

**EDUKASI KESEHATAN TENTANG PENTINGNYA ASUPAN ZAT GIZI
MAKRONUTRIEN UNTUK MENINGKATKAN PEMAHAMAN IBU YANG
MEMILIKI ANAK STUNTING DI PUSKESMAS PONDOK LABU**

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ABSTRAK

Permasalahan kekurangan zat gizi makronutrien dan asupan zat gizi Makronutrien yang rendah. Oleh karena itu dibutuhkan edukasi tentang pentingnya asupan zat gizi Makronutrien bagi ibu yang Memiliki anak Stunting sebagai upaya pencegahan stunting. Melalui kegiatan edukasi tersebut diharapkan pengetahuan ibu Yang memiliki anak Stunting tersebut meningkat, sehingga dapat mencegah anemia dan berdampak positif pada kesehatan ibu dan anak. Penelitian ini bertujuan untuk Mengetahui “Pengaruh Edukasi Kesehatan Tentang Pentingnya Asupan Zat Gizi Makronutrien Untuk Meningkatkan Pemahaman Ibu Yang Memiliki Anak Stunting Di Puskesmas Pondok Labu

Desain penelitian *Pre-Eksperiment*, desain ini belum merupakan eksperimen sungguh-sungguh. Data di analisis dengan menggunakan uji statistik *Chi Square* untuk mengetahui pengaruh antara variabel independen dan dependen dengan tingkat kepercayaan $\alpha = 0,05$. Dalam proses perhitungannya dibantu dengan menggunakan bantuan *Statistic Programe For Social Sience (SPSS) For Windows*.

Hasil Penelitian dari 30 Responden sebelum dilakukan edukasi pemahaman kurang sebanyak 24 responden dengan presentase 80.0%. Setelah dilakukan edukasi sebagian besar ibu memiliki pengetahuan baik sebanyak 26 responden dengan presentase 86.7%. Pemahaman sebelum dan sesudah diberikan edukasi nilai mean rank 15.50, sum of rank 465.000 kearah positive, dan pengaruh edukasi kesehatan tentang pentingnya asupan zat gizi makronutrien dengan menggunakan uji *Wilcoxon* di dapatkan nilai alpha $0,000 < 0,05$ dapat di simpulkan bahwa terdapat pengaruh edukasi kesehatan tentang pentingnya asupan zat gizi makronutrien untuk meningkatkan pemahaman ibu yang memiliki anak stunting.

Bagi masyarakat diharapkan dengan hasil penelitian ini dapat berguna untuk masyarakat dalam melakukan tindakan pencegahan stunting terutama dalam melakukan tindakan primer.

Kata Kunci: Stunting, Ibu yang memiliki anak stunting, zat gizi makronutrien.

HEALTH EDUCATION ON THE IMPORTANCE OF MACRONUTRIENT INTAKE TO IMPROVE THE UNDERSTANDING OF MOTHERS WITH STUNTING CHILDREN AT PONDOK LABU COMMUNITY HEALTH CENTER

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ABSTRACT

The problem of macronutrient deficiencies and low macronutrient intake. Therefore, education is needed about the importance of macronutrient intake for mothers who have stunted children as an effort to prevent stunting. Through these educational activities, it is hoped that the knowledge of mothers who have stunted children will increase, so that it can prevent anemia and have a positive impact on the health of mothers and children. This study aims to determine "The Effect of Health Education on the Importance of Macronutrient Intake to Increase the Understanding of Mothers Who Have Stunted Children at the Pondok Labu Health Center

Pre-Experiment research design, this design is not yet a real experiment. Data is analyzed using the Chi Square statistical test to determine the influence between independent and dependent variables with a confidence level of $\alpha = 0.05$. In the calculation process, it is assisted by using the help of Statistic Programme For Social Science (SPSS) For Windows.

Research Results from 30 Respondents before the education, understanding was lacking as many as 24 respondents with a percentage of 80.0%. After the education, most mothers had good knowledge as many as 26 respondents with a percentage of 86.7%. Understanding before and after being given education, the mean rank value was 15.50, the sum of rank was 465,000 towards positive, and the influence of health education on the importance of macronutrient intake using the Wilcoxon test obtained an alpha value of $0.000 < 0.05$. It can be concluded that there is an influence of health education on the importance of macronutrient intake to improve the understanding of mothers who have stunted children.

For the community, it is hoped that the results of this study can be useful for the community in taking preventive measures against stunting, especially in taking primary measures.

Keywords: Stunting, Mothers with stunted children, macronutrients.