

**EFEKTIVITAS OLAHAN BUAH PEPAYA TERHADAP PENINGKATAN
NAFSU MAKAN BALITA DI POSYANDU MERPATI KELURAHAN
SUKARINDIK KOTA TASIKMALAYA**

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ABSTRAK

Data Survey Status Gizi Nasional tahun 2022, prevalensi stunting di Indonesia diangka 21,6%. Jumlah ini menurun dibandingkan tahun sebelumnya yaitu 24,4%, target prevalensi *stunting* nasional pada tahun 2024 turun hingga 14%, standar WHO terkait prevalensi *stunting* harus diangka kurang dari 20%. Buah pepaya mengandung enzim papain. Enzim ini sangat aktif dan memiliki kemampuan mempercepat proses pencernaan. Papain dapat membantu proses pencernaan makanan yang lebih baik, dengan cara ini sistem kekebalan tubuh dapat ditingkatkan. Buah pepaya juga kaya akan vitamin B kompleks yang dapat meningkatkan laju reaksi metabolisme tubuh, merangsang hipotalamus untuk meningkatkan nafsu makan dan menyokong pertumbuhan. Tujuan penelitian ini untuk mengetahui efektivitas olahan buah pepaya terhadap peningkatan nafsu makan balita di Posyandu Merpati Kelurahan Sukarindik Kota Tasikmalaya. Jenis penelitian ini *quasy experiment* yang bersifat *one group pretest posttest without control*. Populasi balita yang mengalami penurunan nafsu makan dan gizi kurang di Posyandu Merpati Kelurahan Sukarindik Kota Tasikmalaya, dengan sampel sebanyak 10 orang. Setelah dilakukan pemberian olahan buah pepaya terdapat perbedaan mean sebesar 9,9 dengan standar deviasi 4.881. hasil uji statistik menunjukkan pemberian olahan buah pepaya efektif terhadap peningkatan nafsu makan balita. Olahan buah pepaya yang diberikan 100 gram setiap hari selama 14 hari. Olahan buah pepaya diharapkan dapat bermanfaat sebagai alternatif terapi non farmakologis untuk meningkatkan nafsu makan balita karena disajikan dengan bentuk yang menarik sehingga balita tertarik untuk mengonsumsi olahan buah pepaya sebagai salah satu multivitamin yang memiliki banyak manfaat.

Kata Kunci: Pepaya, Nafsu Makan, Balita

**THE EFFECTIVENESS OF PAPAYA FRUIT PREPARATIONS ON
INCREASING THE APPETITE OF TODDLERS AT POSYANDU MERPATI,
SUKARINDIK VILLAGE, TASIKMALAYA CITY**

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ABSTRACT

Data from the National Nutrition Status Survey in 2022, the prevalence of stunting in Indonesia was 21.6%. This number decreased compared to the previous year which was 24.4%, the national stunting prevalence target in 2024 fell to 14%, the WHO standard related to stunting prevalence should be less than 20%. Papaya fruit contains the enzyme papain. This enzyme is very active and has the ability to speed up the digestive process. Papain can help the process of digesting food better, in this way the body's immune system can be improved. Papaya fruit is also rich in vitamin B complex which can increase the rate of metabolic reactions, stimulate the hypothalamus to increase appetite and support growth. The purpose of this study was to determine the effectiveness of papaya fruit preparations on increasing the appetite of toddlers at Posyandu Merpati, Sukarindik Village, Tasikmalaya City. This type of research is a quasy experiment that is one group pretest posttest without control. The population was toddlers who experienced a decrease in appetite and malnutrition at Posyandu Merpati, Sukarindik Village, Tasikmalaya City, with a sample of 10 people. After giving processed papaya fruit there is a mean difference of 9.9 with a standard deviation of 4.881. Statistical test results show the provision of processed papaya fruit is effective in increasing the appetite of toddlers. Papaya fruit preparations are given 100 grams every day for 14 days. Papaya fruit preparations are expected to be useful as an alternative non-pharmacological therapy to increase toddler appetite because they are presented in an attractive form so that toddlers are interested in consuming processed papaya fruit as a multivitamin that has many benefits.

Keywords: Papaya, Appetite, Toddler