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Lampiran 1

KATA PENGANTAR KUESIONER

Dengan hormat,

Perkenankanlah kami meminta kesediaan Ibu, untuk berpartisipasi dalam mengisi dan menjawab seluruh pertanyaan yang ada dalam kuesioner ini. Penelitian ini digunakan untuk menyusun Disertasi dengan judul “Intervensi Multimicronutrient dan edukasi Gizi Berbasis Aplikasi Dengan Kendali Glikemik Pada Ibu Hamil Di Kabupaten Luwuk Banggai. Untuk itu diharapkan para responden dapat memberikan jawaban yang sebenarbenarnya demi membantu penelitian ini. Atas waktu dan kesediaannya saya ucapkan terima kasih, semoga penelitian ini bermanfaat bagi kita semua.

Makassar,.....2021

Penulis

Lampiran 2

KUESIONER

Intervensi Multimicronutrient Dan Edukasi Gizi Berbasis Aplikasi
Dengan Kendali Glikemik Pada Ibu Hamil Di Kabupaten Luwuk
Banggai

(Data diambil saat pertama kali turun penelitian)



| A. DATA DEMOGRAFI | | |
|----------------------------|--|----|
| Daerah Lokus/Non Lokus | | |
| 1. | Nama Puskesmas | |
| 2. | Nama Desa | |
| 3. | Kecamatan | |
| 4. | Tanggal wawancara | |
| 5. | Nama wawancara | |
| 6. | Nama pewawancara | |
| 7. | Nama ibu | |
| 8. | Tanggal lahir ibu | |
| 9. | Etnis/suku ibu | |
| 10. | Bahasa yang digunakan sehari-hari | |
| 11. | Pendidikan ibu | |
| 12. | Pekerjaan ibu | |
| 13. | Pekerjaan suami | |
| 14. | Pendapatan per bulan | |
| Data Pengukuran Responden. | | |
| 1 | Berat badan ibu sebelum hamil | Kg |
| 2 | Berat badan ibu saat hamil (TM III) | Kg |
| 3 | Tinggi badan ibu | Cm |
| 4 | Lingkar Lengan Atas (LiLA) ibu pada saat hamil | Cm |

Lampiran 3



KUESIONER RIWAYAT KEHAMILAN

(Data diambil Pada Saat Ibu Telah Melahirkan)

| B. RIWAYAT KEHAMILAN | | |
|----------------------|---|--|
| 1 | HPHT | |
| 2 | Tanggal Kelahiran | |
| 7 | Apakah setelah melahirkan bayi langsung diletakan diatas dada ibu ? | <input type="checkbox"/> Ya <input type="checkbox"/> Tidak |
| 8 | Berapa lama setelah bayi lahir diletakkan didada ibu ? | <input type="checkbox"/> C. < 15 menit <input type="checkbox"/> B. 15-30 menit <input type="checkbox"/> A. > 30 menit |
| 9 | Apakah setelah diletakkan bayi langsung menghisap putting ibu ? | <input type="checkbox"/> Ya <input type="checkbox"/> Tidak |
| 10 | Jenis persalinan | <input type="checkbox"/> Pervaginam <input type="checkbox"/> Section caes- |
| 13 | Tempat melahirkan | <input type="checkbox"/> A. Rumah <input type="checkbox"/> D. Polindes <input type="checkbox"/> B. Puskesmas <input type="checkbox"/> E. Rs <input type="checkbox"/> C. Rumah bersalin |
| 14 | Di tolong oleh siapa ? | <input type="checkbox"/> A. Bidan <input type="checkbox"/> C. Dukun bersalin <input type="checkbox"/> B. Perawat <input type="checkbox"/> D. Lainnya: |
| 15 | Melahirkan Anak beberapa ? | |
| 16 | Jarak Kehamilan | |
| 17 | Alasan hamil | |
| 18 | Apakah responden pernah mengalami keguguran ? | <input type="checkbox"/> A. Ya <input type="checkbox"/> B. Tidak |
| 19 | Paritas | |
| 20 | Riwayat persalinan | <input type="checkbox"/> A. normal <input type="checkbox"/> B. Caesar <input type="checkbox"/> C. Lainnya |

| | | | |
|----|--------------------------------|---|---|
| 21 | Jenis kelahiran | <input type="text" value="A. Lahir hidup"/> | <input type="text" value="B. Lahir Meninggal"/> |
| 22 | Kelainan letak (malformasi) | <input type="text" value="A. YA"/> | <input type="text" value="B. Tidak"/> |
| 23 | Apabila Ya, sebutkan... | | |
| 24 | Berat lahir anak | <input type="text" value=".....kg"/> | |
| 25 | Kelahiran Preterm (<37 minggu) | <input type="text" value="A. YA"/> | <input type="text" value="B. Tidak"/> |



