

PENGARUH KONSELING GIZI TERHADAP PENGETAHUAN DAN SIKAP IBU HAMIL TENTANG PEMBERIAN MAKANAN TAMBAHAN (PMT) LOKAL DI DESA DOLOPO KABUPATEN MADIUN

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ABSTRAK

Latar Belakang : Kekurangan Energi Kronik pada masa kehamilan dapat menyebabkan berbagai permasalahan kesehatan bagi ibu dan janin. Program pemerintah dalam usaha mempertahankan kesehatan ibu dilakukan dengan cara Pemberian Makanan Tambahan (PMT) serta ibu hamil perlu diberikan konseling gizi. **Tujuan :** Mengetahui adanya Pengaruh konseling gizi terhadap pengetahuan dan sikap ibu hamil tentang pmt lokal di desa dolopo kabupaten madiun sebelum dan sesudah diberikan konseling gizi tentang PMT lokal. **Metode :** penelitian ini menggunakan metode kuantitatif dengan jumlah sampel 51 responden. Pengambilan sampel menggunakan teknik *random sampling* dengan desain penelitian quasi eksperimental **Hasil :** Dari 51 sampel didapatkan, sesudah diberikan konseling gizi terjadi peningkatan pengetahuan dan sikap pada ibu hamil. Peningkatan pengetahuan sebesar 19,8% dan peningkatan sikap sebesar 15,89%. **Kesimpulan :** (p value $0,000 < \alpha 0,05$) sehingga dapat dikatakan terdapat pengaruh konseling gizi terhadap pengetahuan dan sikap ibu hamil tentang pmt lokal di desa dolopo kabupaten madiun sebelum dan sesudah diberikan konseling gizi tentang PMT lokal.

Kata Kunci : PMT Lokal, Pengetahuan, Sikap, Ibu Hamil

INFLUENCE OF NUTRITION COUNSELING IN KNOWLEDGE AND ATTITUDE OF PREGNANT MOTHERS ABOUT GIVING LOCAL SUPPLEMENTARY FOOD IN THE VILLAGE OF DOLOPO MADIUN DISTRICT

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ABSTRACT

Background : *A chronic lack of energy during pregnancy can cause health problems for both the mother and the fetus. Government programs in an effort to preserve your health are conducted with the supplemental feeding of your diet (PMT) and an expectant mother should receive nutrition counseling. Purpose :* *knowing the effects of nutrition counseling on the knowledge and attitudes of the pregnant mother about the local PMT in the village of dolopo madiun county before and after being given the nutrition counseling on the local PMT. Method :* *this study uses a quantitative method with the number of samples 51 respondents. Sample retrieval using a random sampling technique with experimental quasi research design results: of 51 samples obtained, after given nutrition counseling there was increased knowledge and attitude in the pregnant mother. Increased knowledge by 198% and increased attitude by 15.89%. Conclusion :* *(p value 0,000 < a.05) thus arguably there is an influence Nutrition counseling on the knowledge and attitudes of the pregnant mother about the local PMT in the village of dolopo county madiun before and after being given nutrition counseling on the local PMT.*

Keywords : *Local PMT, Knowledge, Attitudes, pregnant women*