

**HEALTH LITERACY IBU ANAK BALITA KURANG ENERGI PROTEIN  
(KEP) DI DESA DENGKEK KECAMATAN PATI KABUPATEN PATI  
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**ABSTRAK**

Desa Dengkek memiliki kasus gizi kurang sebanyak 10 kasus pada Bulan Desember 2015. Dari kasus tersebut memungkinkan bahwa health literacy yang masih rendah. Penelitian ini bertujuan untuk mengetahui health literacy ibu anak balita kurang energi protein (KEP) di Desa Dengkek.

Penelitian ini dilaksanakan pada bulan Januari 2016 menggunakan metode kualitatif dengan desain studi kasus yang dilakukan pada 6 informan utama dan 6 informan cross check. Teknik pengumpulan data adalah teknik wawancara mendalam dan teknik analisis data menggunakan analisis tematik. Wawancara dilakukan selama 9 hari dan dilaksanakan di Desa Dengkek.

Hasil penelitian menunjukkan semua informan mempunyai health literacy yang rendah. Dibuktikan dengan keaktifan mencari informasi yang rendah, kurangnya pemahaman informasi yang telah didapatkan, tidak ada motivasi dan dukungan pada ibu yang berdampak terhadap perilaku peningkatan badan anak balita dan kesehatan keluarga.

Rekomendasi yang peneliti sampaikan adalah penambahan informasi dan diskusi antar ibu anak balita kurang energi protein pada saat kegiatan kelas gizi ataupun penyuluhan bertujuan untuk mengetahui seberapa besar pemahaman ibu mengenai informasi kurang energi protein.

Kata Kunci : health literacy, kurang energi protein

## **HEALTH LITERACY OF MOTHER TODDLERS WITH PROTEIN ENERGY MALNUTRITION IN DENGKEK VILLAGE PATI 2016**

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### **ABSTRACT**

Dengkek village have 10 cases of malnutrition in December 2015. Of the case allows that health literacy remain low. The aimed of the study to understand health literacy of mother toddlers with protein energy malnutrition.

The study was conducted in January 2016 used qualitative methods with case study conducted in six key informants and 6 informants cross check. The data had been collected by in-depth interview and data analysed by thematic .Interviews were conducted for 9 days and was held in the Dengkek village.

Results of the study showed 6 informants has low of health literacy proved by health seeking behavior was low, lack of understanding information that has been accepted, there was no motivation and support to mothers who had an impact on the conduct an increasing behavior to gained weigh of toddlers dan family health.

Suggested to increase access to information and discussion among mothers toddlers during classroom activities nutrition or counseling team to enhance the activity of the mother and understanding of the material obtained mother toddlers about update protein energy malnutrition.

Keyword : Health literacy, protein less energy