

Pengaruh Panduan Gizi Seimbang Berbasis Pangan Lokal Terhadap Perubahan Praktek Pemberian Makan, Asupan Gizi dan Status Gizi Anak Baduta di Kabupaten Pohuwato Provinsi Gorontalo

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Abstrak

Masalah stunting pada anak masih menjadi tantangan serius di Indonesia, termasuk di Kabupaten Pohuwato, Gorontalo. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi Panduan Gizi Seimbang Berbasis Pangan Lokal terhadap perubahan praktik pemberian makan, asupan gizi, status besi, dan status gizi anak baduta. Desain penelitian yang digunakan adalah mixed methods exploratory sequential design, diawali dengan riset formatif kualitatif untuk pengembangan media edukasi, kemudian dilanjutkan dengan kuasi eksperimen dengan pendekatan non-randomized pretest-posttest control group design. Intervensi edukasi dilakukan selama 12 bulan dengan pendekatan komunikasi perubahan perilaku sosial (SBCC) menggunakan modul PGS-PL yang disesuaikan dengan kondisi lokal melalui edukasi intensif, peer educator dan juga demo masak. Hasil penelitian menunjukkan bahwa edukasi PGS-PL berpengaruh signifikan terhadap peningkatan skor keragaman makanan (DDS) (OR = 1,89; p = 0,048) dan Konsumsi sumber pangan hewani (OR=1,55, p = 0,037), serta peningkatan asupan energi, protein, karbohidrat, lemak, vitamin A, asam folat, zat besi, dan seng (p < 0,05). Namun, tidak ditemukan pengaruh signifikan terhadap kadar serum ferritin dan serum transferrin receptor. Status gizi anak mengalami peningkatan signifikan pada indeks tinggi badan menurut umur (TB/U) sebesar 0,60 z-score (p = 0,007), tetapi tidak signifikan pada indeks berat badan menurut umur (BB/U), dan terdapat penurunan signifikan pada indeks berat badan menurut tinggi badan (BB/TB) (p = 0,034). Penelitian ini menegaskan bahwa edukasi gizi berbasis pgs-pl dengan pendekatan kombinasi edukasi intensif, peer educator dan demo masak dapat menjadi strategi efektif dalam meningkatkan praktik pemberian makan dan status gizi anak balita di wilayah dengan potensi pangan lokal.

Stunting in children remains a serious public health challenge in Indonesia, including in Pohuwato District, Gorontalo. This study aimed to analyze the effect of nutrition education based on the Local Food-Based Balanced Nutrition Guidelines (PGS-PL) on changes in feeding practices, nutrient intake, besi status, and nutritional status of children aged 6–14 months. The research employed a mixed methods exploratory sequential design, starting with formative qualitative research for the development of educational media, followed by a quasi-experimental study using a non-randomized pretest-posttest control group design. The education intervention was conducted over 12 months using a social and behavior change communication (SBCC) approach, incorporating the PGS-PL module adapted to local conditions through intensive education, peer educators, and cooking demonstrations. The results showed that PGS-PL education had a significant effect on increasing Dietary Diversity Scores (DDS) (OR = 1.89; p = 0.048) and Egg and/or flesh food (EFF) (OR=1,55, p=0,037), as well as improving the intake of energy, protein, carbohydrates, fat, vitamin A, folic acid, besi, and seng (p < 0.05). However, no significant effect was found on serum ferritin and serum transferrin receptor levels. Children's nutritional status showed a significant improvement in the height-for-age index (HAZ) by 0.60 z-score (p = 0.007), but no significant change was observed in the weight-for-age index (WAZ), and there was a significant decrease in the weight-

for-height index (WHZ) ($p = 0.034$).
This study confirms that nutrition education based on PGS-PL using a combination of intensive education, peer educators, and cooking demonstrations can be an effective strategy for improving feeding practices and the nutritional status of toddlers in areas with local food potential.