PENGARUH PEMBERIAN PMT TERHADAP STATUS GIZI & PENYAKIT INFEKSI (DIARE & ISPA) PADA BADUTA KEP

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KEP adalah salah satu masalah gizi kurang akibat konsumsi makanan tidak cukup energi protein serta karena gangguan kesehatan. Tujuan penelitian ini mengetahui pengaruh pemberian PMT terhadap status gizi dan penyakit infeksi (diare dan ISPA) pada baduta KEP. Jenis penelitian eksperimen semu, dengan metode survei dan rancangan penelitian one group pre-post test control design. Status gizi ditentukan dengan indeks BB/U standar WHO-NCHS (Z score). Lokasi diwilayah Puskesmas Kebondalem Kab. Pemalang. Sampel penelitian sebanyak 72 baduta KEP dari keluarga GAKIN terbagi atas kelompok perlakuan (mendapat PMT berupa MP-ASI) sebanyak 36, dan 36 baduta tidak mendapat PMT sebagai kontrol. Data dikumpulkan dengan kuesioner dan alat ukur, timbang, dengan metode wawancara dan pengukuran langsung. Data dianalisis secara deskriptif dan analitik, menggunakan uji Paired t test untuk melihat pengaruh PMT terhadap status gizi awal dan akhir pada kelompok perlakuan dan kontrol, uji independent t test untuk melihat pengaruh PMT terhadap status gizi antara 2 kelompok yang saling bebas, dan uji pengaruh PMT terhadap kejadian infeksi digunakan chi square dengan SPSS versi 10.0. Hasil penelitian menunjukan rerata status gizi awal, akhir, delta kelompok perlakuan -2,8822;-2,6050;0,2773 SD sedang kontrol -27701; -2,7375; 0,0325 SD, Kesakitan ISPA lebih tinggi pada kelompok kontrol (69,44%) dibanding kelompok perlakuan (25%). Kejadian diare kelompok perlakuan lebih tinggi (25%) dibanding kelompok kontrol (2,78%). Ada pengaruh bermakna pemberian PMT terhadap status gizi p=0,013. PMT berpengaruh bermakna terhadap kejadian diare dan ISPA p<0,05. Disarankan sosialisasi penyajian dan pemberian PMT yang higyenis, aman dan peningkatan penyuluhan kesehatan lingkungan, PMT tepat waktu, sasaran, pemberian.

Kata Kunci: Baduta KEP, penyakit infeksi, status gizi, PMT

INFLUENCE OF FOOD SUPLEMENTARY PROGRAM TO NUTRITION STATUS & INFECTION DISEASE (DIARRHOEA & ISPA) AT BADUTA MEP

MEP is one of the problem malnutrition manifestation of insufficient food consumption contain protein and energi and also because health trouble. The aim of research to know influence of food Suplementary Program to nutrition status and infection disease (diarrhoea & ISPA) at baduta MEP. Type of research is quasi experiment, with survey method and device research of on group prepost test control design. The nutritional status determined with index of weight for age use WHO-NCHS (Z Score) standard. Location Research in Region of Kebondalem Public Health Center at the Pemalang Regency. Research sample counted 72 baduta MEP from poor family, divided of treatment group (getting Food Suplementary Program in the from of Suplementary breastfeeding) counted 36, and child not getting food suplementary program as control. Data collected with measuring instrument and kuesioner & deliberate, with direct measurement and interview. Data analysed descriptiv analytic, using test of Paired t test two tailed to see influence of Food Suplementary Program to nutritional status in each treatment group, and test of independent t test to compare it between 2 group which each other is free. Test to occurence food supplementery program of infection used by chi square with SPSSrelease 10.0. Result of research show mean of nutritional status early, fisnished and delta is -2,8822;-2,6050;0,2773 SD and the control group -2,7701; -2,7375;0,0325 SD. ISPA morbidity higher at control group (69,44%) compared to treatment group (25%), occurence of higher treatment group diarrhoea (25%) Compared to control group (2,78%). Thre is influence having a significant of Food Suplementary Program to nutrition status with p=0,013. Food Suplementary Program by having significant to have an effect to occurence of diarrhoea and ISPA with p<0,05. Food suplementary Program needed socialized by previous of presentation procedures and peaceful and hygienic giving, and improvement of counselling of environment health

Keyword: Baduta MEP, infection disease, nutritional status, food Suplementary Program