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## LAMPIRAN

Lampiran 1 : Inform Consent

### **FORMULIR PERSETUJUAN MENGIKUTI PENELITIAN SETELAH MENDAPAT PENJELASAN**

Saya yang bertandatangan dibawah ini :

Nama : .....

Alamat : .....

No HP : .....

Setelah mendengar/membaca dan mengerti penjelasan yang diberikan mengenai tujuan, manfaat apa yang akan dilakukan pada penelitian ini, saya menyatakan setuju untuk ikut dalam penelitian ini secara sukarela tanpa paksaan.

Saya mengerti bahwa dari semua hal yang dilakukan oleh peneliti kepada saya dan bayi saya yaitu wawancara terkait data diri, pemerahan ASI yang saya lakukan sendiri secara sukarela dan pengukuran Berat badan serta panjang badan anak saya dilakukan oleh peneliti yang telah terlatih.

Saya tahu bahwa keikutsertaan saya ini bersifat sukarela tanpa paksaan, sehingga saya bisa menolak ikut atau mengundurkan diri dari penelitian ini tanpa kehilangan hak saya untuk mendapat layanan kesehatan. Juga saya berhak bertanya atau meminta penjelasan pada peneliti bila masih ada hal yang belum jelas atau masih ada hal yang ingin saya ketahui tentang penelitian ini.

Saya juga mengerti bahwa semua biaya yang dikeluarkan sehubungan dengan penelitian ini, akan ditanggung oleh peneliti. Biaya perawatan dan pengobatan bila terjadi hal-hal yang tidak diinginkan akibat penelitian ini, akan dibiayai oleh peneliti.

Saya percaya bahwa keamanan dan kerahasiaan data penelitian akan terjamin dan saya dengan ini menyetujui semua data saya yang dihasilkan pada penelitian ini untuk disajikan dalam bentuk lisan maupun tulisan.

Makassar, Januari 2023

Responden

## Lampiran 2 : Kuisisioner

	Data Lokasi	
Kecamatan/Kelurahan		
Alamat		
	Keterangan pewawancara	
Nama Enumerator		
Tanggal Wawancara		
	Data Rumah Tangga	
Nama Responden		
Usia		
Nama Bayi		
Tanggal Lahir		
Jenis Kelamin		
Jumlah anggota keluarga yang menetap di rumah	..... orang	
Pendidikan 1. Ibu 2. Ayah	1. Tidak Sekolah 2. SD 3. SMP 4. SMA 5. Diploma 6. S1	1. [ ] 2. [ ]
Jenis Pekerjaan 1. Ibu Ayah	1. Tidak bekerja 2. Petani 3. Pedagang/Wiraswasta	3. [ ] 4. [ ]



	4. Buruh harian 5. PNS 6. Peg swasta 7. Nelayan 8. IRT 9. Lainnya	
Status Gizi selama hamil  BB :  TB :  LILA :	.....Kg  .....cm  .....cm	
	DATA ASI	
Volume ASI  Kadar Asam Oleat	..... ml  ..... gr/L	

## Lampiran 3 : Food Recall 2x24 jam

Nama :

Tanggal :

Hari ke- :

## FOOD RECALL 2X24 JAM







No	Waktu	Jenis Makanan	Banyaknya	
			URT	*Berat
	Pagi/Jam			
	Selingan Pagi/Jam			
	Siang/Jam			

