

PENGARUH UPAYA PROMOTIF, PREVENTIF KELUARGA DAN INFEKSI TERHADAP
KEJADIAN KURANG PROTEIN (KEP) (Studi pada anak usia 2-5 tahu di Wilayah Kerja
Puskesmas Gedangan Kecamatan Tuntang Kabupaten Semarang)

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Kurang Energi Protein (KEP) adalah suatu keadaan kurang gizi pada seseorang yang disebabkan oleh rendahnya konsumsi energi dan protein dalam makanan atau karena gangguan penyakit tertentu. Upaya penanggulangan KEP perlu adanya upaya promotif (pendidikan gizi) dan upaya preventif (imunisasi, pemberian multivitamin/suplemen dan pemberian makanan cukup energi protein). Tujuan penelitian adalah untuk mengetahui pengaruh upaya promotif dan preventif keluarga terhadap Kejadian Kurang Energi Protein (KEP) pada anak balita. Jenis Penelitian yang dilakukan adalah penelitian observasional *retrospektif* dengan menggunakan desain *case-control*. Sampel adalah balita KEP ringan berjumlah 76 balita (kelompok kasus) dan 76 balita berstatus gizi normal (kelompok kontrol) dengan *matching* umur dan jenis kelamin. Analisa univariat, bivariat, (*chi-square*) dan multivariat dengan *regresi logistic* metode enter. Hasil penelitian menunjukkan bahwa variabel yang berpengaruh terhadap KEP adalah upaya preventif (kecukupan energi, protein) dan infeksi, dimana *P value* infeksi=0,002, ketiganya < *p value*=0,05, berarti signifikan, dan masing-masing mempunyai probabilitas untuk terjadinya KEP sebesar 32,6% 20,7%, dan 18,5%. Saran, perlu digalakkan upaya promotif dan preventif keluarga dengan meningkatkan program penyuluhan gizi agar konsumsi energi dan protein di masyarakat meningkat. Dan bagi penelitian berikutnya perlu dilakukan penelitian eksperimen yang lebih spesifik tentang upaya promotif (pendidikan gizi) dengan berbagai metode untuk mengetahui seberapa pengaruhnya terhadap penurunan prevalensi KEP.

Kata Kunci: Kurang energi protein, promotif, preventif, keluarga, anak balita

THE EFFECT OF PROMOTIVE EFFORTS, PREVENTIVE THE FAMILY, AND
INFECTION TOWARDS THE INCIDENT LESS ENERGY PROTEIN (A Studies at Age Child
2-5 years in The Work Territory of The Community Health Centre Gedangan The Subdistric
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Less Energy Protein (KEP) was a malnutrition situation to someone who was caused by the low level of consumption of energy and protein in food or because of the disturbance of the certain illness, so as his consumption met or was not in accordance with the Adequacy Figure of the Nutrient. KEP control efforts needed the existence of promotive efforts (nutritive education) and preventive efforts (the immunisation, giving of multivitamins/the supplement and giving of food of enough protein energy). The aim of the research was to know the influence of promotive efforts and preventive the family towards the Incident Less Energy Protein (KEP) to the child. The Research kind that was carried out was the research observational retrospective by making use of the design case-control. The sample was pre-school KEP light numbering 76 pre-school (the case group) and 76 pre-school status the normal nutrient (the control group) with matching the age and gender. The analysis that that was used analysis univariate, bivariate (chi-square) multivariate with regression logistic the method enter. Results of the research showed that the influential variable against KEP was preventive efforts (the adequacy of energy, protein) and the infection, where p value the adequacy energy=0,000, p the adequacy protein=0,002 and p value infection=0,002, the three of them < p value=0,05, was significantly significant, and each having the probability for the KEP occurrence as big as 32,6% 20,7%, dan 18,5%. The suggestion, must be stimulated by promotive efforts and preventive the family by increasing the counseling program the nutrient so that consumption of energy and protein in the community increases. And for the following research must be done by the experiment research that more specific about promotive efforts (nutritive education) with various methods to know so his influence towards the decline in the KEP prevalence.

Keyword: less energy protein, promotive, preventive, the family the child