

## Abstrak

### **PENGARUH PELATIHAN ANTROPOMETRI TERHADAP PENGETAHUAN DAN KETERAMPILAN KADER POSYANDU DI WILAYAH KERJA PUSKESMAS GANTAR KABUPATEN INDRAMAYU**

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**Latar Belakang :** *Stunting* merupakan masalah gizi yang pada hakekatnya adalah masalah kesehatan masyarakat. Data pemantauan pertumbuhan pada balita yang kurang tepat mengakibatkan interpretasi status gizi yang salah sehingga dapat menyebabkan terjadinya kesalahan perencanaan program selanjutnya. Kader sebagai pelaksana pemantau pertumbuhan balita di Posyandu dituntut untuk dapat melakukan pengukuran antropometri secara benar. Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan antropometri terhadap pengetahuan dan ketrampilan kader di Posyandu wilayah kerja Puskesmas Gantar Kabupaten Indramayu.

**Metode :** Jenis penelitian *pre-eksperimental* dengan *one group pretest and posttest design*. Sampel sebanyak 18 orang yang merupakan kader Posyandu di Desa Mekarjaya Wilayah kerja Puskesmas Gantar Kabupaten Indramayu dan pengambilan sampel dengan cara *purposive sampling*. Data diambil dengan menggunakan kuesioner dan daftar tilik pengukuran antropometri. Analisis menggunakan *uji Wilcoxon*.

**Hasil Penelitian :** Analisis statistik menunjukkan bahwa terdapat peningkatan sebanyak 12,78% dari rerata nilai pengetahuan kader sebelum pelatihan 85,55% menjadi 98,33% dan peningkatan rerata nilai keterampilan kader sebanyak 56% dari 34,62% menjadi 90,62%. Ada perbedaan pengetahuan dan keterampilan kader sebelum dan sesudah pemberian pelatihan pengukuran antropometri.

**Kesimpulan :** Pemberian pelatihan pengukuran antropometri pada kader dapat meningkatkan pengetahuan dan keterampilan kader Posyandu.

**Kata Kunci :** Pelatihan, antropometri, kader, pengetahuan, keterampilan

## Abstract

### **The Effect of Anthropometric Training on Cadre Knowledge and Skills at the *Posyandu* in the Working Area of Gantar Health Centre of Indramayu District**

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**Background** : Stunting is a nutritional and health problem in population. Growth monitoring data for under five years old children which is incorrect may result in incorrect nutritional status interpretation, so it can cause mistakes in planning the next program. The cadres as of growth monitor implementers for under five years old children at *Posyandu* are required to be able correct anthropometric measurements.

**Method** : This study was pre experimental research with one group pretest and posttest design. The samples were 18 cadres *Posyandu* in Mekarjaya Village, the working area of Gantar Health Centre of Indramayu District, were collected using purposive sampling technique. The data was obtained by questionnaire and checklist of anthropometric measurements. Data analysis was done by wilcoxon test.

**Research Result** : Statistical analysis showed that there is an increase by 12, 78% from the average value of cadres knowledge prior to training, from 85,55% to 98,33% and an increase in the average value of cadres skills by 56% from 34,62% to 90,62%. There was differences in cadres knowledge and skills before and after anthropometric measurement training

**Conclusion** : Anthropometric measurement training to cadres can increase knowledge and skills of *Posyandu* Cadres

**Key Words** : Training, anthropometric, cadre, knowledge, skills.