

Pola makan Anak-Anak Gizi Kurang di Sekolah Dasar Belanting, Lombok Timur dan Pengaruh Konsumsi Probiotik *Indigenous Powder Lactobacillus plantarum* Dad-13 terhadap Berat Badan dan Populasi *Escherichia coli*, *Klebsiella*, *Enterococcus* dan *Streptococcus*

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ABSTRAK

Malnutrisi pada anak-anak masih menjadi masalah kesehatan utama di Indonesia termasuk provinsi Lombok Timur, Nusa Tenggara Barat. Kurang gizi dapat disebabkan karena diet yang tidak mencukupi termasuk defisiensi makronutrien (karbohidrat, protein, lemak) dan mikronutrien (vitamin dan mineral). Selain kekurangan zat gizi, infeksi penyakit bakteri patogen merupakan penyebab malnutrisi. Tujuan dari penelitian ini adalah untuk mengetahui Pola makan Anak-Anak Gizi Kurang di Sekolah Dasar Belanting, Lombok Timur dan Pengaruh Konsumsi Probiotik *Indigenous Powder Lactobacillus plantarum* Dad-13 terhadap Berat Badan dan Populasi *Escherichia coli*, *Klebsiella*, *Enterococcus* dan *Streptococcus*. Empat puluh siswa diminta untuk mengonsumsi bubuk probiotik yang mengandung *Lactobacillus plantarum* Dad-13 dan susu bubuk skim (sebagai plasebo) selama 2 bulan. Sampel tinja dianalisis sebelum dan sesudah konsumsi. Hasil penelitian menunjukkan bahwa pola makan anak-anak kurang gizi masih di bawah rekomendasi baik asupan energi, makronutrien, dan mikronutrien (<70%) pada kedua kelompok (plasebo dan probiotik). Profil makanan pada anak-anak yang kekurangan gizi menunjukkan bahwa nasi putih, ikan, dan sayuran adalah sumber utama karbohidrat, protein, dan serat makanan. Setelah 2 bulan mengonsumsi bubuk probiotik yang mengandung *Lactobacillus plantarum* Dad-13, dapat disimpulkan bahwa berat badan anak-anak kurang gizi meningkat secara signifikan, sedangkan populasi bakteri *Escherichia coli*, *Klebsiella pneumoniae*, *Enterococcus* dan *Streptococcus* tidak berpengaruh.

Kata Kunci : Malnutrisi, kurang gizi, pola makan, probiotik *L. plantarum* Dad-13, bakteri

Dietary Patterns in Malnourished Children at Belanting Elementary School, East Lombok and Relation of Consumption of Powder Containing Indigenous Probiotic *Lactobacillus plantarum* Dad-13 on the Weight and population *Escherichia coli*, *Klebsiella*, *Enterococcus* and *Streptococcus*

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Abstrack

Malnutrition in children is still a major health problem in Indonesia including East Lombok province, West Nusa Tenggara. Malnutrition can be caused by insufficient diets including macronutrient deficiencies (carbohydrates, proteins, fats) and micronutrients (vitamins and minerals). In addition to lack of nutrients, pathogenic bacterial infections are a cause of malnutrition. The aims of this research were to investigate the Dietary Patterns in Malnourished Children at Belanting Elementary School, East Lombok, Indonesia and Relation of Consumption of Powder Containing Indigenous Probiotic *Lactobacillus plantarum* Dad-13 on the weight and population *Escherichia coli*, *Klebsiella*, *Enterococcus* and *Streptococcus*. Forty students were asked to consume probiotic powder containing *Lactobacillus plantarum* Dad-13 and skim milk powder (as placebo) for 2 months. Fecal sample were analyzed before and after the consumption. The results showed that the diets of malnourished children were still below recommendations on energy intake, macronutrients and micronutrients (<70%) in both groups (placebo and probiotic). Dietary profile in malnourished children shows that rice, fish and vegetables are the main sources of carbohydrates, protein and dietary fibers, respectively. After 2 months of consumption probiotic powder containing *Lactobacillus plantarum* Dad-13, it can be concluded that the body weight of malnourished children has increased significantly, while population of *Escherichia coli*, *Klebsiella pneumoniae*, *Enterococcus* and *Streptococcus* bacteria was not affected.

Keywords: Malnourished children, Dietary patterns, Probiotic indigenous powder *Lactobacillus plantarum* Dad-13, bacteria.