

**PENGARUH PENDIDIKAN KESEHATAN BAGI IBU  
TERHADAP PERUBAHAN ASUPAN ENERGI,  
AKTIVITAS FISIK DAN INDEKS MASSA TUBUH  
PADA ANAK KELEBIHAN BERAT BADAN**  
Studi Kasus pada Anak Usia 3-6 Tahun di PAUD IT Auladuna, Kota  
Bengkulu

*IMPACT OF HEALTH EDUCATION AMONG MOTHERS  
TO CHANGE ENERGY INTAKE, PHYSICAL ACTIVITY AND  
BODY MASS INDEX AMONG OVERWEIGHT CHILDREN*  
*Case Study on Children 3-6 Years Old in PAUD IT Auladuna, Bengkulu City*



Tesis  
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Magister Ilmu Gizi

Miratul Haya  
22030112410020

**FAKULTAS KEDOKTERAN  
UNIVERSITAS DIPONEGORO  
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## ABSTRAK

### **Pengaruh Pendidikan Kesehatan Bagi Ibu terhadap Perubahan Asupan Energi, Aktivitas Fisik dan Indeks Massa Tubuh pada Anak Kelebihan Berat Badan**

**Miratul Haya**

**Latar belakang:** Persentase anak kelebihan berat badan (*overweight*) di Propinsi Bengkulu (16,4%) lebih tinggi daripada nasional (11,9%). Faktor penyebab *overweight* adalah asupan energi yang tinggi dan rendahnya aktivitas fisik.

**Tujuan penelitian:** Menganalisis pengaruh pendidikan kesehatan bagi ibu terhadap perubahan perilaku ibu serta asupan energi, tingkat aktivitas fisik dan skor-z Indeks Massa Tubuh (IMT) pada anak *overweight* usia 3-6 tahun.

**Metode:** Desain penelitian *quasi-Experiment with non-randomized pre-post test control group*. Subjek (48 ibu) diambil secara *purposive sampling* dan dibagi dalam 2 kelompok (perlakuan dan kontrol). Pendidikan kesehatan pada kelompok perlakuan dilakukan 6 kali dalam 12 minggu. Analisis statistik yang digunakan adalah *Independent t-test*, *Mann Whitney*, *Paired t-test*, *Wilcoxon* dan Kovarian.

**Hasil penelitian:** Terdapat peningkatan skor sikap ( $20,9 \pm 3,52$ ), persentase asupan karbohidrat ( $3,7 \pm 7,30\%$ ) dan tingkat aktivitas fisik ( $0,04 \pm 0,01$ ) pada kelompok perlakuan. Terdapat penurunan tingkat kecukupan energi ( $-3,4 \pm 13,26\%$ ) dan skor-z IMT ( $-0,57 \pm 0,26$ ) pada kelompok perlakuan. Terdapat perbedaan sikap, tingkat kecukupan energi, tingkat aktivitas fisik dan skor-z IMT antara kelompok perlakuan dan kelompok kontrol setelah intervensi ( $p < 0,05$ ).

**Simpulan :** Pendidikan kesehatan bagi ibu memberikan perubahan sikap yang positif pada ibu dan meningkatkan aktivitas fisik, serta menurunkan asupan energi dan skor-z IMT pada anak *overweight*.

**Kata kunci:** Pendidikan kesehatan, *overweight*, sikap, asupan energi, aktivitas fisik, skor-z IMT.

## ABSTRACT

### **Impact of Health Education among Mothers to Change Energy Intake, Physical Activity and Body Mass Index among Overweight Children**

**Miratul Haya**

**Background :** The percentage of overweight children in Bengkulu (16.4%) is higher than the national (11.9%). Factors causing overweight is a high energy intake and low physical activity.

**Objective :** To analyze the impact of health education for mothers in changes of maternal behavior, energy intake, physical activity level and Body Mass Index (BMI) z-score among overweight children 3-6 years old.

**Method :** Quasi-Experiment with non-randomized pre-post test control group design. Subjects (48 mothers) were selected purposively and divided into 2 groups (treatment and control). Health education in the treatment group was conducted 6 times in 12 weeks. Analyses were conducted by Independent t-test, Mann Whitney, Paired t-test, Wilcoxon and Covariance.

**Results:** There was an increased in attitude score ( $20.9 \pm 3.52$ ), carbohydrate intake percentage ( $3.7 \pm 7.30\%$ ) and physical activity level ( $0.04 \pm 0.01$ ) in the treatment group. The energy adequacy level ( $-3.4 \pm 13.26\%$ ) and BMI z-score ( $-0.57 \pm 0.26$ ) decreased in the treatment group. There were difference between the treatment and control groups in attitude, energy adequacy level, physical activity level and BMI z-score after intervention ( $p < 0.05$ ).

**Conclusion:** Health education for mothers affect the positive change in mother attitude in terms of the overweight children treatment and increased physical activity level, decreased energy adequacy level and BMI z-score in overweight children.

**Keywords:** Health education, overweight, attitude, energy adequacy level, physical activity level, BMI z-score.