

**ANALISIS FAKTOR- FAKTOR YANG BERHUBUNGAN  
DENGAN PERILAKU IBU HAMIL KURANG ENERGI  
KRONIS DALAM MENGONSUMSI PEMBERIAN  
MAKANAN TAMBAHAN BISKUIT DI KABUPATEN  
PESISIR SELATAN TAHUN 2023**

**TESIS**



**VONNY RIANDHA FELIZA**

**2120322027**

**Pembimbing:**

**Dr. dr. Desmawati, M.Gizi**

**Dr. dr. Dien Gusta Anggaraini Nursal, MKM**

**PROGRAM STUDI S2 KESEHATAN MASYARAKAT**

**FAKULTAS KEDOKTERAN**

**UNIVERSITAS ANDALAS**

**2023**

**PROGRAM STUDI S2 KESEHATAN MASYARAKAT  
FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS**

Tesis, November 2023  
Vonny Riandha Feliza

**ANALISIS FAKTOR- FAKTOR YANG BERHUBUNGAN DENGAN  
PERILAKU IBU HAMIL KURANG ENERGI KRONIS DALAM  
MENGONSUMSI PEMBERIAN MAKANAN TAMBAHAN BISKUIT DI  
KABUPATEN PESISIR SELATAN TAHUN 2023**

xi + 165 hal + 25 tabel + 11 lampiran

**ABSTRAK**

Pemberian Makanan Tambahan (PMT) biskuit adalah salah satu strategi intervensi yang dilakukan pada ibu hamil Kurang Energi Kronis (KEK) untuk meningkatkan status gizinya. Penelitian ini bertujuan untuk menganalisis faktor-faktor berhubungan dengan perilaku ibu hamil KEK dalam mengkonsumsi Program Pemberian Makanan Tambahan (PMT). Jenis penelitian ini adalah *Mixed Methods Study* (Eksplanatoris- studi kasus sekuensial). Penelitian kuantitatif dilakukan kepada 108 ibu hamil KEK yang mendapat PMT biskuit. Sedangkan untuk penelitian kualitatif dilakukan pada ibu hamil KEK yang mau mengkonsumsi PMT secara rutin dan yang tidak mau mengkonsumsi (informan utama) melalui wawancara mendalam. Sedangkan informan pendukung (triangulasi) adalah kepala puskesmas, tenaga pelaksana gizi dan bidan desa melalui wawancara mendalam, telaah dokumen dan FGD. Hasil penelitian menunjukkan 59,3% responden memiliki pengetahuan baik, 50,9% memiliki sikap yang positif, 82,4% pelayanan kesehatan tersedia, 56,5% tenaga kesehatan mendukung, 61,1% terdapat dukungan suami dan 51,9% ibu hamil memiliki perilaku yang tidak baik dalam mengkonsumsi PMT biskuit. Terdapat hubungan yang bermakna antara pengetahuan, sikap, dukungan nakes dengan perilaku ibu hamil KEK dalam mengkonsumsi PMT biskuit. Kesimpulan: variabel dukungan tenaga kesehatan merupakan variabel yang paling dominan. Tenaga kesehatan hanya mendistribusikan PMT ke sasaran tanpa melakukan pemantauan. Ibu hanya mendapatkan edukasi ketika mereka datang ke fasilitas kesehatan. Saran untuk ibu hamil KEK agar mengkonsumsi biskuit secara rutin setiap hari sesuai anjuran, untuk Puskesmas diharapkan meningkatkan kualitas edukasi dan kunjungan rumah kepada sasaran dan kepada Dinas Kesehatan agar melaksanakan pemantauan atau monitoring secara berkala terkait pelaksanaan program.

Kata kunci : Perilaku, ibu hamil KEK, PMT biskuit

Daftar Pustaka: 52 (2007- 2022)

**MASTER PROGRAM OF PUBLIC HEALTH  
FACULTY OF MEDICINE ANDALAS UNIVERSITY**

Tesis, November 2023  
Vonny Riandha Feliza

**ANALYSIS OF FACTORS ASSOCIATED WITH THE BEHAVIOR OF  
CHRONIC ENERGY DEFICIENCY PREGNANT WOMEN IN  
CONSUMING BISCUIT SUPPLEMENTARY FEEDING IN PESISIR  
SELATAN DISTRICT IN 2023**

xi + 165 hal + 25 table + 11 lampiran

**ABSTRACT**

*Biscuit Supplementary Feeding is one of the intervention strategies carried out for pregnant women with chronic energy deficiency to improve their nutritional status. This study aims to analyze factors that are thought to have a relationship with the behavior of pregnant women with chronic energy deficiency in consuming the Biscuit Supplementary Feeding. This type of research is a Mixed Methods Study (explanatory-sequential case study). Quantitative research was conducted on 108 pregnant women with chronic energy deficiency who received Biscuit Supplementary Feeding. As for the qualitative research, it was conducted on pregnant women with chronic energy deficiency who wanted to consume Biscuit Supplementary Feeding regularly and who did not want to consume it (the main informant) through in-depth interviews. While the supporting informants (triangulation) were the head of the health center, nutrition staff and village midwife through in-depth interviews, document review and FGD (Focus Group Discussion). The results showed that 59.3% of respondents had high knowledge, 50.9% had a positive attitude, 82.4% provided health services, 56.5% supported health workers, 61.1% had husband's support and 51.9% pregnant women with chronic energy deficiency have bad behavior in consuming Biscuit Supplementary Feeding. There is a significant relationship between knowledge, attitudes, support from health workers and the behavior of pregnant women with chronic energy deficiency in consuming Biscuit Supplementary Feeding. Conclusion: the health worker support variable is the most dominant variable. Health workers only distribute Biscuit Supplementary Feeding to pregnant women with chronic energy deficiency without monitoring. Mothers only get education when they come to a health facility. Suggestions for pregnant women with chronic energy deficiency to consume biscuits regularly every day as recommended, for health center it is hoped to improve the quality of education and home visits to the target and for the public health Office to carry out regular monitoring or monitoring related to program implementation.*

**Keyword** : Behavior, pregnant women with chronic energy deficiency, biscuit supplementary feeding

**Reference** : 52 (2007- 2022)