Lampiran 4
KUESIONER MMN DAN EDUKASI
PRAKONSEPSI, HAMIL DAN MELAHIRKAN
(Data ini ditanyakan pada saat hamil atau setelah melahirkan)

| C. PERTANYAAN MMN DAN EDUKASI GIZI | | |
|------------------------------------|--|---|
| PERTANYAAN PRAKONSEPSI | | |
| 1 | Alasan mengonsumsi MMN ? | |
| 2 | Berapa kali mengonsumsi MMN sebelum hamil ? | |
| 3 | Apakah pernah tidak mengonsumsi MMN pada saat yang telah ditentukan ? | <input type="checkbox"/> Ya <input type="checkbox"/> Tidak |
| 4 | Apabila Ya, apa alasannya ! dan berapa yang dikonsumsi? | |
| 5 | Apakah pernah mengikuti edukasi gizi yang diberikan oleh tenaga kesehatan berupa video sebelum kehamilan ? | I <input type="checkbox"/> Ya <input type="checkbox"/> Tidak |
| 6 | Apakah pernah mengikuti edukasi gizi selain video oleh tenaga kesehatan sebelum kehamilan ? | K <input type="checkbox"/> Ya <input type="checkbox"/> Tidak |
| 7 | Jika ya, berapa kali mengikuti edukasi gizi ? | |
| 8 | Alasan mengikuti edukasi gizi ? | |
| 9 | Bagaimana perasaannya setelah mengikuti edukasi gizi ? | |

| PERTANYAAN SELAMA KEHAMILAN | | |
|-----------------------------|--|--|
| 1 | Berapa kali mengonsumsi MMN selama kehamilan ? | |
| 2 | Apakah pernah tidak mengonsumsi MMN ? | <input type="checkbox"/> A. Ya <input type="checkbox"/> B. Tidak |
| 3 | Apabila ya apa alasannya ? | |
| 4 | Bagaimana perasaannya setelah mengonsumsi MMN? | |
| 5 | Bagaimana tanggapan suami setelah mengonsumsi MMN? | |
| 6 | Bagaimana tanggapan suami apabila tidak mengonsumsi MMN? | |

| | | |
|----|---|--|
| 7 | Apakah pernah mengikuti edukasi gizi dari tenaga kesehatan berupa video selama hamil? | I <input type="checkbox"/> A. YA <input type="checkbox"/> B. Tidak |
| 8 | Apakah pernah mengikuti edukasi gizi selain video dari tenaga kesehatan selama hamil? | K <input type="checkbox"/> A. YA <input type="checkbox"/> B. Tidak |
| 9 | Alasan mengikuti edukasi gizi ? | |
| 10 | Berapa kali mengikuti edukasi gizi selama kehamilan ? | |
| 11 | Bagaimana perasaanya setelah mengikuti edukasi gizi ? | |
| 12 | Apakah responden tetap melanjutkan konsumsi MMN setelah melahirkan ? | <input type="checkbox"/> B. YA <input type="checkbox"/> B. Tidak |
| 13 | Bila ya, apa alasannya ? | |



KUESIONER ANTROPOMETRI BAYI USIA 0-6 BULAN
(Data Ini Diambil Pada Setiap Bulan sampai Bayi Berumur 6 Bulan)

| E.DETEKSI DINI GANGGUAN PERTUMBUHAN ANTROPOMETRI BAYI (0-6 BULAN) | | | | | | | | |
|---|-------------------------|------------------------------------|---------|------------------------------------|---------|---------|---------|---------|
| 1 | Tanggal lahir bayi | | | | | | | |
| 2 | Jenis kelamin bayi | <input type="checkbox"/> Laki laki | | <input type="checkbox"/> perempuan | | | | |
| 3 | Tanggal pengukuran | | | | | | | |
| 4 | Pengukuran antropometri | | | | | | | |
| | Yang diukur | 0 Bulan | 1 Bulan | 2 Bulan | 3 Bulan | 4 Bulan | 5 Bulan | 6 Bulan |
| | Panjang badan (cm) | | | | | | | |
| | Berat badan (kg) | | | | | | | |
| | Lingkar kepala (cm) | | | | | | | |
| | LiLA (cm) | | | | | | | |



KUESIONER PEMERIKSAAN LABORATORIUM
(Data Ini Diambil Pada Setiap Bulan sampai Bayi Berumur 6 Bulan)

| PEMERIKSAAN | KELOMPOK MMN | | KELOMPOK MMN+EDUKASI | |
|-------------|--------------|----------------|----------------------|----------------|
| | Hasil | Nilai Ru-jukan | Hasil | Nilai Ru-jukan |
| GDP | | | | |
| Insulin | | | | |
| HbA1C | | | | |
| Homa IR | | | | |