	Selingan Siang/Jam			
	Malam/Jam			
	Selingan Malam/jam			

URT : Ukuran Rumah Tangga

Berat (Gr) : Tidak perlu di isi responden

Lampiran 4 : Bahan edukasi yang diberikan

Bahan Makanan	Ibu Menyusui (0 - 12 bulan)	Keterangan
Nasi atau Makanan Pokok	6 porsi 	1 porsi = 100 g atau $\frac{3}{4}$ gelas nasi 1 porsi = 125 g atau 3 buah jagung ukuran sedang 1 porsi = 210 g atau 2 kentang ukuran sedang 1 porsi = 120 g atau 1 $\frac{1}{2}$ potong singkong 1 porsi = 70 g atau 3 iris roti putih 1 porsi = 200 g atau 2 gelas mie basah
Protein hewani seperti: ikan, telur, ayam, dan lainnya	4 porsi 	1 porsi = 50 gr atau 1 potong sedang ikan 1 porsi = 55 gr atau 1 butir telur Ayam
Protein nabati seperti: tempe, tahu, dan lainnya	4 porsi 	1 porsi = 50 gr atau 1 potong sedang tempe 1 porsi = 100 gr atau 2 potong sedang tahu
Sayur-sayuran	4 porsi 	1 porsi = 100 gr atau 1 mangkuk sayur matang tanpa kuah
Buah-buahan	4 porsi 	1 porsi = 100 gr atau 1 potong sedang pisang 1 porsi = 100-190 gr atau 1 potong besar pepaya
Minyak/ lemak	6 porsi Minyak/lemak termasuk santan yang digunakan dalam pengolahan, makanan digoreng, ditumis atau dimasak dengan santan	1 porsi = 5 gr atau 1 sendok teh bersumber dari pengolahan makanan seperti menggoreng, menumis, santan, kemiri, mentega dan sumber lemak lainnya
Gula	2 porsi 	1 porsi = 10 gr atau 1 sendok makan bersumber dari kue-kue manis, minum teh manis dan lain-lainnya

## Lampiran 5 : Output Hasil Statistic

- Uji Normalitas baseline data karakteristik responden

Tests of Normality		Shapiro-Wilk <sup>a</sup>
KELOMPOK		Sig.
USIAIBU	1,00	,001
	2,00	,434
PendidikanIbu	1,00	,022
	2,00	,000
PekerjaanIbu	1,00	,000
	2,00	,000
StatusGizilbu	1,00	,003
	2,00	,000
USIAANAK	1,00	,015
	2,00	,003
JenisKelaminAnak	1,00	,000
	2,00	,000
BBLahirAnak	1,00	,068
	2,00	,672
PBLahirAnak	1,00	,046
	2,00	,003
KeluargadiRumah	1,00	,002
	2,00	,070

- Hasil uji Mann Whitney baseline data →

Test Statistics <sup>a</sup>					
	USIAIBU	PendidikanIbu	PekerjaanIbu	StatusGizilbu	USIAANAK
Mann-Whitney U	83,500	103,500	111,000	47,500	80,500
Wilcoxon W	219,500	208,500	216,000	152,500	185,500
Z	-1,190	-,374	-,056	-2,930	-1,320
Asymp. Sig. (2-tailed)	,234	,708	,955	,003	,187
Exact Sig. [2*(1-tailed Sig.)]	,240 <sup>b</sup>	,728 <sup>b</sup>	,984 <sup>b</sup>	,006 <sup>b</sup>	,193 <sup>b</sup>

Test Statistics <sup>a</sup>				
	JenisKelaminAnak	BBLahirAnak	PBLahirAnak	KeluargadiRumah
Mann-Whitney U	96,000	90,500	53,000	51,000
Wilcoxon W	232,000	226,500	189,000	187,000
Z	-,775	-,902	-2,516	-2,585
Asymp. Sig. (2-tailed)	,439	,367	,012	,010
Exact Sig. [2*(1-tailed Sig.)]	,525 <sup>b</sup>	,377 <sup>b</sup>	,013 <sup>b</sup>	,010 <sup>b</sup>

- Hasil Asam Oleat Kelompok Intervensi

**Tests of Normality**

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
AOp <sub>pre</sub>	,436	16	,000	,550	16	,000
AOp <sub>post</sub>	,365	16	,000	,512	16	,000

**Ranks**

		N	Mean Rank	Sum of Ranks
AO <sub>post</sub> - AO <sub>pre</sub>	Negative Ranks	1 <sup>a</sup>	14,00	14,00
	Positive Ranks	14 <sup>b</sup>	7,57	106,00
	Ties	1 <sup>c</sup>		
	Total	16		

