

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

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**ISRA HAFIRA
PENGARUH KONSUMSI MAKANAN OLAHAN TEMPE DENGAN
KEJADIAN BERAT BADAN KURANG PADA BALITA DI INDONESIA
(STUDI LITERATUR)**

XIII + 26 Halaman + 3 Tabel + 2 Singkatan

Abstrak

Berat badan kurang (underweight) merupakan istilah untuk gabungan status gizi kurang dan gizi buruk, sedangkan yang tidak underweight tergolong dalam gizi baik dan gizi lebih.

Desain penelitian yang digunakan adalah studi literatur. Sumber referensi yang digunakan adalah jurnal-jurnal yang berkaitan dengan topik penelitian tahun 2010 sampai 2020.

Berdasarkan hasil review penelitian mengenai pengaruh pemberian konsumsi makanan olahan tempe terhadap kejadian berat badan kurang didapatkan hasil perbedaan berat badan balita sebelum dan sesudah pemberian makanan nutrisi tinggi berbahan baku tempe dan kembang kol menunjukkan bahwa adanya perbedaan berat badan antara kelompok eksperimen dengan kelompok control. Pada kelompok eksperimen sesudah pemberian makanan nutrisi tinggi berbahan baku tempe dan kembang kol selama satu bulan tampak terjadi peningkatan berat badan rata-rata sebesar 0,1207 berat badan. Sedangkan pada kelompok control terjadi perubahan berat badan rata-rata 0,0657. Hal ini menunjukkan bahwa kelompok control juga mengalami kenaikan berat badan tetapi tidak signifikan kelompok eksperimen.

Dengan pelaksanaan kegiatan ini, diharapkan terjadinya perubahan terhadap angka kejadian berat badan kurang pada balita di Indonesia.

Daftar Pustaka : 18 (2010-2020)

Kata Kunci : Gizi kurang, Balita, Tempe

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
POLYTECHNIC OF HEALTH, RIAU
DIPLOMA III NUTRITION STUDY PROGRAM**

FINAL PROJECT PROPOSAL , 2021

**ISRA HAFIRA
THE EFFECT OF CONSUMPTION OF PROCESSED TEMPE FOODS
WITH THE EVENT OF LOW WEIGHT IN CHILDREN IN INDONESIA
(LITERATURE STUDY)**

XIII + 26 Pages + 3 Tables + 2 Abbreviations

ABSTRACT

Underweight is a term for a combination of poor nutritional status and poor nutrition, while those who are not thin are classified as good nutrition and over nutrition.

The research design used is a literature study. The reference sources used are journals related to research topics from 2010 to 2020.

Based on the results of a research review on the effect of consuming tempeh processed food on the incidence of underweight, the results of the difference in body weight of toddlers before and after giving high nutritional foods made from tempeh and cauliflower showed that there was a difference in body weight between the experimental group and the control group. In the experimental group after being given high nutritional food made from tempeh and cauliflower for one month, there was an average increase in body weight of 0.1207 body weight. While in the control group there was an average weight change of 0.0657. This shows that the control group also experienced weight gain but not significantly in the experimental group.

With the implementation of this activity, it is hoped that there will be a change in the incidence of underweight in children under five in Indonesia.

Bibliography : 18 (2010-2020)

Keywords : Malnutrition, Toddler, Tempe