ABSTRAK

MULIYATI W. AKASE. Pengaruh Pelatihan Kader Posyandu Terhadap Pengetahuan Penatalaksanaan Ibu Hamil KEK Di Wilayah Puskesmas Telaga Biru. Dibimbing oleh ANI RETNI sebagai ketua dan HARISMAYANTI sebagai anggota.

Seorang ibu hamil akan melahirkan bayi yang sehat bila tingkat kesehatan dan gizinya berada pada kondisi yang baik. Namun sampai saat ini masih banyak ibu hamil yang mengalami masalah gizi khususnya masalah kekurangan energi kronik (KEK). Kader posyandu berperan dalam mengenali dan mendeteksi kekurangan energi kronik atau KEK, namun masih ada kader yang kurang mengetahui pemenuhan asupan gizi pada hamil sehingga masih tingginya jumlah ibu hamil yang KEK. Tujuan penelitian untuk pengetahuan kader posyandu sebelum dan sesudah dilakukan pelatihan dalam penatalaksanaan ibu hamil KEK di Wilayah Kerja Puskesmas Telaga Biru. Desain penelitian kuantitatif quasi eksperimen dengan *one group pre test-post test*, populasi semua kader posyandu di Wilayah Kerja Puskesmas Telaga Biru, jumlah sampel 53 orang menggunakan tekhnik sampling *total sampling.* Hasil penelitian diperoleh mayoritas pengetahuan dalam penatalaksanaan ibu hamil KEK sebelum pelatihan dikategorikan cukup sebanyak 29 responden (54,7%) dengan skor rata-rata sebelum 50,56% dan pengetahuan dalam penatalaksanaan ibu hamil KEK setelah pelatihan dikategorikan cukuo sebanyak 35 responden (66%) dengan skor rata-rata sebelum 64,27%, serta hasil uji statistik *wilcoxon* diperoleh *p-value* 0,000 (<α 0,05). Disimpulkan terdapat pengaruh pelatihan pelatihan kader posyandu terhadap pengetahuan penatalaksanaan ibu hamil KEK di Wilayah Kerja Pusmesmas Telaga Biru. Sehingga, diharapkan kader mengujungi ibu hamil KEK secara berkala untuk memotivasi ibu hamil KEK mengonsumsi tablet Fe dan mengonsumsi makanan yang bergizi, serta pemantauan dan evaluasi status gizi ibu hamil KEK.

Kata Kunci: Kader, Pelatihan, Penatalaksanaan KEK

ABSTRACT

MULIYATI W. AKASE. The Influence of Posyandu Cadre Training on Knowledge of Management of KEK Pregnant Women in Telaga Biru Community Health Center Area. Supervised by ANI RETNI as chairman and HARISMAYANTI as member.

A pregnant mother will give birth to a healthy baby if her health and nutritional levels are in good condition. However, until now there are still many pregnant women who experience nutritional problems, especially chronic energy deficiency (KEK). Posyandu cadres play a role in recognizing and detecting chronic energy deficiency or KEK, but there are still cadres who do not know enough about fulfilling nutritional intake during pregnancy, therefore still a high number of pregnant women with KEK. The aim of the research is to determine the knowledge of posyandu cadres before and after training in the management of KEK pregnant women in the Telaga Biru community health center. Quantitative quasi-experimental research design with one group pre test-post test, population of all posyandu cadres in the Telaga Biru health center working area, total sample of 53 people using total sampling technique. The results showed the majority of knowledge in the management of CED pregnant women before training was categorized as sufficient, as many as 29 respondents (54.7%) with an average score before 50.56% and knowledge in the management of CED pregnant women after training was categorized as adequate, as many as 35 respondents (66%).) with an average score of 64.27%, and the results of the Wilcoxon statistical test obtained a p-value of 0.000 (<α 0.05). It was concluded, there was an influence of posyandu cadre training on knowledge of management of KEK pregnant women in the Telaga Biru Public Health Center Work Area. So, it is hoped that cadres will visit KEK pregnant women periodically to motivate KEK pregnant women to take Fe tablets and eat nutritious food, as well as monitor and evaluate the nutritional status of KEK pregnant women.

Keywords: Cadres, Training, KEK Management