

**IBM KELAS GIZI PLUS SEBAGAI MODEL PEMBENTUK BALITA  
BERKARAKTER DI DESA GIRIMULYA, KECAMATAN  
CIBUNGBULANG, KABUPATEN BOGOR**

(IBM of Plus Nutrition Classes Forming as a Model for Children in the Village  
Girimulya Character, Cibungbulang Subdistrict, Bogor Regency)

**Yayat Heryatno<sup>1)</sup>, Mintarti<sup>2)</sup>, Warcito<sup>2)</sup>**

<sup>1)</sup>Dep. Gizi Masyarakat, Fakultas Ekologi Manusia IPB,

<sup>2)</sup>Pusat Pengembangan Sumberdaya Manusia LPPM IPB

**ABSTRAK**

Kelas gizi plus di Desa Girimulya dilaksanakan dalam 7 kali pertemuan tiap hari Jum'at, berlangsung selama 3 jam. Kelas gizi plus dilaksanakan di Mushola Al-Furqaan, Kampung Semper RT 01/08 Desa Girimulya. Jumlah peserta kelas gizi plus yang aktif hadir 31 orang, tetapi yang menjadi sampel pengukuran keberhasilan sebanyak 21 orang. Keberhasilan kelas gizi plus diukur dengan membandingkan nilai pre dan post test, sebelum dan setelah pelaksanaan kelas gizi. Hasil pengukuran menunjukkan bahwa kelas gizi plus telah berhasil meningkatkan pengetahuan para ibu balita tentang gizi makanan dan pola pengasuhan anak. Oleh karena itu, dapat disimpulkan dalam penelitian ini, yaitu Kelas Gizi Plus adalah kelas belajar para ibu yang memiliki balita dengan menu utama pembelajaran: (1) pertumbuhan anak yang sehat; (2) pentingnya posyandu dan pelayanan kesehatan umum untuk memantau kesehatan balita; (3) sumber makanan bergizi, beragam dan seimbang; (4) mengolah makanan bergizi berbahan dasar potensi lokal, serta pola pemberian makanan ke anak agar lahap makan; (5) keamanan pangan; (6) intervensi psikososial yang akan mengajarkan kepada para ibu tentang cara melatih anak agar berkembang kemampuan mental dan psikomotornya. Kegiatan Kelas Gizi Plus meliputi penyuluhan berseri, demonstrasi masak makanan bergizi, games, pembagian bibit sayuran, dan pembagian PMT.

Kata kunci : Kelas gizi, balita berkarakter, pos pembedayaan keluarga.

**ABSTRACT**

The plus nutrition classes at the Village Girimulya conducted in 7 day meetings every Friday, lasted for 3 hours. The plus nutrition classes held at the Mosque Al-Furqaan, RT 01/08 Desa Kampung Semper Girimulya. The number of participants plus an active nutrition class attendance 31 people, but that the sample measurement of success as many as 21 people. The plus nutrition classes success is measured by comparing the value of pre and post test, before and after implementation of the nutrition class. The results showed that nutrition classes plus has managed to increase mothers' knowledge about food nutrition and child-care patterns. Therefore, it can be concluded in this study, namely Plus Nutrition Classes is a class to learn the mothers who have children with learning the main menu: (1) the growth of healthy children, (2) the importance of neighborhood health center and public health services to monitor the health of infants; (3) the source of nutritious food, diverse and balanced, (4) cultivate nutritious meals based on local potential, as well as feeding patterns to the child to eat ravenously; (5) food safety; (6) psychosocial interventions that will teach the mothers about how train the child to develop mental ability and psychomotor. The Classroom activities includes outreach glow Nutrition Plus, nutritious food cooking demonstrations, games, vegetable seeds division, and division of PMT.

Keywords: Nutrition Classes, Toddler Character, Family Empowerment Program.