**Test Statistics<sup>a</sup>**

		AO <sub>post</sub> - AO <sub>pre</sub>
Z		-2,616 <sup>b</sup>
Asymp. Sig. (2-tailed)		,009

- Hasil Asam Oleat Kelompok Kontrol

**Tests of Normality**

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
AOp <sub>pre</sub>	,368	14	,000	,566	14	,000
AOp <sub>post</sub>	,405	14	,000	,550	14	,000

**Ranks**

		N	Mean Rank	Sum of Ranks
AO <sub>post</sub> - AO <sub>pre</sub>	Negative Ranks	7 <sup>a</sup>	6,86	48,00
	Positive Ranks	7 <sup>b</sup>	8,14	57,00
	Ties	0 <sup>c</sup>		
	Total	14		

**Test Statistics<sup>a</sup>**

	AOpst - AOpri
Z	-,283 <sup>b</sup>
Asymp. Sig. (2-tailed)	,777

- Asupan Kelompok Intervensi Sebelum dan Sesudah Perlakuan

#### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
ENERGIpre	,138	16	,200 <sup>*</sup>	,951	16	,498
ENERGIpost	,198	16	,093	,940	16	,353
PROTEINpre	,167	16	,200 <sup>*</sup>	,956	16	,586
PROTEINpost	,158	16	,200 <sup>*</sup>	,952	16	,518
LEMAKpre	,141	16	,200 <sup>*</sup>	,933	16	,269
LEMAKpost	,153	16	,200 <sup>*</sup>	,928	16	,230
KHpre	,107	16	,200 <sup>*</sup>	,952	16	,522
KHpost	,154	16	,200 <sup>*</sup>	,958	16	,621
PUFApre	,149	16	,200 <sup>*</sup>	,929	16	,232
PUFApost	,155	16	,200 <sup>*</sup>	,904	16	,092
MUFApre	,146	16	,200 <sup>*</sup>	,915	16	,140
MUFApost	,216	16	,045	,888	16	,052
ASAMOLEATpre	,374	16	,000	,566	16	,000
ASAMOLEATpost	,335	16	,000	,764	16	,001
ASAMLINOLENICpre	,365	16	,000	,543	16	,000
ASAMLINOLENICpost	,316	16	,000	,730	16	,000

a. T Test

#### Paired Samples Test

		Paired Differences			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference
					Lower
Pair 1	ENERGIpre - ENERGIpost	-290,98188	560,72993	140,18248	-589,77376
Pair 2	PROTEINpre - PROTEINpost	-,03000	23,94775	5,98694	-12,79085
Pair 3	LEMAKpre - LEMAKpost	-19,68875	30,53879	7,63470	-35,96172
Pair 4	KHpre - KHpost	-25,66813	82,88807	20,72202	-69,83606
Pair 5	PUFApre - PUFApost	-2,81563	8,32073	2,08018	-7,24943

## Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
					95% Confidence Interval of the Difference
					Upper
Pair 1	ENERGIpre - ENERGIpost	7,81001	-2,076	15	,056
Pair 2	PROTEINpre - PROTEINpost	12,73085	-,005	15	,996
Pair 3	LEMAKpre - LEMAKpost	-3,41578	-2,579	15	,021
Pair 4	KHpre - KHpost	18,49981	-1,239	15	,234
Pair 5	PUFApre - PUFApost	1,61818	-1,354	15	,196

## b. Wilcoxon

## Ranks

		N	Mean Rank	Sum of Ranks
MUFApost - MUFApre	Negative Ranks	0 <sup>a</sup>	,00	,00
	Positive Ranks	16 <sup>b</sup>	8,50	136,00
	Ties	0 <sup>c</sup>		
	Total	16		
ASAMOLEATpost - ASAMOLEATpre	Negative Ranks	0 <sup>d</sup>	,00	,00
	Positive Ranks	16 <sup>e</sup>	8,50	136,00
	Ties	0 <sup>f</sup>		
	Total	16		
ASAMLINOLENICpost - ASAMLINOLENICpre	Negative Ranks	3 <sup>g</sup>	6,17	18,50
	Positive Ranks	5 <sup>h</sup>	3,50	17,50
	Ties	8 <sup>i</sup>		
	Total	16		

