

## RINGKASAN

### **PERBEDAAN PENGARUH PEMBERIAN PMT PAN-ENTERAL & BISKUIT MP-ASI TERHADAP PENINGKATAN STATUS GIZI KURANG PADA ANAK BALITA DI KABUPATEN TULUNGAGUNG JAWA TIMUR**

**NURQOMARIAH**

Masa balita adalah periode penting dalam tumbuh kembang anak, karena masa ini terjadi pertumbuhan dasar yang pesat dan akan mempengaruhi serta menentukan perkembangan anak selanjutnya.

Jenis penelitian ini adalah kuasi eksperimental dengan tujuan untuk mempelajari peningkatan status gizi balita pada fase pemulihan di Kabupaten Tulungagung melalui pemberian PMT PAN-ENTERAL dan Biskuit MP-ASI.

Sampel yang menjadi subyek penelitian adalah anak balita usia 12-24 bulan yang mengalami gizi kurang ( $-3$  SD sampai dengan  $<-2$  SD), berjumlah 32 anak, dibagi menjadi 2 kelompok dimana kelompok pertama diberi PMT PAN-ENTERAL dan kelompok lainnya diberi Biskuit MP-ASI. Pemberian PMT selama 3 bulan, kemudian diukur status gizinya dengan menggunakan Z-Score indeks Berat Badan menurut Umur (BB/U).

Hasil penelitian menunjukkan bahwa, tingkat pendidikan ayah balita sebagian besar lulusan Sekolah Dasar (SD) sebanyak 12 orang (37,5%), pendidikan ibu sebagian besar lulusan Sekolah Dasar sebanyak 11 orang (34,4%) dan 11 orang (34,4%) lulusan Sekolah Lanjutan Tingkat Pertama (SLTP), sisanya merupakan lulusan Sekolah Lanjutan Tingkat Atas (SLTA). Jenis pekerjaan bapak sebagian besar adalah sebagai buruh tani yaitu sebanyak 12 orang (37,5%), ibu yang bekerja mencapai 13 orang (40,6%). Pengeluaran untuk biaya makan sebagian besar  $>50\%$  dari pendapatan per bulan sebanyak 17 orang (53,1%). Jumlah anggota keluarga sebagian besar  $>4$  orang yaitu sebanyak 20 keluarga (62,5%). Tingkat Konsumsi Energi (TKE) sebagian besar masih  $< 80\%$  AKG namun rata-rata TKE pada kedua kelompok perlakuan sudah  $>80\%$  AKG. Untuk Tingkat Konsumsi Protein (TKP) yang di atas 80% AKG sebanyak 18 orang

(56,3%). Anak balita yang pernah mengalami penyakit penyerta selama pemberian PMT berlangsung sebanyak 10 anak (31,3%) dari total kelompok sampel

Pada kedua kelompok perlakuan setelah pemberian PMT, terdapat penambahan berat badan pada kedua kelompok penelitian (PMT PAN-ENTERAL dan Biskuit MP-ASI). Kenaikan atau selisih rata-rata berat badan sebelum dan sesudah perlakuan tertinggi dijumpai pada kelompok PMT PAN-ENTERAL yaitu  $1,13 \pm 0,13$  kg, sedangkan untuk kelompok PMT Biskuit MP-ASI sebesar  $1,09 \pm 0,67$  kg. Penambahan Z-Score atau selisih rata-rata berdasarkan Indeks Berat Badan menurut umur pada kelompok PAN-ENTERAL sebesar  $0,67 \pm 0,49$  sedangkan pada kelompok MP-ASI sebesar  $0,48 \pm 0,61$ .

Berdasarkan hasil uji statistik t 2 sampel bebas sebelum pemberian PMT diperoleh  $P=0,221$ ,  $P>0,05$ , sedangkan sesudah perlakuan atau pemberian PMT diperoleh  $P=0,435$ ,  $P>0,05$ , keduanya menunjukkan tidak ada perbedaan yang bermakna sebelum dan sesudah intervensi atau pemberian PMT pada masing-masing kelompok subyek penelitian (kedua data hasil pengukuran Z-Score Indeks Berat Badan menurut Umur baik sebelum perlakuan dengan pemberian PMT maupun sesudah perlakuan adalah sama atau homogen). Hasil uji t sampel berpasangan nilai Z-Score dengan menggunakan indeks Berat Badan menurut Umur (BB/U) pada kedua kelompok menunjukkan ada perbedaan yang bermakna sebelum dan sesudah perlakuan pada masing-masing kelompok, hal tersebut berarti pemberian PMT PAN-ENTERAL maupun Biskuit MP-ASI dapat meningkatkan status gizi anak balita sampel yang mengalami gizi kurang. Sedangkan berdasarkan hasil uji t sampel bebas selisih pre test post test nilai Z-Score dengan menggunakan indeks Berat Badan menurut Umur (BB/U), menunjukkan tidak ada perbedaan yang bermakna antara kedua kelompok penelitian.

