

## PENGARUH PEMBERIAN KONSELING DAN BOOKLET TERHADAP PENGETAHUAN, PERSEN PEMENUHAN KEBUTUHAN, DAN BERAT BADAN WANITA PEKERJA SEKS KOMERSIAL DI YOGYAKARTA

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### INTISARI

**Latar Belakang:** PSK memberikan masalah status gizi. Penelitian di lokalisasi Sunan Kuning menyebutkan dari 35 responden 14% gizi kurang, 60% gizi normal dan 26% gizi lebih.

**Tujuan:** Mengetahui perbedaan pengaruh antara pemberian konseling dengan hanya pemberian booklet terhadap pengetahuan, persen pemenuhan kebutuhan dan berat badan

**Metode:** Jenis penelitian kuasi eksperimental dengan desain *pre-test* dan *post test*. Pengambilan sampel secara *purposive sampling* yang memenuhi kriteria inklusi dan eksklusi pada pekerja seks di komunitas (Perhimpunan Perempuan Pekerja Seks Yogyakarta (P3SY), 10 orang perlakuan A (pemberian konseling) dan 20 orang perlakuan B (pemberian booklet). Uji yang dilakukan yaitu *Chi-square*, statistik *t-test*, *Wilcoxon*, *Mann Whitney u test*, analisis multivariat regresi linear.

**Hasil:** Pada perlakuan A terdapat peningkatan pengetahuan yang bermakna ( $p=0,011$ ), perubahan tidak signifikan pada persen pemenuhan energi ( $p=0,203$ ), protein ( $p=0,767$ ), lemak ( $p=0,241$ ), karbohidrat ( $p=0,074$ ), perubahan berat badan ( $p=0,733$ ). Pada kelompok perlakuan B, tidak berubah signifikan, peningkatan pengetahuan ( $p=0,756$ ), perubahan persen pemenuhan energi ( $p=0,680$ ), protein ( $p=0,458$ ), lemak ( $p=0,313$ ), karbohidrat ( $p=0,505$ ) dan perubahan berat badan ( $p=0,142$ ). Tidak terdapat perbedaan yang bermakna antara perlakuan A dan B untuk selisih peningkatan pengetahuan ( $p=0,05$ ), persen pemenuhan energi ( $p=0,403$ ), protein ( $p=0,702$ ), lemak ( $p=0,842$ ), selisih perubahan berat badan ( $p=0,597$ ) namun ada beda signifikan pada selisih perubahan persen pemenuhan karbohidrat ( $p=0,022$ ).

**Kesimpulan:** peningkatan pengetahuan, perubahan persen pemenuhan (energi, protein dan lemak), perubahan berat badan tidak lebih baik pada perlakuan A, namun perubahan persen pemenuhan karbohidrat lebih baik pada perlakuan A

**Kata Kunci:** konseling gizi, booklet, pengetahuan, persen pemenuhan kebutuhan, berat badan, PSK

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**EFFECT OF NUTRITIONAL COUNSELING AND BOOKLET CONCERNING  
KNOWLEDGE, PERCENTAGE OF NEEDS FULFILLMENT AND BODY  
WEIGHT ON SEX WORKER IN YOGYAKARTA**

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**ABSTRACT**

**Background:** Sex workers have given nutritional status problems. Research in Sunan Kunin brothel show that from 35 respondents, there are 14% underweight, 60% normal and 26% overweight.

**Objective:** To determine the difference effect between those who got nutrition counseling and those who got booklet towards to knowledge, percentage of needs fulfillment, and body weight

**Methods:** This was a quasi experimental research with pre-post test design. The purposive sampling was used for subjects who eligible the inclusion and exclusion criteria in Perhimpunan Perempuan Pekerja Sex (P3SY) community. There were 10 subjects of experiment A (got counseling) and 20 subjects of experiment B (got booklet). Chi square, statistical t-test, Wilcoxon, Mann Whitney u test, and regesion linear were used to analyze the data.

**Result:** The experiment A has enhancement of knowledge which was significant ( $p=0,011$ ), and not significant in percentage change of energy ( $p=0,203$ ), protein ( $p=0,767$ ), fat ( $p=0,241$ ), carbohydrates ( $p=0,074$ ), and body weight change ( $p=0,733$ ). The result experiment B was not significant in enhancement of knowledge ( $p=0,756$ ), percentage change of energy ( $p=0,680$ ), protein ( $p=0,458$ ), fat ( $p=0,313$ ), carbohydrates ( $p=0,505$ ), and body weight change ( $p=0,142$ ). There was not significant difference between experiment A and experiment B in regarding of knowledge enhancement ( $p=0,05$ ), percentage change of energy ( $p=0,403$ ), protein ( $p=0,702$ ), fat ( $p=0,842$ ), and body weight change ( $p=0,597$ ), whereas there was significant in regarding of percentage change of carbohydrates ( $p=0,022$ ).

**Conclusion:** Knowledge enhancement, percentage change of energy, protein and fat, body weight change were not better in those got counseling whereas percentage of carbohydrates change was better in those got counseling

**Keyword:** Nutrition counseling, booklet, knowledge, percent of needs fulfillment, weight, sex worker

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