

Abstrak
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Hubungan Kemampuan Ibu Mengolah Sayur Dengan Konsumsi Sayur Pada Anak Usia Pra Sekolah Di TK Mambaul Ulum Kampung Tengah Sukowono Kabupaten Jember, 2017

xiii + 68 halaman + 1 skema + 11 tabel + 9 lampiran

Abstrak

Konsumsi sayur pada anak berkontribusi dalam meningkatkan pertumbuhan dan perkembangan anak. Dalam hal ini kemampuan ibu mengolah sayur dengan baik perlu diperhatikan. Tujuan penelitian mengetahui hubungan kemampuan ibu mengolah sayur dengan konsumsi sayur pada usia pra sekolah. Penelitian ini menggunakan desain *korelasi* dengan rancangan *cross sectional*. Populasi penelitian ini sejumlah 96 Anak yang sekolah di TK Mambaul Ulum Kampung Tengah Sukowono Kabupaten Jember. Teknik pengambilan sampel menggunakan *purposive sampling* jumlah sampel sebanyak 77 responden. Instrumen yang digunakan adalah kuesioner dan *skala likert*. Hasil penelitian menunjukkan variabel independen yaitu kemampuan ibu mengolah sayur dengan kemampuan yang cukup sebanyak 49 Orang (63,6%) kemampuan baik sebanyak 28 orang (36,4%). Hasil penelitian menunjukkan variabel dependen yaitu konsumsi sayur yang kurang sebanyak 9 anak (11,7%) cukup sebanyak 58 anak (75,3%) baik sebanyak 10 anak (13,0%). Berdasarkan hasil analisis *uji pearson test* didapat *p value* = 0,038 ($\alpha < 0,05$). Kesimpulan penelitian ini ada hubungan kemampuan ibu mengolah sayur dengan konsumsi sayur pada anak usia pra sekolah (4-6 tahun) Di TK Mambaul Ulum Kampung Tengah Sukowono Kabupaten Jember. Rekomendasi dari penelitian ini diharapkan ibu dapat mengolah sayur dengan baik serta dapat memberikan sayur setiap kali makan, karena didalam sayur terdapat kandungan gizi dan nutrisi.

Kata kunci: Kemampuan Mengolah sayur, Konsumsi sayur, Anak Usia (4-6 Tahun).

Daftar Pustaka 24 (2011-2016)

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Relationship of Mother's Ability to Process Vegetables With Vegetable Consumption At Pre-School Children In Kindergarten Mambaul Ulum Kampung tengah Sukowono Jember District, 2017

xiii+ 68 pages + 1 scheme + 11 tables + 9 attachments

Abstract

Consumption of vegetables in children contributes to improve the growth and development of children. In this case the ability of the mother to process vegetables well should be noted. This research uses correlation design with cross-sectional design. The population of this study were 96 children who attended school in kindergarten Mambaul Ulum Kampung Tengah Sukowono Jember District. Sampling technique using purposive sampling with the number of samples of 77 respondents. Instruments used is questionnaire and likert scale. The results showed independent variables, namely the ability of mothers to process vegetables with a sufficient ability of 49 people (63.6%) good ability as many as 28 people (36.4%). The result showed that the dependent variable was vegetable consumption which was less than 9 children (11,7%) enough 58 children (75,3%) good as many as 10 children (13,0%). Based on the result of pearson test test obtained p value = 0,038 ($\alpha < 0,05$). The conclusion of this research is the relationship of mother's ability to process vegetables with vegetable consumption in pre-school age children (4-6 years) At TK Mambaul Ulum Kampung Tengah Sukowono Kabupaten Jember. Recommendation from this research is expected mother can process vegetables well and can give vegetables every meal, because in vegetable there are nutrient and nutrient content.

Keywords: Vegetable Processing Capability, Vegetable Consumption, Child Age (4-6 Years).

References 24 (2011-2016)