

Pengembangan Model Edukasi “e-MENTARI” Dalam Pendampingan Gizi Balita

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ABSTRAK

Permasalahan gizi balita masih menjadi perhatian utama di negara berkembang. Salah satu faktor penting yaitu rendahnya pengetahuan gizi ibu, sehingga praktik pemberian makan balita tidak tepat dan kurang beragam. Peningkatan pengetahuan ibu balita dapat dilakukan melalui edukasi gizi yang dikemas secara informatif, dan bisa diakses kapan saja. Maka diperlukan model pengembangan dalam pendampingan gizi balita untuk meningkatkan pengetahuan, sikap dan perilaku ibu terhadap keragaman makanan balita.

Metode penelitian menggunakan desain dan pengembangan dengan pendekatan kualitatif dan kuantitatif mengikuti alur langkah A-DD-IE dengan analisis, desain, pengembangan, implementasi dan evaluasi dengan validasi ahli dan praktisi, evaluasi satu-satu, uji coba kelompok kecil, kelompok besar, uji coba lapangan. Pengembangan model edukasi berbentuk e-MENTARI. Adapun subjek penelitian sebanyak 6 orang evaluasi satu – satu, 10 orang sebagai sasaran uji coba kelompok kecil dan dua puluh anak sebagai sasaran uji coba kelompok besar, dan 25 orang uji coba lapangan. Uji fungsi website, uji kepuasan penggunaan website pada kelompok satu – satu, kecil, dan besar, serta analisis data menggunakan *Wilcoxon* pada kelompok uji coba lapangan.

Hasil penelitian teori yang digunakan ialah 4 teori belajar, 2 teori perubahan perilaku. Pada analisis kebutuhan website diperlukan sebagai salah satu inovasi monitoring makanan balita, status gizi balita, dan edukasi pemberian makanan bayi dan anak secara mandiri oleh ibu balita. tahapan desain website dimulai dari draft konten isi, struktur navigasi, *diagram use case*, dan *mockup*. Tahap pengembangan website berfungsi dengan baik dan layak digunakan. Hasil uji satu – satu, kelompok kecil, dan kelompok besar adalah ibu balita mampu menggunakan website dengan baik, kemudian hasil lapangan menunjukkan dapat pengetahuan, sikap, tetapi belum efektif dalam perbaiki perilaku ibu untuk keragaman makan balita

Kesimpulan penelitian pengembangan model edukasi dapat meningkatkan pengetahuan, sikap, ibu untuk keragaman makanan balita. Disarankan pengembangan model edukasi ini dapat dipergunakan tenaga gizi puskesmas, dan kader, dalam monitoring keragaman makanan balita, dan monitoring status gizi.

Development of the "E-MENTARI" Education Model In Toddler Nutrition Assistance

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ABSTRACT

Under-five nutrition problems are still a major concern in developing countries. One crucial factor is the mother's low knowledge of nutrition so the practice of feeding toddlers is not appropriate and not diverse. Increasing the understanding of mothers under five can be done through nutrition education that is packaged in an informative manner, and can be accessed at any time. So a development model is needed in toddler nutrition assistance to increase the knowledge, attitudes, and behavior of mothers toward the variety of toddler foods.

The research method uses design and development with qualitative and quantitative approaches following the steps of A-DD-IE with analysis, design, development, implementation, and evaluation with expert and practitioner validation, one-to-one evaluation, small group trials, and large group trials field. Development of an educational model as an e-MENTARI. As for the research subjects, 6 people were evaluated one - one, 10 people were the targets of small group trials and twenty children were the targets of large group trials, and 25 people were in field trials. Test the function of the website, test the satisfaction of using the website in one-one, small, and large groups, as well as data analysis using Wilcoxon in the field trial group.

The results of the research theory used are 4 learning theories and 2 theories of behavior change. In the needs analysis, the website is needed as one of the innovations in monitoring toddler food, toddler nutritional status, and education on infant and child feeding independently by toddler mothers. The website design stages start from the draft content, navigation structure, use case diagrams and mockups. The website development stage functions properly and is feasible to use. The results of the one-one test, small group, and large group are that mothers of toddlers are able to use the website well, then the results of the field show that they have knowledge, and attitudes, but have not been effective in improving mother's behavior for toddler eating a diversity

The conclusion of the research on the development of an educational model can increase knowledge, attitudes, and mothers for a variety of toddler foods. It is suggested that the development of this educational model can be used by health center nutrition staff, and cadres, in monitoring the variety of food for toddlers and monitoring nutritional status.