

## INTISARI

**Latar Belakang:** Hal yang penting dalam kehidupan manusia adalah meningkatnya perhatian terhadap kesehatan guna mencegah terjadinya malnutrisi (gizi salah) dan risiko menjadi gizi kurang. Status gizi ini menjadi penting karena merupakan salah satu faktor risiko untuk terjadinya kesakitan dan kematian. Hasil pemantauan status gizi di Propinsi D.I Yogyakarta tahun 2008 diperoleh 11,78% anak KEP total, dan 0,80% diantaranya termasuk KEP berat. Mengingat peran kader yang sangat strategis melalui kegiatan pemantauan, pertumbuhan anak di posyandu dan masih banyak dijumpai kesalahan kader dalam menentukan interpretasi hasil penimbangan, maka diperlukan pelatihan dengan Modul Pendamping KMS untuk menentukan interpretasi hasil penimbangan anak di posyandu.

**Tujuan penelitian :** Mengkaji pengaruh pelatihan dengan modul pendamping KMS terhadap peningkatan pengetahuan dan ketepatan kader dalam interpretasi hasil penimbangan balita.

**Metode penelitian :** Jenis penelitian *experiment* dengan rancangan *pretest-posttest control groups design*. Subjek penelitian dipilih secara *simple random sampling* sebanyak 33 responden kelompok perlakuan dan 33 responden kelompok kontrol dengan perlakuan pelatihan dengan modul pendamping KMS, kemudian 30 responden dari responden perlakuan dan kontrol diobservasi pelaksanaan di posyandu.

**Hasil :** Analisis variabel karakteristik umur, tingkat pendidikan, pekerjaan, pelatihan dan lama menjadi kader pada kedua kelompok menunjukkan keadaan yang sebanding. Berdasarkan uji statistik diperoleh adanya perbedaan yang bermakna pengetahuan, ketepatan kader dalam interpretasi hasil penimbangan setelah perlakuan dengan pelatihan dengan modul pendamping KMS, demikian pada pelaksanaan di posyandu.

**Kesimpulan :** Terdapat pengaruh pelatihan dengan menggunakan modul pendamping KMS terhadap peningkatan pengetahuan kader dan ketepatan kader dalam interpretasi hasil penimbangan anak di posyandu.

**Kata Kunci:** Pelatihan dengan modul, Kader Posyandu, pengetahuan, ketepatan interpretasi

## ABSTRACT

**Background:** An important aspect of human life is increasing concern to health for the prevention of malnutrition and risk for undernourishment. Nutrition status becomes essential because it is a risk factor for the prevalence of morbidity and mortality. The result of nutrition status monitoring in the Province of Yogyakarta Special Territory 2008 showed 11.78% of children were protein energy deficient and 0.8% of them were in serious protein energy deficiency. Considering that the role of cadres is very strategic in the monitoring of child growth at Posyandu and there is inaccuracy of cadres in interpreting the result of weighing, it is necessary to give training using KMS supplementary module for better result of child weighing interpretation at Posyandu.

**Objective:** To study impact of training using KMS supplementary module to increased knowledge and accuracy of cadres in interpreting the result of child weighing.

**Method:** The study was an experiment with pre-test post-test control group design. Subject were taken with simple random sampling technique, comprising 30 respondents as experiment group and 30 respondents as control group using training with KMS supplementary module as intervention. Next, 30 respondents from the experiment and control group were observed to monitor the implementation at Posyandu.

**Result:** The result of analysis on characteristic variable of age, education, occupation training and duration of becoming a cadre in the two groups showed equal condition. The result of statistical test showed there was significant difference in knowledge and accuracy of cadres in interpreting the result of weighing after experiment with training using KMS supplementary module.

**Conclusion:** There was impact of training using KMS supplementary module to improved knowledge and accuracy of cadres in interpreting the result of child weighing at Posyandu.

**Keywords:** cadres, Posyandu, training module, accuracy, interpretation