

Abstrak

PENGARUH PELATIHAN KADER POSYANDU DENGAN METODE *MAKE A MATCH* TERHADAP PENGETAHUAN TERKAIT PENIMBANGAN BALITA DI KABUPATEN BANYUMAS

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Latar Belakang: Masalah gizi balita dapat diketahui berdasarkan pengukuran status gizi yang rutin dilakukan di Posyandu, sehingga kader posyandu harus dapat melakukan pengukuran status gizi balita dengan benar. Pandemi Covid-19 menyebabkan kegiatan posyandu terhambat dan berisiko terhadap penurunan pengetahuan serta motivasi kader. Penelitian bertujuan untuk mengetahui pengaruh pemberian pelatihan kader menggunakan metode *Make a Match* terhadap pengetahuan terkait penimbangan balita di Kelurahan Teluk Kabupaten Banyumas.

Metode: Desain penelitian pra-eksperimental dengan *one group pre-test post-test*. Pengambilan sampel dengan *purposive sampling* dan jumlah sampel sebanyak 29 kader sebagai perwakilan setiap posyandu. Variabel bebas berupa pelatihan menggunakan metode *Make a Match*, sedangkan variabel terikat adalah pengetahuan kader. Analisis data menggunakan uji Wilcoxon.

Hasil Penelitian: Sebagian besar responden berusia ≥ 49 tahun (58,6%) dengan pendidikan SMA (51,7%), tidak bekerja (75,9%), menjadi kader selama lebih dari 5 tahun (75,9%), dan sebanyak 62,1% responden tidak tahu pasti waktu pelatihan terakhir terkait antropometri. Median pengetahuan sebelum dan setelah pelatihan adalah 8,0. Hasil analisis Uji Wilcoxon menunjukkan terdapat perbedaan ($p = 0,002$) pengetahuan setelah mengikuti pelatihan menggunakan metode *Make a Match*.

Kesimpulan: Terdapat perbedaan pengetahuan kader setelah mengikuti pelatihan mengenai penimbangan balita menggunakan metode *Make a Match*.

Kata Kunci: Kader, *make a match*, pelatihan, penimbangan, pengetahuan.

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Abstract

THE EFFECT OF CADRE TRAINING WITH MAKE A MATCH METHOD ON KNOWLEDGE RELATED TO WEIGHING UNDER FIVE YEARS OLD CHILDREN IN BANYUMAS

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Background: Nutritional problem in toddlers can be known by nutritional status measured at *Posyandu*, therefore cadres must be able to take measurements correctly. The Covid-19 pandemic caused the implementation of *Posyandu* is hampered and has an impact on reducing the knowledge and motivation of cadres. The aim of this research was to find out the effect of training using the make a match method on knowledge related to weighing toddlers in Teluk Village, Banyumas.

Methods: This study was pre-experimental with one group pre-test and post-test. The sample was determined by purposive sampling with the total sample of 29 cadres. The independent variable was training with make a match method, the dependent was knowledge. Data analysis was done by Wilcoxon test.

Results: Most of the respondents were more than 49 years old (58,6%), high school graduates (51,7%), as housewives (75,9%) and have been a cadre for more than 5 years (75,9%), and 62,1% respondents did not remember the last time they attended anthropometric training. The median value of knowledge before and after training was 8,0. Wilcoxon test analysis showed that there was a difference ($p = 0,002$) in knowledge after attend the training with make a match method.

Conclusion: There were differences in the knowledge of cadres after attended the weighing training for toddlers using the Make a Match method.

Keywords: Cadre, knowledge, make a match, training, weighing.

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