Test Statistics<sup>a</sup>



	MUFAPost - MUFApre	ASAMOLEATpost - ASAMOLEATpre	ASAMLINOLENICpost - ASAMLINOLENICpre
Z	-3,516 <sup>b</sup>	-3,567 <sup>b</sup>	-,070 <sup>c</sup>
Asymp. Sig. (2-tailed)	,000	,000	,944

- Asupan Kelompok Kontrol Sebelum dan Sesudah Perlakuan

#### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
ENERGIpre	,218	14	,069	,875	14	,049
ENERGIpost	,235	14	,034	,871	14	,043
PROTEINpre	,169	14	,200 <sup>*</sup>	,948	14	,533
PROTEINpost	,198	14	,141	,853	14	,024
LEMAKpre	,241	14	,027	,803	14	,005
LEMAKpost	,222	14	,059	,890	14	,082
KHpre	,186	14	,200 <sup>*</sup>	,890	14	,081
KHpost	,237	14	,032	,879	14	,056
PUFApre	,207	14	,108	,769	14	,002
PUFApost	,226	14	,051	,847	14	,020
MUFA	,204	14	,120	,877	14	,053
MUFAPost	,335	14	,000	,700	14	,000
ASAMOLEATpre	,434	14	,000	,640	14	,000
ASAMOLEATpost	,298	14	,001	,704	14	,000
ASAMLINOLENICpre	,286	14	,003	,674	14	,000
ASAMLINOLENICpost	,433	14	,000	,641	14	,000

a. Wilcoxon

#### Test Statistics<sup>a</sup>

	ENERGIpost - ENERGIpre	LEMAKpost - LEMAKpre	MUFAPost - MUFA	ASAMOLEATpost - ASAMOLEATpre
Z	-,596 <sup>b</sup>	-,408 <sup>b</sup>	-,345 <sup>c</sup>	-,980 <sup>b</sup>
Asymp. Sig. (2-tailed)	,551	,683	,730	,327

#### Test Statistics<sup>a</sup>

	ASAMLINOLENICpost - ASAMLINOLENICpre
Z	-1,127 <sup>b</sup>
Asymp. Sig. (2-tailed)	,260

## b. T Test

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	PROTEINpre & PROTEINpost	14	,331	,248
Pair 2	KHpre & KHpost	14	,605	,022
Pair 3	PUFApre & PUFApost	14	,294	,308

Paired Samples Test

		Paired Differences			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference
					Lower
Pair 1	PROTEINpre - PROTEINpost	-4,88000	27,55962	7,36562	-20,79245
Pair 2	KHpre - KHpost	-4,82929	61,41422	16,41364	-40,28880
Pair 3	PUFApre - PUFApost	-1,18071	13,95915	3,73074	-9,24049

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	PROTEINpre - PROTEINpost	11,03245	-,663	13	,519
Pair 2	KHpre - KHpost	30,63023	-,294	13	,773
Pair 3	PUFApre - PUFApost	6,87906	-,316	13	,757

- Sebelum Perlakuan Antar Dua Kelompok

**Tests of Normality**

KELOMPOK	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
AO	1,00	,436	16	,000	,550	16	,000
	2,00	,368	14	,000	,566	14	,000
ENERGI	1,00	,138	16	,200 <sup>*</sup>	,951	16	,498
	2,00	,218	14	,069	,875	14	,049
PROTEIN	1,00	,167	16	,200 <sup>*</sup>	,956	16	,586
	2,00	,169	14	,200 <sup>*</sup>	,948	14	,533
LEMAK	1,00	,141	16	,200 <sup>*</sup>	,933	16	,269
	2,00	,241	14	,027	,803	14	,005
KH	1,00	,107	16	,200 <sup>*</sup>	,952	16	,522
	2,00	,186	14	,200 <sup>*</sup>	,890	14	,081
PUFA	1,00	,149	16	,200 <sup>*</sup>	,929	16	,232
	2,00	,207	14	,108	,769	14	,002
MUFA	1,00	,146	16	,200 <sup>*</sup>	,915	16	,140
	2,00	,204	14	,120	,877	14	,053
ASAMOLEAT	1,00	,374	16	,000	,566	16	,000
	2,00	,434	14	,000	,640	14	,000
ASAMLINOLENIC	1,00	,365	16	,000	,543	16	,000
	2,00	,286	14	,003	,674	14	,000