## SUMMARY

### **THE DEFFERENCE EFFECT BETWEEN INTERVENTION OF PAN-ENTERAL & BISCUIT OF MP-ASI FORMULA TO IMPROVE NUTRITIONAL STATUS OF UNDER FIVES CHILD CHILDREN DURING THE RECOVERY PHASE FROM UNDER NUTRITION AT TULUNGAGUNG REGENCY, EAST JAVA**

**NURQOMARIAH**

Under fives period is an important period in child growth and development. During this period, substantial growth occurs, affecting and determining child development in further stage.

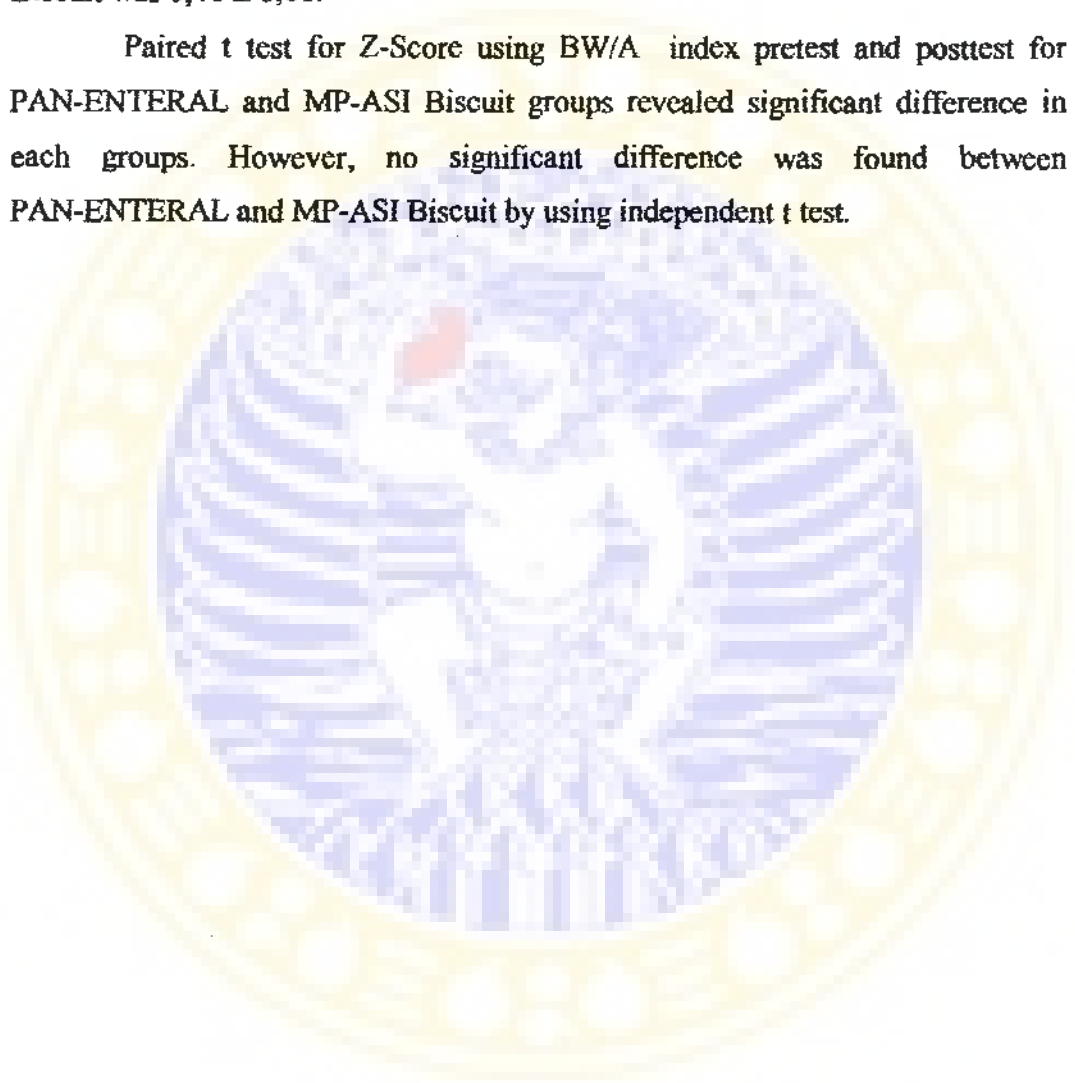
This is a quocy experimental study aimed to investigate improvement of under fives child nutritional status during the recovery phase among under fives child in Tulungagung Regency by administration of PAN-ENTERAL and MP-ASI Biscuit.

