

**PENGARUH SUPLEMENTASI TABURIA (*SPRINKLE*)
TERHADAP KADAR HEMOGLOBIN BALITA GIZI
KURANG USIA 3-5 TAHUN DI KECAMATAN
LEWIMUNDING KABUPATEN MAJALENGKA**

***EFFECT OF TABURIA (*SPRINKLE*) SUPPLEMENTATION ON
HEMOGLOBIN LEVEL OF MALNOURISHED CHILDREN
AGED 3-5 YEARS IN LEWIMUNDING SUBDISTRICT
MAJALENGKA***



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ABSTRAK

PENGARUH SUPLEMENTASI TABURIA (*SPRINKLE*) TERHADAP KADAR HEMOGLOBIN BALITA GIZI KURANG USIA 3-5 TAHUN DI KECAMATAN LEWIMUNDING KABUPATEN MAJALENGKA

TEGUH AKBAR BUDIANA

Latar belakang : Anemia pada balita merupakan masalah gizi yang paling sering ditemukan di dunia. Anemia merupakan salah satu masalah gizi utama di Indonesia. Penanggulangan anemia dengan suplementasi Fe terbukti kurang maksimal. Penelitian ini bertujuan untuk mengetahui efek pemberian suplementasi taburia terhadap perubahan kadar hemoglobin balita gizi kurang usia 3-5 tahun.

Metode : Desain *randomized pretest posttest control group design* dengan subjek penelitian 66 balita gizi kurang yang anemia berumur 3-5 tahun di Kecamatan Lewimunding. Subjek dibagi menjadi dua kelompok, perlakuan dan kontrol. Kelompok perlakuan diberi taburia dan penyuluhan gizi sedangkan kelompok kontrol diberi penyuluhan gizi. Sebelum suplementasi seluruh subjek diberi *Albendazol* 400 mg. Suplementasi dilaksanakan selama 2 bulan. Data dianalisis dengan *Mann-Whitney, Independent Sample Test, Wilcoxon Signed Ranks, Paired Sample Test* dan *Regresi Linier*.

Hasil : Tidak ada perbedaan asupan makanan yang meliputi; energi, protein, besi, vitamin B6, vitamin B12 dan vitamin C antara kelompok perlakuan dan kontrol. Tidak ada perbedaan kadar Hb awal antara kedua kelompok sebelum suplementasi ($p=0,290$). Terjadi peningkatan kadar hemoglobin pada kelompok taburia dari $11,14 \pm 0,85$ mg/dl menjadi $12,31 \pm 0,55$ mg/dl ($p=0,001$), dan pada kelompok kontrol terjadi peningkatan kadar hemoglobin dari $10,95 \pm 0,71$ mg/dl menjadi $11,81 \pm 0,53$ mg/dl ($p=0,001$). Peningkatan kadar Hb pada kelompok perlakuan lebih tinggi $0,69$ mg/dl daripada kelompok kontrol ($p=0,001$). Setelah dikontrol oleh kadar Hb awal peningkatan kadar Hb pada kelompok perlakuan $0,66$ mg/dl lebih tinggi daripada kelompok kontrol ($p=0,001$).

Simpulan : Suplementasi taburia meningkatkan kadar hemoglobin balita gizi kurang usia 3-5 tahun.

Kata kunci : Anemia, suplementasi taburia, balita gizi kurang, kadar hemoglobin

ABSTRACT

EFFECT OF TABURIA (SPRINKLE) SUPPLEMENTATION ON HEMOGLOBIN LEVEL OF MALNOURISHED CHILDREN AGED 3-5 YEARS IN LEWIMUNDING SUBDISTRICT, MAJALENGKA

TEGUH AKBAR BUDIANA

Background: Anemia is the most common nutritional problem found in the world, which also occurred in under five children. Anemia is one of the main nutritional problems in Indonesia. Anemia treatment by iron supplementation the community level were not successful yet. This research aimed to investigate the effect of sprinkle supplementation on hemoglobin level of malnourished children aged 3-5 years.

Method: Randomized pretest - posttest control group design was implemented on 66 anemic malnourished children aged 3-5 years. Study was conducted in Lewimunding subdistrict. Subjects were divided into two groups, treatment and control groups. Sprinkle supplementation were given to treatment group for 2 months, while control group received nutrition education. All subjects treated by 400 mg Albendazol before supplementation. Data were analyzed by Mann-Whitney, Independent Sample Test, Wilcoxon Signed Ranks, Paired Test and linear regression method.

Result: There was no difference in energy, protein, iron, vitamin B6, vitamin B12 and vitamin C on both treatment and control groups. There is no difference in hemoglobin levels between the groups before supplementation ($p=0.290$). Hemoglobin increased on treatment group from $(11.14 \pm 0.85 \text{ mg/dl})$ to $(12.31 \pm 0.55 \text{ mg/dl})$ with $p=0.001$. Hemoglobin also increased from $(10,95 \pm 0,71 \text{ mg/dl})$ to $(11,81 \pm 0,53 \text{ mg/dl})$ in the control group ($p=0.001$). Sprinkle supplementation increased by hemoglobin level 0.69 mg/dl higher than the control group ($p=0.001$). Multivariate analysis that hemoglobin level increased by 0.66 mg/dl higher compared to the control group after controlled by initial hemoglobin.

Conclusion: Sprinkle supplementation for two months increase hemoglobin level of anemic malnourished children.

Keywords: Anemia, sprinkle supplementation, malnourished, children, hemoglobin.