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**PERBEDAAN PENGETAHUAN IBU TENTANG PRAKTIK PEMBERIAN
MAKAN PADA BAYI DAN ANAK (PMBA) DI CENTRO SAUDE
INTERMENTO FORMOZA 2
DILI -TIMOR LESTE**

ABSTRAK

Latar Belakang: Pemberian MP-ASI merupakan proses transisi dari asupan yang semula hanya berupa susu menuju kemakanan semi padat. Salah satu faktor yang mempengaruhi praktik PMBA adalah faktor pengetahuan ibu tentang makanan pendamping ASI untuk bayi. Pendidikan kesehatan melalui media dapat meningkatkan pengetahuan ibu tentang praktik PMBA. Tujuan penelitian ini untuk mengetahui perbedaan pengetahuan ibu yang memiliki Baduta tentang PMBA, sebelum dan sesudah diberikan pendidikan kesehatan menggunakan media lembar balik di wilayah kerja CSI Formoza 2/Vera Cruz Dili Timor Leste

Metode: Penelitian ini adalah jenis penelitian kuantitatif dengan desain pra eksperimen *one group pretest posttest design*. Teknik pengambilan sampel dengan teknik *Purposive Sampling*, menggunakan kriteria inklusi dan eksklusi. Lokasi penelitian dilakukan di Wilayah Kerja CSI Formoza 2 (Suco Caicoli, Lahane Osidental dan VilaVerde). Jumlah sampel sebanyak 55 ibu yang memiliki Baduta. Media yang digunakan dalam pemberian informasi menggunakan lembar balik/*flipchart*. Instrumen yang digunakan berupa kuesioner.

Hasil: Hasil analisa univariat ada peningkatan pengetahuan setelah diberikan informasi tentang PMBA, yaitu nilai rata-rata pretest 33.16 dan setelah diberikan informasi mean posttest 35.09. Analisa bivariat, nilai residual pretest dan posttest dinyatakan berdistribusi normal. Untuk mengetahui perbedaan pengetahuan dilakukan uji beda (*Uji Paired Sample t-test*), dengan hasil Ha diterima, yang artinya ada perbedaan pengetahuan ibu tentang PMBA.

Simpulan: Ada perbedaan pengetahuan ibu tentang PMBA sebelum dan sesudah me diberikan pendidikan keehatan menggunakan media *flipchart*, efektif dalam meningkatkan pengetahuan ibu tentang PMBA. Saran yang diberikan agar dalam implementasi bukan hanya diberikan *demonstracy cooking* saja, namun point point penting dalam PMBA juga harus dijelaskan

Kata Kunci: Baduta, PMBA, pengetahuan, *flipchart*.

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DIFFERENCES IN MOTHER'S KNOWLEDGE ABOUT INFANT AND CHILD FEEDING PRACTICES IN CENTRO SAUDE INTERMENTO FORMOZA 2- DILI- TIMOR LESTE

ABSTRACT

Background: Breast milk is a transition process from intake which was originally only in the form of milk to semi-solid food. One of the factors that influence the practice of PMBA is the mother's knowledge of complementary foods for breastfeeding babies. Health education through the media can increase mother's knowledge about the practice of PMBA. The purpose of this study was to determine the difference in knowledge of mothers who have Baduta about PMBA, before and after being given health education using flipchart media in the CSI Formoza 2/Vera Cruz work area, Dili Timor Leste.

Methods: This research is a type of quantitative research with a pre-experimental design, one group pretest posttest design. The sampling technique was purposive sampling technique, using inclusion and exclusion criteria. The research location was conducted in the CSI Formoza 2 Working Area (Suco Caicoli, Lahane Oidental and VilaVerde). The number of samples are 55 mothers who have Baduta. The media used in providing information is using flipcharts/flipcharts. The instrument used is a questionnaire.

Results: The results of the univariate analysis showed an increase in knowledge after being given information about PMBA, namely the average value of the pretest was 33.16 and after being given information the mean posttest was 35.09. Bivariate analysis, pretest and posttest residual values were declared normally distributed. To find out the difference in knowledge, a different test (Paired Sample t test) was carried out, with the result that Ha was accepted, meaning that there was a difference in the mother's knowledge about PMBA.

Conclusion: There is a difference in mothers' knowledge about PMBA before and after being given health education using flipchart media, which is effective in increasing mother's knowledge about PMBA. Suggestions are given so that in the implementation not only demonstration cooking is given, but important points in PMBA must also be explained

Keywords: Baduta, PMBA, knowledge, flipchart.