

ABSTRAK

HEALTH COACHING INTERVENTION TERHADAP PERILAKU GIZI IBU PADA ANAK STUNTING: A SYSTEMATIC REVIEW

Oleh: Aulya Kartini Dg Karra

Latar Belakang: Kejadian *stunting* menjadi perhatian global karena adanya asupan gizi yang kurang dalam waktu yang cukup lama sehingga menyebabkan masalah kurang gizi kronis. Penyebab utama kejadian *stunting* sebagian besar disebabkan oleh faktor dari Ibu. Strategi dalam mengatasi perilaku gizi ibu adalah dengan pemberian *health coaching intervention*. **Tujuan:** dari *Systematic review* ini adalah untuk mengetahui pengaruh *health coaching intervention* (tahapan, isi, jenis, dan lama tindakan) terhadap perilaku gizi ibu pada anak *stunting*. **Metode:** *Systematic review* mengakses enam *database* elektronik (*Scopus, ProQuest, EBSCO, ResearchGate, dan Google Scholar*). Pencarian dilakukan mulai dari 19 April-27 September 2020. Menilai kualitas artikel menggunakan *The Center for review and Dissemination and the Joanna Briggs Institute Guideline* dan *Prisma checklist* sebagai petunjuk dalam membuat review ini. Judul, abstrak, *full-text* dan metodologi dinilai untuk eligibilitas studi. **Hasil dan Analisis:** Sebanyak 25 artikel dianalisis. *Health coaching intervention* untuk meningkatkan perilaku gizi ibu pada anak *stunting* sebagai salah satu cara untuk mengubah perilaku ibu dengan anak *stunting*. Desain penelitian terdiri dari 11 artikel menggunakan *Randomized Controlled Trial*, 4 menggunakan desain observasional; 10 artikel menggunakan *Quasi-Experiment*. *Health coaching intervention* untuk meningkatkan perilaku gizi ibu pada anak *stunting* dengan 3 jenis pemberian yaitu *nutrition education, Improving Infant And Young Child Feeding (IYCF)*, dan *home visits and counseling* terbukti dapat meningkatkan perilaku gizi ibu secara signifikan. **Diskusi dan Kesimpulan:** Efektivitas pada *health coaching intervention* untuk meningkatkan perilaku gizi ibu pada anak *stunting* terlihat dari 3 jenis pemberian yaitu *nutrition education, Improving Infant And Young Child Feeding (IYCF)*, dan *home visits and counseling* yang dilakukan melalui kunjungan rumah dan diberikan pendidikan kesehatan semua intervensi menunjukkan peningkatan perilaku gizi ibu lebih baik.

Keyword: Health coaching, Mother's behavior, Stunting, Children

ABSTRACT

HEALTH COACHING INTERVENTION TOWARD NUTRITIONAL BEHAVIOR OF MOTHER IN STUNTING CHILDREN: A SYSTEMATIC REVIEW

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Background: *The incidence of stunting has become a global concern due to insufficient nutritional intake for a long time causing chronic malnutrition. The main cause of stunting is mostly due to factors from the mother. The strategy in overcoming maternal nutritional behavior is to provide health coaching intervention.* **Purpose:** *This systematic review is to determine the effect of health coaching intervention (stage, content, type, and duration of action) on maternal nutritional behavior in stunted children.* **Methods:** *Systematic review accesses six electronic databases (Scopus, ProQuest, EBSCO, ResearchGate, and Google Scholar). The search was conducted from 19 April to 27 September 2020. Assessing the quality of articles using The Center for review and Dissemination and the Joanna Briggs Institute Guideline and Prisma checklist as a guide in making this review. Title, abstract, full-text, and methodology were assessed for study eligibility.* **Results and Analysis:** *A total of 25 articles were analyzed. Health coaching intervention to improve maternal nutritional behavior in stunting children is one way to change the behavior of mothers with stunting children. The research design consisted of 11 articles using the Randomized Controlled Trial, 4 using an observational design; 10 articles using Quasi-Experiment. Health coaching intervention to improve maternal nutritional behavior in stunted children with 3 types of provision, namely nutrition education, Improving Infant and Young Child Feeding (IYCF), and home visits and counseling were proven to significantly improve maternal nutritional behavior.* **Discussion and Conclusions:** *The effectiveness of health coaching intervention to improve maternal nutritional behavior in stunted children can be seen from 3 types of provision, namely nutrition education, Improving Infant and Young Child Feeding (IYCF), and home visits and counseling conducted through home visits and health education. all interventions showed an increase in maternal nutrition behavior.*

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