

## **Pelatihan Gizi sebagai Upaya Peningkatan Pengetahuan, Sikap, Perilaku dan Motivasi Kerja Petugas Gizi dalam Proses Asuhan Gizi Terstandar (PAGT) pada Pasien Diabetes Melitus di Puskesmas Wilayah Kerja Kabupaten Magelang**

### **INTISARI**

**Latar Belakang :** Pemberian edukasi gizi merupakan kunci dalam mengontrol gula darah pasien DM, terlebih edukasi oleh petugas gizi dapat meningkatkan kepatuhan terhadap terapi diet pasien DM. Kurangnya tatalaksana gizi berdasarkan PAGT pada pasien DM oleh petugas gizi menyebabkan intervensi gizi yang diberikan tidak berjalan dengan efektif.

**Tujuan :** Mengetahui pengaruh pelatihan gizi pada upaya peningkatkan pengetahuan, sikap, perilaku (PSP) dan motivasi kerja Petugas Gizi dalam Proses Asuhan Gizi Terstandar (PAGT) pada pasien diabetes melitus di puskesmas wilayah kabupaten Magelang, serta mengidentifikasi proses asuhan gizi terstandar yang diberikan oleh Petugas Gizi kepada pasien diabetes melitus di puskesmas.

**Metode :** Jenis penelitian ini merupakan penelitian kualitatif dengan melihat sebelum (*pre*) dan setelah (*post*) dilakukan intervensi berupa pelatihan PAGT pasien diabetes melitus. *Penelitian dilakukan pada bulan Oktober 2014 sampai dengan Maret 2015 di lima puskesmas Kabupaten Magelang, yaitu Salam, Srumbung, Borobudur, Salaman dan Secang. Pengambilan data melalui Focused Group Discussion (FGD), wawancara mendalam, serta observasi di lapangan.*

**Hasil Penelitian :** Pelatihan gizi mengenai PAGT pasien DM dinilai penting untuk petugas gizi. Konseling gizi yang dilakukan belum sistematis sesuai dengan tahapan PAGT. Pelaksanaan konseling gizi belum berjalan dengan optimal, hal ini disebabkan sistem rujukan belum berjalan, program gizi masih berfokus pada program gizi masyarakat, kebijakan konseling belum mendukung, serta sarana prasarana yang kurang memadai.

**Kesimpulan :** Pelatihan gizi mengenai Proses Asuhan Gizi Terstandar pada pasien diabetes melitus tidak menunjukkan peningkatkan pengetahuan, sikap, dan perilaku serta motivasi petugas gizi dalam penatalaksanaan gizi pasien DM.

**Kata Kunci :** Pengetahuan, Sikap, Perilaku, Motivasi, Pelatihan, PAGT, Diabetes Melitus, penelitian kualitatif.

## **Nutrition Training as Effort to Improve Knowledge, Attitude, Behaviour and Work Motivation on Nutritionist in Nutrition Care Process (NCP) of Patients with Diabetes Mellitus in Local Government Clinic in Magelang**

### **Abstract**

**Background:** The provision of nutrition education is key in controlling blood sugar diabetic patients, especially the provision of nutrition education provided by the nutrisionist can improve patient adherence to therapy diet DM. Lack of nutritional management of diabetic patients based on NCP by nutritionist causing nutritional interventions given is not operating effectively.

**Objective :** To determine the influence of nutrition training efforts in enhancing the knowledge, attitude, behavior (PSP) and work motivation on nutritionist in the Nutrition Care Process (NCP) of patients with diabetes mellitus in Magelang district health centers, as well as identifying the standardized nutrition care process given by nutritionist to patients with diabetes mellitus in the health centers.

**Methods:** This study is a qualitative research with observation pre and post intervention in the form of training NCP on patients with diabetes mellitus. The study was conducted in October 2014 until March 2015 in five public health centers in Magelang district, namely Salam, Srumbung, Borobudur, Salaman and Secang. Data retrieval through Focused Group Discussion (FGD), in-depth interviews, and observation in the field.

**Results:** Nutritional Training regarding NCP on patient with diabetes mellitus is considered important for nutritionist. Nutritional counseling has not been systematically conducted in accordance with the stages of NCP. Implementation of nutritional counseling has not run optimally, this is due to the referral system is not running, nutrition program still focuses on community nutrition programs, policies have not been supportive towards counseling, as well as inadequate infrastructure.

**Conclusions:** nutritional training on Nutrition Care Process in patients with diabetes mellitus showed no increase of knowledge, attitudes, behaviors and motivation on nutritionist in the nutritional management of patients with diabetes mellitus.

**Keywords :** Knowledge, Attitude, Behavior and Motivation, Nutritional Training, NCP, DM, Qualitative study