



**UNIVERSITAS ANDALAS**

**PENGARUH KONSELING GIZI TERHADAP PENGETAHUAN IBU DAN  
PRAKTEK PEMBERIAN MAKANAN PENDAMPING AIR SUSU  
IBU BADUTA *STUNTING* DI KENAGARIAN SIMPANG  
KABUPATEN PASAMAN TAHUN 2017**

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**Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan  
Gelar Sarjana Gizi**

**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS  
PADANG, 2017**

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**Skripsi, Juli 2016**

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ix+ 86 halaman, 24 tabel, 3 gambar, 8 lampiran

**ABSTRAK**

**Tujuan Penelitian**

Stunting adalah masalah gizi yang bisa disebabkan oleh perilaku kesehatan yang salah. Salah satu upaya yang dilakukan untuk menanggulangi masalah gizi tersebut adalah pendidikan gizi seperti penyuluhan dan konseling. Penelitian ini bertujuan untuk mengetahui pangaruh konseling gizi terhadap pengetahuan ibu dan praktek pemberian MP-ASI baduta stunting di Kengarian Simpang Kabupaten Pasaman tahun 2017.

**Metode**

Penelitian menggunakan studi quasi eksperiment dengan menggunakan pendekatan *non equivalent control group*. Populasi adalah seluruh baduta stunting di Kenagarian Simpang Kabupaten Pasaman. Sampel berjumlah 50 orang. Data pengetahuan ibu dan praktek pemberian MP-ASI baduta stunting dikumpulkan melalui kuesioner dan form observasi. Analisa data menggunakan *dependent sample t-test* dan *independent sample t-test*.

**Hasil**

Analisis menunjukkan bahwa ada perbedaan rata-rata pengetahuan ibu tentang MP-ASI, bentuk MP-ASI, jumlah MP-ASI, pemilihan bahan MP-ASI, frekuensi MP-ASI dan praktek pemberian makanan pendamping ASI baduta stunting. Hasil uji statistik menunjukkan ada perbedaaan yang signifikan antara pengetahuan ibu dan praktek pemberian MP-ASI baduta stunting kelompok perlakuan dan kontrol ( $p < 0,05$ ).

**Kesimpulan**

Peningkatan pengetahuan ibu yang berdampak pada perubahan perilaku pemberian MP-ASI baduta stunting dapat didukung oleh paparan edukasi gizi seperti konseling yang intensif oleh tenaga kesehatan dan peran aktif masyarakat secara langsung.

**Daftar Pustaka** : 47 (1990-2016)

**Kata Kunci** : Stunting, Konseling, Pengetahuan, Praktek Pemberian MP-ASI

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**ANNISA ZIKRA A, No. BP 1511226009**

**INFLUENCE OF NUTRITION COUNSELING TO MOTHER KNOWLEDGE  
AND PRACTICE OF COMPLEMENTARY FEEDING BREAST MILK OF  
STUNTING CHILDREN AGES 6-24 MONTH IN SIMPANG VILLAGE  
PASAMAN DISTRICT IN 2017**

ix+ 86 pages, 24 tables, 3 images, 8 appendixes

**ABSTRACT**

**Objectives**

Stunting is the nutritional problems that can be caused by the wrong health behavior. One of the efforts that was made to overcome the problem of nutrition is nutrition education such as guidance and counselling. This research aims to know the influence of nutrition counseling towards mother knowledge and practice of complementary feeding breast milk of stunting children ages 6-24 months in Simpang Village Pasaman District in 2017.

**Method**

The research used quasi experiment study using the approach of non equivalent control group. The population was stunting children in Simpang Village Pasaman District. The research involved 50 stunting children as sample. Data of mother knowledge and practice of complementary feeding breast milk of stunting children were collected through questionnaires and observation form. The data was analyzed by using the dependent samples t-test and independent sample t-test.

**Result**

The analysis shows that there is a difference in the average mother knowledge of stunting children about Complementary Feeding Breast Milk, its amount, material selection, the frequency and the practice of complementary feeding breast milk of stunting children. The result of the statistical tests show there are significant distinction between the mother's knowledge and practice of complementary feeding breast milk of stunting children in treatment and control groups ( $p < 0.05$ ).

**Conclusion**

Increased knowledge which will have an impact on changing of stunting children complementary feeding breast milk practice can be supported by nutritional educational such as intensive counseling by health care personnel and the active role of the community directly.

**Bibliography** : 47 (1989-2016)

**Keywords** : Stunting, Counselling, Knowledge, Practice of  
Complementary Feeding Breast Milk