

## **PENGARUH EDUKASI GIZI TERINTEGRASI TERHADAP PENGETAHUAN TENTANG PEMENUHAN GIZI PADA IBU YANG MEMILIKI ANAK USIA 0-5 BULAN DI KABUPATEN BARITO KUALA**

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### **INTISARI**

**Latar Belakang:** Permasalahan gizi anak dapat dipengaruhi oleh kurangnya pengetahuan ibu mengenai gizi pada anak. Edukasi gizi terintegrasi merupakan salah satu upaya yang dilakukan untuk meningkatkan pengetahuan ibu.

**Tujuan:** Penelitian dilakukan untuk mengetahui pengaruh edukasi gizi terintegrasi terhadap pengetahuan ibu tentang pemenuhan gizi bayi.

**Metode:** Rancangan *quasy experiment nonequivalent control group design with pre-test and post-test* digunakan pada penelitian ini dengan teknik *consecutive sampling*. Responden merupakan ibu yang berdomisili di sekitar lokasi penelitian, berusia reproduktif, bisa membaca, menulis dan memiliki gawai. Sebanyak 36 responden menerima edukasi gizi terintegrasi dan 35 responden menerima program rutin dari puskesmas serta diberikan *e-booklet*. Pengambilan data dilakukan sebanyak tiga kali yaitu *pretest*, *post-test I*, dan *post test II* dalam kurun waktu 1,5 bulan. Data dikumpulkan melalui pengisian kuesioner pengetahuan IMD, ASI eksklusif, MP-ASI dan kuesioner pemantauan pertumbuhan yang dimodifikasi oleh peneliti.

**Hasil:** Berdasarkan selisih skor *pretest* dan *post-test II* pengetahuan setelah retensi 15 hari intervensi pada kelompok intervensi dan kontrol, menunjukkan terdapat perbedaan bermakna skor pengetahuan ibu ( $p = 0,032$ ) sebelum dan sesudah intervensi. Sebagian besar dimensi pengetahuan gizi ibu mengalami peningkatan dari *pretest* ke *post-test I* dan ke *post-test II*. Hasil analisis multivariat menunjukkan variabel edukasi gizi terintegrasi sebagai faktor yang berhubungan (*adjusted R square = 0,065*) dan memengaruhi pengetahuan ibu tentang pemenuhan gizi bayi ( $p = 0,018$ ).

**Kesimpulan:** Edukasi gizi terintegrasi memiliki pengaruh bermakna terhadap pengetahuan ibu mengenai gizi bayi. Pemanfaatan edukasi gizi terintegrasi dapat menjadi salah satu pilihan dalam inovasi edukasi gizi dengan mempertimbangkan aspek retensi pengetahuan pada responden selama dua pekan.

**Kata Kunci:** Edukasi Gizi Terintegrasi, Gizi Bayi, Pengetahuan Ibu

## **THE EFFECT OF INTEGRATED NUTRITION EDUCATION ON MATERNAL KNOWLEDGE ABOUT NUTRITION FULFILLING IN CHILDREN AGED 0-5 MONTHS IN BARITO KUALA DISTRICT**

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### **ABSTRACT**

**Background:** Child nutrition problems can be influenced by the lack of maternal knowledge about nutrition in children. Integrated nutrition education is one of the efforts made to improve maternal knowledge.

**Objective:** The study was conducted to determine the effect of integrated nutrition education on maternal knowledge about infant nutrition.

**Method:** The quasi-experimental nonequivalent control group design with pre-test and post-test was used in this study with consecutive sampling technique. Respondents were mothers who lived around the research location, were of reproductive age, could read, write and had gadget. A total of 36 respondents received integrated nutrition education and 35 respondents received routine programs from the public health center and were given e-booklet. Data collection was carried out three times, pretest, post-test I, and post-test II within a period of 1.5 months. Data were collected by filling out the questionnaire about early initiation of breastfeeding, exclusive breastfeeding, complementary feeding and growth monitoring questionnaire modified by the researcher.

**Results:** Based on the difference knowledge scores in pretest and post-test II after 15 days of intervention retention in the intervention group and control group, there was a significant difference in maternal knowledge scores ( $p = 0.032$ ) before and after being given intervention. In most dimensions of maternal nutritional knowledge, there was an increase from pretest to post-test I and to post-test II. The results of the multivariate analysis showed that the integrated nutrition education variable was the factor that correlate (*adjusted R square* = 0,065) and influence maternal knowledge about fulfilling infant nutrition ( $p = 0.018$ ).

**Conclusion:** Integrated nutrition education has a significant influence on maternal knowledge about infant nutrition. The use of integrated nutrition education can be one option in nutritional education innovation by considering the aspect of knowledge retention in respondents for two weeks.

**Keywords:** integrated nutrition education, infant nutrition, maternal knowledge