

ABSTRAK

Kegiatan pencegahan stunting di kabupaten Bangli dilakukan dengan intervensi sensitive dan spesifik. Pengembangan yang dilakukan dengan melakukan kelas ibu CERMAT yang merupakan inovasi dari kelas ibu balita dengan melakukan praktek langsung pembuatan MP-ASI. Jenis penelitian. Rancangan penelitian ini yaitu analitik kuantitatif dengan design penelitian *case control*. Besar sampel 150 orang yang terdiri dari 75 orang mengikuti kelas ibu balita biasa dan 75 orang mengikuti kelas ibu balita Cermat. Analisa data dengan *cross sectional*.

Hasil penelitian Balita yang mengalami gizi lebih pada kelas ibu balita CERMAT sebanyak 68 orang (54,8%) sedangkan pada kelas ibu balita biasa sebanyak 56 orang (45,2%). Balita yang mengalami beresiko gizi lebih pada kelas ibu balita Cermat sebanyak lima orang (22,7%) sedangkan pada kelas ibu balita biasa sebanyak 17 orang (77,3%). Balita yang mengalami obesitas tidak ada pada kelas ibu CERMAT sedangkan pada kelas ibu balita biasa satu orang (100%).

Hasil uji statistik mendapatkan nilai $p = 0,008 (< 0,05)$ sehingga dapat disimpulkan bahwa ada hubungan kelas ibu balita CERMAT dengan kelas ibu balita biasa berdasarkan status gizi berat badan menurut tinggi badan (BB/TB) di UPTD Puskesmas Tembuku II. Kepada Puskesmas agar mengembangkan kelas ibu balita Cermat untuk semua Desa.

Kata Kunci : Balita, Ceramat, Kelas, Ibu

ABSTRACT

Stunting prevention activities in Bangli district are conducted with sensitive and specific interventions. The development was carried out by conducting the pregnancy class CERMAT which was an innovation from mother-toddler class by conducting a direct practice of making complementary food in addition to breast milk (MP-ASI in Indonesian). Types of research. The design of this research is quantitative analytic with case control research design. Data analysis with cross sectional study design.

The results of the study showed that 68 people (54.8%) were experiencing excess nutrition in CERMAT mother-toddler class; while in the ordinary mother-toddler class, there were 56 people (45.2%). Toddlers who were at risk of excess nutrition in the class of CERMAT mother-toddler class are five people (22.7%), while in the class of ordinary mother-toddler class, there were 17 people (77.3%). There were no toddlers who were obese in the CERMAT mother-toddler class, while in the ordinary mother-toddler class, there was one person (100%).

The statistical test results obtained a p value of 0.008 (<0.05), so it can be concluded that there is a relationship between CERMAT mother-toddler class and the ordinary mother-toddler class based on the nutritional status of weight for height (weight/height) at UPTDPuskesmas Tembuku II. It is hoped that the Community Health Centers will develop CERMAT mother-toddler classes for all villages.

Keywords: Toddler, CERMAT, Class, Mother