Samples were under fives child age 12 – 24 months at Tulungagung Regency due to under nutrition (Z-Score value with BW/A  $-3$  up to  $<-2$  index). Subject were devided into 2 group, they were treated differently for 12 weeks with PAN-ENTERAL and the second group with MP-ASI Biscuit.

Result of the study showed that The most of the fathers of the under fives child had been educated at elementary school (37,5%), and the mothers had been generally educated at the same level (34,4%) and Junior High School (34,4%). The most of father were farm laborers (37,5%) and most of the mother had no work (59,4%). Expense from food was mostly  $\geq 50\%$  from wage every month. Family size was commonly more than 4 individuals (62,5%). The most of energy intake of the child were  $<80\%$  AKG (56,3%). The most of protein intake of the child were  $\geq 80\%$  AKG (56,3%). The morbidity of child for the intervention program (31,3%).

The two treatment groups showed average increase of body weight before and after treatment. The highest difference in body weight was found in group receiving PAN-ENTERAL, i.e.,  $1,13 \pm 0,13$  kg, and that in group receiving MP-ASI Biscuit was  $1,09 \pm 0,67$  kg. The highest average difference of Z-Score pretest and posttest using body weight to age index (BW/A) was found in group receiving PAN-ENTERAL,  $0,67 \pm 0,49$  and that in group receiving MP-ASI Biscuit was  $0,48 \pm 0,61$ .

Paired t test for Z-Score using BW/A index pretest and posttest for PAN-ENTERAL and MP-ASI Biscuit groups revealed significant difference in each groups. However, no significant difference was found between PAN-ENTERAL and MP-ASI Biscuit by using independent t test.



## ABSTRACT

### **THE DEFFERENCE EFFECT BETWEEN INTERVENTION OF PAN ENTERAL & BISCUIT OF MP-ASI FORMULA TO IMPROVE NUTRITIONAL STATUS OF UNDER FIVES CHILD CHILDREN DURING THE RECOVERY PHASE FROM UNDER NUTRITION AT TULUNGAGUNG REGENCY, EAST JAVA**

**NURQOMARIAH**

The objective of the study was to investigate improvement nutritional status during recovery phase of under five children in the Tulungagung Regency , trough intervention of PAN-ENTERAL and MP-ASI Biscuits.

This a quasy experimental study was under taken for 3 months, group I was given PAN-ENTERAL and group II was given biscuits. Samples were under five children aged 12-24 months with under nutrition. Subject were devided into 2 (two) groups, each comprising 16 under five children.

The two treatment group showed average increase of body weight before and after treatment, the higher difference in body weight was found in group receiving PAN ENTERAL, i.e  $1,13 \pm 0,13$  kg. and in group receiving biscuits  $1,09 \pm 0,67$  kg. The higher average difference of Z-Score pretest and posttest using body weight to Age Index (BW/A) was found in group receiving PAN-ENTERAL  $0,67 \pm 0,49$ , and in biscuit  $0,48 \pm 0,61$  kg.

Result of Paired t test for Z-Score using BW/A index pretest and posttest for PAN-ENTERAL and MP-ASI Biscuit groups revealed significant difference in each groups. However, no significant difference was found between PAN-ENTERAL and MP-ASI Biscuit by using independent t test.

The study showed that in the management of under fives child with under nutrition, it should be considered to provide macronutrient and micronutrient containing diet, good monitoring and taking care well in every side of their life to obtain a better result in the improvement of nutritional status in under fives child particularly during recovery phase.

**Key words : Nutritional Status, PAN-ENTERAL, MP-ASI Biscuit.**