## a. T Test

## Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
ENERGI	Equal variances assumed	,082	,777	,575	28
	Equal variances not assumed			,577	27,840
PROTEIN	Equal variances assumed	,972	,333	,874	28
	Equal variances not assumed			,894	27,032
KH	Equal variances assumed	,306	,585	,981	28
	Equal variances not assumed			,993	27,919
PUFA	Equal variances assumed	1,519	,228	-,945	28
	Equal variances not assumed			-,912	19,833
MUFA	Equal variances assumed	2,604	,118	-1,216	28
	Equal variances not assumed			-1,193	23,936

## b. Mann Whitney

## Ranks

	KELOMPOK	N	Mean Rank	Sum of Ranks
AO	1,00	16	12,81	205,00
	2,00	14	18,57	260,00
	Total	30		
LEMAK	1,00	16	15,13	242,00
	2,00	14	15,93	223,00
	Total	30		
ASAMOLEAT	1,00	16	15,47	247,50
	2,00	14	15,54	217,50
	Total	30		
ASAMLINOLENIC	1,00	16	13,97	223,50
	2,00	14	17,25	241,50
	Total	30		

Test Statistics<sup>a</sup>

	AO	LEMAK	ASAMOLEAT	ASAMLINOLEN IC
Mann-Whitney U	69,000	106,000	111,500	87,500
Wilcoxon W	205,000	242,000	247,500	223,500
Z	-1,805	-,249	-,026	-1,151
Asymp. Sig. (2-tailed)	,071	,803	,980	,250
Exact Sig. [2*(1-tailed Sig.)]	,077 <sup>b</sup>	,822 <sup>b</sup>	,984 <sup>b</sup>	,313 <sup>b</sup>

- Asupan setelah Perlakuan antar dua kelompok

Tests of Normality

KELOMPOK	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
AO	1,00	,365	16	,000	,512	16	,000
	2,00	,405	14	,000	,550	14	,000
ENERGI	1,00	,198	16	,093	,940	16	,353
	2,00	,235	14	,034	,871	14	,043
PROTEIN	1,00	,158	16	,200 <sup>*</sup>	,952	16	,518
	2,00	,198	14	,141	,853	14	,024
LEMAK	1,00	,153	16	,200 <sup>*</sup>	,928	16	,230
	2,00	,222	14	,059	,890	14	,082
KH	1,00	,154	16	,200 <sup>*</sup>	,958	16	,621
	2,00	,237	14	,032	,879	14	,056
PUFA	1,00	,155	16	,200 <sup>*</sup>	,904	16	,092
	2,00	,226	14	,051	,847	14	,020
MUFA	1,00	,216	16	,045	,888	16	,052
	2,00	,335	14	,000	,700	14	,000
ASAMOLEAT	1,00	,335	16	,000	,764	16	,001
	2,00	,298	14	,001	,704	14	,000
ASAMLINOLENIC	1,00	,316	16	,000	,730	16	,000
	2,00	,433	14	,000	,641	14	,000

## a. Mann Whitney

Test Statistics<sup>a</sup>

	AO	ENERGI	MUFA	ASAMOLEAT	ASAMLINOLENIC
Mann-Whitney U	102,000	76,000	15,000	,000	106,000
Wilcoxon W	207,000	181,000	120,000	105,000	211,000
Z	-,417	-1,497	-4,032	-4,750	-,289
Asymp. Sig. (2-tailed)	,677	,135	,000	,000	,773
Exact Sig. [2*(1-tailed Sig.)]	,697 <sup>b</sup>	,142 <sup>b</sup>	,000 <sup>b</sup>	,000 <sup>b</sup>	,822 <sup>b</sup>

