

ABSTRAK

EDUKASI FEEDING RULER TERHADAP PENINGKATAN NAFSU MAKAN BALITA DI POSYANDU NUSA INDAH TOSAREN KOTA KEDIRI

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Latar Belakang : Kurangnya edukasi kesehatan pemberian makanan yang diberikan kepada orang tua sehingga banyak orang tua yang mengeluhkan anaknya mengalami masalah kesulitan makan pada saat diberi makan. Tujuan penelitian ini adalah untuk menganalisis pengaruh edukasi *feeding ruler* terhadap peningkatan nafsu makan balita di Posyandu Nusa Indah Tosaren Kota Kediri.

Metode : Desain penelitian ini adalah *one group pre test and pos test design*. Responden diambil dengan teknik *simple random sampling*. Populasi sebanyak 47 dengan sampel berjumlah 42 orang. Variabel independen adalah edukasi *feeding ruler* dan variabel dependen adalah peningkatan nafsu makan balita. Hasil uji statistik menggunakan *Wilcoxon Test*.

Hasil : Hasil penelitian menunjukkan bahwa sebelum edukasi *feeding ruler* diketahui hampir seluruh responden sebanyak 32 (76%) tidak terjadi peningkatan nafsu makan. Setelah edukasi *feeding ruler* diketahui hampir seluruh responden sebanyak 37 (88%) terjadi peningkatan nafsu makan.

Analisis : Hasil analisa data menunjukkan bahwa tingkat signifikansi $0,000 < \alpha = 0,05$ sehingga H_0 ditolak dan H_1 diterima dengan demikian ada pengaruh edukasi *feeding ruler* terhadap peningkatan nafsu makan balita di Posyandu Nusa Indah Tosaren Kota Kediri

Kesimpulan : Berdasarkan hasil penelitian maka disimpulkan bahwa edukasi *feeding ruler* efektif dalam meningkatkan nafsu makan balita. Diharapkan agar tenaga kesehatan selalu memberikan edukasi *feeding ruler* melalui penyuluhan kepada orang tua balita sehingga dapat meningkatkan pengetahuan orang tua tentang aturan yang diterapkan untuk mengatur pemberian makan pada anak, baik dari waktu, pola, hingga besaran porsi yang diberikan.

Kata Kunci : Balita, Edukasi, *Feeding Ruler*, Makanan, Nafsu Makan, Peningkatan

ABSTRACT

RULER FEEDING EDUCATION TO INCREASING TODDLER'S APPETITE AT POSYANDU NUSA INDAH TOSAREN KEDIRI CITY

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Introduction : There is a lack of health education regarding feeding given to parents so that many parents complain that their children have difficulty eating when they are fed. The aim of this research is to analyze the effect of feeding ruler education on increasing toddlers' appetite at Posyandu Nusa Indah Tosaren, Kediri City.

Method : The design of this research is one group pre test and post test design. Respondents were taken using simple random sampling technique. The population was 47 with a sample of 42 people. The independent variable is feeding ruler education and the dependent variable is increasing the toddler's appetite. Statistical test results use the Wilcoxon Test.

Results : The results of the study showed that before the feeding ruler education, it was known that almost all 32 respondents (76%) had no increase in appetite. After the feeding ruler education, it was discovered that almost all respondents, 37 (88%), experienced an increase in appetite.

Analysis : The results of data analysis show that the significance level is $0.000 < \alpha = 0.05$ so that H_0 is rejected and H_1 is accepted, thus there is an influence of feeding ruler education on increasing toddlers' appetite at Posyandu Nusa Indah Tosaren, Kediri City.

Discussion : Based on the research results, it is concluded that feeding ruler education is effective in increasing toddlers' appetite. It is hoped that health workers will always provide feeding ruler education through counseling to parents of toddlers so that they can increase parents' knowledge about the rules applied to regulate feeding to children, both from time, pattern, to the size of portions given.

Keywords : Toddlers, Education, Feeding Ruler, Food, Appetite, Increase