

Pengalaman keluarga memenuhi kebutuhan nutrisi balita gizi kurang

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Abstrak

Peran keluarga sangat penting dalam memenuhi kebutuhan nutrisi balita. Penelitian ini bertujuan untuk mendapatkan pemahaman yang mendalam tentang pengalaman keluarga dalam memenuhi kebutuhan nutrisi balita gizi kurang. Penelitian ini menggunakan pendekatan kualitatif (fenomenologi deskriptif) dengan wawancara mendalam yang datanya dianalisis dengan teknik Collaizi. Penelitian ini menemukan tujuh tema yaitu perasaan keluarga, penilaian keluarga, strategi pemberian makan, sistem pendukung keluarga dan masyarakat, motivasi, dan harapan keluarga. Kesimpulan dari hasil penelitian ini menunjukkan bahwa pengalaman keluarga dalam memenuhi kebutuhan nutrisi balita gizi kurang sangat beragam. Penelitian ini diharapkan dapat memberikan gambaran dalam memberikan intervensi keperawatan terhadap keluarga dalam mengatasi masalah gizi kurang pada balita dan memberikan masukan bagi pemerintah dalam upaya mengatasi masalah gizi kurang pada balita.

.....Family's role is very important to fulfill on nutritional demand of children under five years. This study aimed to provide in-depth understanding of family's experience in fulfilling nutrition for underweight children. This study design was descriptive phenomenology with in-depth interview and analyzed with Collaizi's analysis method. This study identified seven themes, which are family's feeling to children condition; appraisal to the causes of underweight; family use certain strategy to improve their feeding practice; family applies social support from family members and the community especially informational and instrumental support; the meaning of family's experience is high motivation; family's hope that the government has a good program to solve malnutrition problem. The result indicated that there was various experience of family in fulfilling nutritional demand. This study gave information about nursing intervention for family in managing nutritional problem and provided some ways to guide government programs which related to malnutrition management in children