

PERBEDAAN *TASTE ACUITY* DAN BERAT BADAN PADA BALITA GIZI KURANG USIA 4-5 TAHUN DENGAN KADAR ALBUMIN NORMAL SETELAH PEMBERIAN ZINC DI KABUPATEN BOJONEGORO

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ZINC ; BODY WEIGHT

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ABSTRACT

THE DIFFERENCES IN TASTE ACUITY AND BODY WEIGHT IN MALNOURISHED INFANTS 4-5 YEARS WITH NORMAL ALBUMIN LEVEL AFTER ZINC SUPPLEMENTATION IN DISTRICT BOJONEGORO

Prevalent of undernourished children under 5 years were still high. Undernourished at the age of 4-5 years would cause interference tissue growth, thus prone to the occurrence of malnutrition. Malnutrition in children inhibited growth and mental development, increased the risk of infectious disease and death. Zinc is a micronutrient that can affect the sense of taste on the tongue up to increase appetite and nutrient intake of children. The objective of this study was to investigate the differences in taste acuity and body weight in malnourished infants 4-5 years with normal albumin level after zinc supplementation. This research was experimental randomized pretest-posttest control group design research with double blind undertaken for 2 months that continued measurement every 1 month. The population was infant 4-5 years in Bojonegoro District. The samples were screened using the following criteria: malnourished infant and serum zinc 3.5-5 g/dl. Screening by simple random sampling relieved 24 subjects. Using allocation random sampling subject they were divided into 2 groups. Group one consisted in 12 subjects that received zinc supplement and group 2 consisted in 12 subjects that received placebo. Result showed highly significant differences in the first posttest and the second posttest to the two groups in taste acuity with $p=0,001$ and $0,000$. In the body weight showed highly significant difference with $p=0,000$ and $p=0,000$. Zinc supplementation in malnourished infant 4-5 years and albumin level 3.5-5 g/dl could increase of taste acuity and body weight.

Keywords: zinc, taste acuity, body weight.