## b. T Test

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means		
	F	Sig.	t	df	
PROTEIN	Equal variances assumed	1,767	,195	,164	28
	Equal variances not assumed			,160	21,751
LEMAK	Equal variances assumed	4,138	,052	,612	28
	Equal variances not assumed			,589	19,331
KH	Equal variances assumed	,350	,559	1,834	28
	Equal variances not assumed			1,854	27,988
PUFA	Equal variances assumed	4,248	,049	-,435	28
	Equal variances not assumed			-,420	20,537

## Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
PROTEIN	Equal variances assumed	,871	1,41616	8,61592
	Equal variances not assumed	,875	1,41616	8,86311
LEMAK	Equal variances assumed	,545	7,06143	11,53219
	Equal variances not assumed	,562	7,06143	11,98089
KH	Equal variances assumed	,077	49,31036	26,88295
	Equal variances not assumed	,074	49,31036	26,59194
PUFA	Equal variances assumed	,667	-1,53643	3,53524
	Equal variances not assumed	,679	-1,53643	3,65459

## Lampiran 6 : Alat dan Bahan

	
Elisa Kit	Pompa Asi Merk Real Bube
	
Kantong Asi	Cooler Bag
	
Pita Lila	Ice Pack
	
MINYAK ZAITUN	SEROID
	
Botol Sample	Elisa Reader



## Lampiran 7. Pengambilan Sampel Asi



Memasukkan Minyak Zaitun dalam botol sampel



Botol sample yang siap dibagikan



Pelaporan dan Data Puskesmas



Pengukuran Lila Responden



Pengukuran Tinggi Badan Responden



Wawancara Recall



Wawancara Kuisiner



Kegiatan Briefing di Posvandu


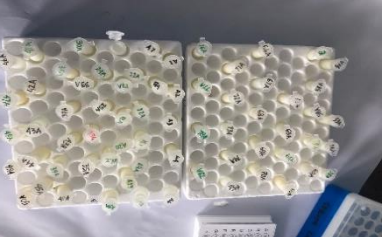





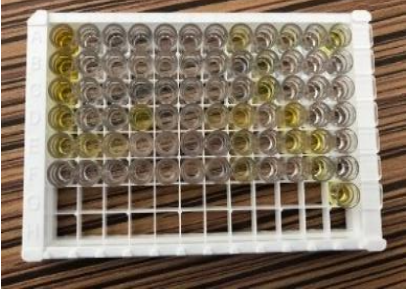
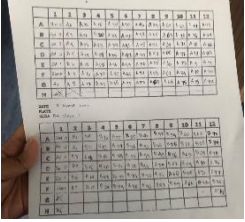



Pengambilan ASI



Wawancara Sesudah 2 Minggu

## Lampiran 8 : Pengujian Sampel Asi di Laboratorium

	
Pemberian Kode Sampel	Sampel yang telah diberi kode
	
Menghomogenkan Sample	Memasukkan Sampel kedalam Well
	
Mencatat Urutan Sample Well	Menyiapkan Reagen
	
Penambahan Substrat dalam well	Bentuk Well sebelum dibaca
	
Urutan Sample dalam Well	Well dibaca Elisa Reade

## Lampiran 9 : Curriculum vitae

**CURICULUM VITAE****A. Data Diri**

Nama : Sry Novi Yanti Sofya  
Tempat Tanggal Lahir : Makassar, 6 November 1993  
Jenis Kelamin : Perempuan  
Agama : Islam  
Alamat : Jl Rajawali 1 Ir 10A no 45, Kel Lette  
Kec Mariso, Makassar, Sulawesi Selatan

**B. Riwayat Pendidikan**

1999 – 2005 : SDN Inpres Mariso 2  
2005 – 2008 : SMPN 27 Makassar  
2008 – 2011 : SMAN 2 Tinggi Moncong  
2011 – 2015 : Departemen Gizi Masyarakat, Institut  
Pertanian Bogor (IPB)  
2021 – 2023 : Magister Kesehatan Masyarakat  
Konsentrasi Gizi, Universitas Hasanuddin