ABSTRACT
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Effects of Honey Ginger on Weight Gain of 3-5 Year-Old Children at the Working Area of Sukawinatan Auxiliary Health Center, Palembang

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The development and growth of 3-5 year-old children are the most essential aspects in a life, thus requiring sufficient nutrition. In order to fulfill the nutrition, food intake influenced by the appetite is required. Prolonged little food intake condition will affect the growth process of children, one of which is weight loss. The objective of this research was to determine effects of ginger honey on the weight gain of 3-5 year-old children the working area of Sukawinatan Auxiliary Health Center, Palembang 2015. This research employed quantitative research methodology with pre-experimental design, using one group pre-test and post-test. The pre-test and post-tests were conducted by measuring the weight, prior to and following the intervention, which was comprised of 30 respondents with purposive sampling method. The statistical data processing employed t-test. The T-test results find that the mean, prior to the provision of honey ginger is 13.84 Kg. Meanwhile, following the provision of honey ginger it becomes 13.98 Kg, with the lowest mean before the intervention is 10.5 Kg, and 16.7 Kg for the highest, whilst the lowest weight after the intervention is 10.9 Kg and 16.5 Kg for the highest. There is a significant difference of the weight, before and after the provision of honey ginger. Judging from the p value result, i.e. of $0.001 < 0.05$, it means there is an effect of ginger honey on the weight gain in 3-5 year-old children. For the health center, it is suggested to provide training to cadres in order to broaden the insight and knowledge on honey ginger and the procurement of living pharmacy is also advisable.

Bibliography: 19 (2005-2014)