingkan dengan AKG individu. Analisis statistik dilakukan dengan menggunakan uji beda *Independent Sample T-Test*.

Rerata tingkat kecukupan protein balita di Day Care adalah $152,72 \pm 30,22\%$ AKG perhari dan yang diasuh oleh ibu adalah $93,56 \pm 25,00\%$ AKG perhari. Rerata tingkat kecukupan zat besi balita di Day Care adalah $72,55 \pm 9,12\%$ AKG perhari dan yang diasuh oleh ibu adalah $36,96 \pm 11,27\%$ AKG perhari. Uji statistik menunjukkan tingkat kecukupan protein dan zat besi balita di Day Care Mentari berbeda secara bermakna (pada $p = 0.05$) dibandingkan balita yang diasuh oleh ibu. Tingkat kecukupan protein dan zat besi balita di Day Care lebih tinggi dibanding balita yang diasuh oleh ibu sendiri.

Kata Kunci : Balita, Day Care Mentari, Tingkat Kecukupan Protein dan Zat Besi.

Differences Levels of Protein and Iron Insufficiency In Toddlers Prescribed in Day Care Mentari With the mother cared at RW 08 Tlogosari Kulon

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ABSTRACT

The fulfillment of toddlers must be done for processing growth and can be continuingly optimal. Worker mom often can not controlling fulfillment requirement of underfive children nutrient, so that inhibit their grow up. Mentari Day Care is a toddler care institution was located in Tlogosari Kulon, which is the choices for giving nutritional to toddlers who has given a guarantee. This research aims to analyze the differences in the level of protein and iron adequacy of toddlers who were deposited on childcare in Mentari Day Care with their mothers themselves at RW 08 Tlogosari Kulon, Semarang.

Pra-experimental research with static design. Sample of the research was included 40 toddlers, 20 toddlers in Mentari Day Care and 20 toddlers were taken self-care of their mothers. The sample was selected according to the inclusion and matching criteria according to gender. Protein and iron of toddlers measured by 2 x 24hours food recall method, then compared with individual AKG. Statistical analysis was carried out using independent Sample T-Test different test.

The average level of adequacy of toddlers protein in Day Care was 152.72 + 30.22% AKG per day and that taken care of by mothers were 93.56 + 25.00% AKG per day. The average level of iron adequacy of toddlers in Day Care was 72.55 + 9.12% AKG per day and those taken care of by mothers were 36.96 + 11.27% AKG per day. Statistical test showed that the level of protein and iron adequacy of toddlers in Mentari Day Care was significantly different ($p = 0,05$) compared to toddlers were taken care self-care of their mothers. The level of protein and iron adequacy of toddlers were taken in Day Care is higher than toddlers who uncer self-care with their own mothers.

Keywords: *Toddler, Day Care Mentari, Protein Sufficiency Level and Iron Adequacy Level.*