

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

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Wahyu Fitri Fajriyanti

Implementasi Edukasi Gizi Seimbang Sebagai Upaya Pencegahan Stunting Pada Keluarga Yang Memiliki Balita Di Desa Klungkung Kecamatan Sukorambi Kabupaten Jember

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Abstrak

Stunting masih menjadi masalah kesehatan pada balita yang dipengaruhi oleh berbagai faktor, salah satunya rendahnya pengetahuan keluarga mengenai gizi seimbang. Peningkatan pengetahuan keluarga melalui edukasi gizi seimbang diperlukan agar keluarga mampu menerapkan pemberian makan yang tepat sebagai upaya pencegahan stunting. **Tujuan:** Mendeskripsikan hasil implementasi edukasi gizi seimbang dalam meningkatkan pengetahuan keluarga sebagai upaya pencegahan stunting pada keluarga yang memiliki balita di Desa Klungkung Kecamatan Sukorambi Kabupaten Jember. **Metode:** Studi kasus deskriptif ini menggunakan pendekatan asuhan keperawatan keluarga pada tiga keluarga yang memiliki balita usia 0–59 bulan. Implementasi dilakukan melalui satu kali edukasi selama 45 menit menggunakan media Pedoman Isi Piringku, dilanjutkan pemantauan menggunakan lembar monitoring gizi harian selama empat kali kunjungan dalam 4 minggu. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan evaluasi hasil edukasi. **Hasil:** Setelah implementasi, seluruh keluarga menunjukkan peningkatan pengetahuan mengenai pengertian stunting, penyebab, faktor risiko, upaya pencegahan, kebutuhan gizi balita, komposisi Pedoman Isi Piringku, pentingnya konsumsi protein hewani, sayur, dan buah, serta mampu menyusun menu sederhana dan mengisi lembar monitoring gizi harian secara mandiri. Diagnosis keperawatan Defisit Pengetahuan dinyatakan teratasi pada ketiga keluarga. **Kesimpulan:** Implementasi edukasi gizi seimbang menggunakan media Pedoman Isi Piringku disertai pemantauan melalui lembar monitoring gizi harian efektif meningkatkan pengetahuan keluarga sebagai upaya pencegahan stunting pada balita.

Kata Kunci: edukasi gizi seimbang, pengetahuan keluarga, Pedoman Isi Piringku, pencegahan stunting, balita.

Abstract

UNIVERSITY OF MUHAMMADIYAH JEMBER
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Wahyu Fitri Fajriyanti

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Abstract

*Stunting remains a major health problem among children under five and is influenced by various factors, one of which is limited family knowledge regarding balanced nutrition. Improving family knowledge through balanced nutrition education is essential to enable families to provide appropriate feeding practices as an effort to prevent stunting. **Purpose:** To describe the implementation of balanced nutrition education in improving family knowledge as an effort to prevent stunting among families with toddlers in Klungkung Village, Sukorambi District, Jember Regency. **Method:** This descriptive case study employed a family nursing care approach involving three families with children aged 0–59 months. The intervention consisted of a single 45-minute balanced nutrition education session using the My Plate Guideline (Pedoman Isi Piringku) as the educational media, followed by four home visits over four weeks to monitor the implementation using a Daily Nutrition Monitoring Sheet. Data were collected through interviews, observations, physical examinations, and evaluation of educational outcomes. **Results:** Following the intervention, all families demonstrated improved knowledge regarding the definition of stunting, its causes, risk factors, prevention strategies, nutritional requirements for toddlers, the composition of the My Plate Guideline, and the importance of daily consumption of animal protein, vegetables, and fruits. Families were also able to plan simple balanced menus and independently complete the Daily Nutrition Monitoring Sheet. The nursing diagnosis of **Knowledge Deficit** was resolved in all three families. **Conclusion:** The implementation of balanced nutrition education using the My Plate Guideline, supported by monitoring through a Daily Nutrition Monitoring Sheet, was effective in improving family knowledge as an effort to prevent stunting among toddlers.*

Keywords: *balanced nutrition education, family knowledge, My Plate Guideline, stunting prevention, toddlers.*