

Abstrak

PENGARUH EDUKASI PMBA MENGGUNAKAN METODE EMO-DEMO PADA IBU BADUTA USIA 6-24 BULAN TERHADAP ASUPAN ENERGI DAN STATUS GIZI BADUTA DI PUSKESMAS PURWOKERTO TIMUR I

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Latar Belakang: Pengetahuan ibu yang kurang terkait PMBA menjadi salah satu penyebab tidak terpenuhinya kebutuhan gizi anak yang akan berpengaruh pada status gizi. Oleh karena itu, perlu intervensi yang tidak hanya meningkatkan pengetahuan tetapi juga perilaku, salah satunya dengan Emo-Demo. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi PMBA menggunakan metode Emo-Demo pada ibu baduta usia 6-24 bulan terhadap asupan energi dan status gizi bayi di Puskesmas Purwokerto Timur I.

Metodologi: Penelitian ini merupakan penelitian *quasi experiment* dengan *one group pretest-posttest design*. Variabel yang diteliti yaitu asupan energi yang diukur menggunakan *food recall* 1x24 jam, dan status gizi BB/U yang diukur menggunakan timbangan digital. Penelitian ini dilaksanakan pada bulan Mei sampai Agustus 2024. Responden pada penelitian ini berjumlah 18 responden yang dipilih menggunakan teknik *purposive sampling*. Data dianalisis menggunakan uji *Paired T test* untuk mengetahui pengaruh pemberian edukasi terhadap asupan energi dan status gizi.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa edukasi PMBA menggunakan metode Emo-Demo berpengaruh secara signifikan meningkatkan rata-rata asupan energi ($p < 0,001$) dengan rata-rata asupan energi *pretest* yaitu $639,98 \pm 311,50$ kkal dan *posttest* yaitu $886,41 \pm 368,02$ kkal. Edukasi juga berpengaruh secara signifikan meningkatkan rata-rata *Z-Score* BB/U ($p = 0,002$) dengan rata-rata *Z-Score* BB/U *pretest* yaitu $-1,42 \pm 1,05$ SD dan *posttest* yaitu $-1,19 \pm 0,94$ SD.

Kesimpulan: Edukasi PMBA menggunakan metode Emo-Demo pada ibu baduta usia 6-24 bulan memberikan perubahan asupan energi dan status gizi berdasarkan indeks BB/U pada baduta di Puskesmas Purwokerto Timur I.

Kata Kunci: asupan energi, edukasi PMBA, Emo-Demo, status gizi

Abstract

THE EFFECT OF IYCF EDUCATION WITH THE EMO-DEMO METHOD ON UNDER TWO-YEARS INFANTS MOTHERS AGED 6-24 MONTHS ON THE ENERGY INTAKE AND NUTRITIONAL STATUS OF UNDER TWO-YEARS INFANTS IN THE EAST PURWOKERTO I COMMUNITY HEALTH CENTER

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Background: Mothers' lack of knowledge regarding IYCF is one of the causes of children's nutritional needs not being met, which will affect nutritional status. Therefore, interventions are needed that not only increase knowledge but also behavior, one of which is Emo-Demos. This study aims to determine the effect of IYCF education using the Emo-Demo method for under two-years infants mothers aged 6-24 months on the energy intake and nutritional status at the East Purwokerto I Community Health Center.

Methods: Quasi-experimental research with one group pretest-posttest design was conducted. The energy intake was measured using a 1x24 hour food recall, and nutritional status WAZ which was measured using a digital scale. This research was conducted from May to August 2024. Eighteen respondents were selected using purposive sampling techniques. Data were analyzed using the Paired T test to determine the changes of providing education on energy intake and nutritional status.

Results: The research results showed that IYCF education using the Emo-Demo method had significant effect on increasing the average energy intake ($p < 0.001$) with the average pretest energy intake 639.98 ± 311.50 kcal and posttest 886.41 ± 368.02 kcal. Education also had a significant effect on increasing the average WAZ ($p = 0.002$) with the average WAZ pretest was -1.42 ± 1.05 SD and posttest was -1.19 ± 0.94 SD.

Conclusion: IYCF education using the Emo-Demo method to under two-years infants mothers aged 6-24 months was significantly improved energy intake and nutritional status WAZ at the East Purwokerto 1 Community Health Center.

Keywords: Emo-Demo, energy intake, IYCF education, nutritional status