

Status Gizi dan Pola Asuh Balita Pasca Perawatan di Pusat Pemulihan Gizi Rawat Inap UPT Puskesmas Kecamatan Sukmajaya Kota Depok

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Abstrak

Status gizi balita dipengaruhi oleh pola asuh. Skripsi ini bertujuan untuk menggali informasi terkait status gizi dan pola asuh balita pasca perawatan di Pusat Pemulihan Gizi (PPG) Rawat Inap UPT Puskesmas Kecamatan Sukmajaya, Kota Depok. Desain penelitian yang digunakan yaitu cross sectional dan studi kualitatif. Penelitian dilakukan pada bulan September 2015 hingga Januari 2016. Gambaran pola asuh ibu diperoleh dari data primer dengan cara observasi dan wawancara mendalam. Data status gizi diperoleh dari data sekunder yang ada di PPG Rawat Inap UPT Puskesmas Kecamatan Sukmajaya. Terdapat perbedaan yang signifikan (P value < 0.05) antara nilai rata-rata status gizi pasien berdasarkan indeks BB/U, PB/U atau TB/U, dan BB/PB atau BB/TB saat masuk dan pulang dari PPG Rawat Inap UPT Puskesmas Kecamatan Sukmajaya. Secara garis besar, pola asuh ibu dalam PHBS dan perilaku pencarian kesehatan cukup. Pola asuh dalam hal persiapan dan pemberian makan anak masih kurang sehingga perlu diperbaiki. Status gizi baik balita gagal dipertahankan karena persentase asupan makanan balita di rumah pasca perawatan lebih rendah dibandingkan fase rehabilitasi di PPG Rawat Inap UPT Puskesmas Kecamatan Sukmajaya. Kata Kunci : status gizi, pola asuh, balita, pusat pemulihan gizi, pemberian makanan tambahan.

The nutritional status of children is affected by caring practices. This research aims to explore information related to nutritional status and child caring practices in Therapeutic Feeding Center at Sukmajaya Community Health Center, Depok. This research used cross sectional study and qualitative study. This research was conducted in September 2015 to January 2016. The primary data of child caring practices was obtained by observation and in-depth interviews of mothers. Nutritional status of children aged 6 to 59 months was collected from secondary data in Therapeutic Feeding Center at Sukmajaya Community Health Center, Depok. There is significant differences (P value < 0.05) between the average score of the nutritional status of children based on index WAZ, HAZ, and WHZ before and after treatment in Therapeutic Feeding Center at Sukmajaya Community Health Center, Depok. Generally, hygiene practices and health seeking behaviour are enough good. Food preparation and child feeding practice still need to be improved. Healthy nutritional status after treatment fails to be maintain because children consumed less energy than when they were in rehabilitation period in Therapeutic Feeding Center at Sukmajaya Community Health Center, Depok. Keywords : nutritional status, caring practice, children, therapeutic feeding center, supplementary feeding.