

**EFEKTIVITAS PEMBERIAN NUGGET TEMPE
IKAN LELE TERHADAP KENAIKAN BERAT BADAN BAYI USIA
10-12 BULAN DI DESA JATIWARAS KABUPATEN
TASIKMALAYA**

**RANTI MULYA PUTRI
211FI07006**

Program studi D-3 Kebidanan, Fakultas Ilmu Kesehatan
Universitas Bhakti Kencana PSDKU Tasikmalaya

ABSTRAK

Latar belakang Angka gizi kurang di Kabupaten Tasikmalaya tahun 2021 mencapai 3.702 balita dan di tahun 2022 naik hingga mencapai 4.045 balita. Berdasarkan data di wilayah kerja Puskesmas Jatiwaras per Februari 2024 di Kecamatan Jatiwaras jumlah balita gizi kurang sebesar 12,32%. Olahan protein nugget tempe dan ikan lele merupakan zat aktif antimikroba dan memiliki kandungan asam amino yang dapat menghambat pertumbuhan bakteri gram positif, sehingga dapat menambah berat badan terutama pada anak. Penelitian ini bertujuan untuk mengetahui efektivitas Pemberian Nugget Tempe Ikan Lele Terhadap Kenaikan Berat Badan Bayi Usia 10-12 Bulan Di Desa Jatiwaras Kabupaten Tasikmalaya. Metode penelitian ini adalah Metode *Quasy Experiment* (Eksperimen Semu) dengan menggunakan *one group pretest and posttest without control*. Subjek penelitian ini adalah bayi usia 10-12 bulan yang berjumlah 10 responden. Teknik pengambilan sampel *total sampling*. Hasil penelitian didapatkan sebelum diberikan intervensi 6 responden mengalami penurunan berat badan dan setelah intervensi 10 responden mengalami peningkatan berat badan yang signifikan dengan *p-value* 0,004 berarti dapat ditarik kesimpulan bahwa terdapat Efektivitas Pemberian Nugget Tempe Ikan Lele Terhadap Kenaikan Berat Badan Bayi Usia 10-12 Bulan Di Desa Jatiwaras Kabupaten, Tasikmalaya. Hendaknya penelitian ini dapat dijadikan kajian literatur, sebagai dasar penelitian selanjutnya

Kata kunci : Nugget Tempe Ikan Lele, Berat Badan, Bayi

**EFFECTIVENESS OF FEEDING TEMPEH NUGGETS CATFISH
NUGGETS ON WEIGHT GAIN OF INFANTS AGED 10-12 MONTHS IN
JATIWARAS VILLAGE, TASIKMALAYA DISTRICT.**

**RANTI MULYA PUTRI
211FI07006**

*Department Of Midwifery Diploma 3, Faculty Of Health Science,
Bhakti Kencana University PSDKU Tasikmalaya*

ABSTRACT

Background The malnutrition rate in Tasikmalaya Regency in 2021 reached 3,702 under-fives and in 2022 it rose to 4,045 under-fives. Based on data in the Jatiwaras Health Center working area as of February 2024 in Jatiwaras District, the number of underweight children under five was 12.32%. Processed protein nuggets of tempeh and catfish are antimicrobial active substances and have amino acid content that can inhibit the growth of gram-positive bacteria, so they can increase body weight, especially in children. This study aims to determine the effectiveness of giving catfish tempeh nuggets to the weight gain of infants aged 10-12 months in Jatiwaras Village, Tasikmalaya Regency. This research method is a Quasy Experiment Method using one group pretest and posttest without control. The subjects of this study were infants aged 10-12 months who totaled 10 respondents. Total sampling technique. The results showed that before the intervention 6 respondents experienced weight loss and after the intervention 10 respondents experienced a significant increase in body weight with a p-value of 0.004, it can be concluded that there is an effectiveness of giving catfish tempeh nuggets to the weight gain of infants aged 10-12 months in Jatiwaras Village, Tasikmalaya Regency. This research should be used as a literature review, as a basis for further research.

Keywords: Catfish Tempeh Nugget, Weight Gain, baby