

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PRODI D IV KEBIDANAN**

**SKRIPSI, APRIL 2022**

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**PENGARUH PEMBERIAN MAKANAN TAMBAHAN TERHADAP  
BERAT BADAN BALITA DI WILAYAH KERJA UPT PUSKESMAS  
PULAU MERBAU KABUPATEN KEPULAUAN MERANTI**

**Vii + 41 Halaman + 3 Tabel + 9 Lampiran**

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**ABSTRAK**

Kesenjangan antara asupan gizi dari makanan dengan kebutuhan zat gizi untuk kebutuhan tubuh akan mengakibatkan kekurangan berat badan. Berdasarkan survey awal yang dilakukan peneliti di UPT Puskesmas Pulau Merbau diketahui bahwa 80% ibu balita belum pernah memberikan PMT kepada anaknya. Penelitian ini bertujuan untuk mengetahui efektivitas pemberian makanan tambahan terhadap berat badan balita di wilayah kerja UPT Puskesmas Pulau Merbau Kabupaten Kepulauan Meranti. Jenis penelitian ini *quasi experimental* dengan desain *one group pre test and post test design*. Populasi penelitian ini 10 balita dengan BGM. Pengambilan sampel secara *total sampling* sebanyak 10 orang balita. Teknik pengumpulan data dengan observasi. Uji yang digunakan adalah uji *t dependent* dengan taraf signifikansi 95 %. Hasil penelitian didapatkan rata-rata berat badan balita sebelum diberikan PMT yaitu 9,35 kg (SD 1,55) dan rata-rata berat badan balita sesudah diberikan PMT yaitu 9,45 kg (SD 1,51). Hasil analisis statistik diperoleh ada pengaruh pemberian PMT terhadap berat badan balita (*p value* sebesar 0,008). Disarankan pihak Puskesmas Pulau Merbau dapat meningkatkan pemantauan dan evaluasi pemberian tambahan PMT disertai konseling gizi kepada para ibu balita.

Kata Kunci : Pemberian Makanan Tambahan, Berat Badan Balita  
Daftar Bacaan : 27 referensi (2012-2021)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA  
POLITEKNIK HEALTH KEMENKES RIAU  
STUDY PROGRAM D IV MIDWIFERY**

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**EFFECTIVENESS OF ADDITIONAL FEEDING ON THE WEIGHT  
STATUS OF TODDLERS IN THE WORK AREA OF THE UPT PULAU  
MERBAU PUBLIC HEALTH CENTER, MERANTI ISLANDS REGENCY**

**Vii + 41 Pages + 3 Tables + 9 Attachments**

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**ABSTRACT**

The gap between nutritional intake from food and the nutritional needs of the body will result in underweight. Providing nutritious food for children under five is very important to improve the health and development of children. This study aims to determine the effectiveness of supplementary feeding on the body weight of toddlers in the working area of the Merbau Island Health Center, Meranti Islands Regency. This type of research is quasi-experimental with one group pre-test and post-test design. The population of this study were 10 BGM toddlers. the number of samples in this study were 10 people with total sampling. The method of data collection with the method of observation. The test used is the dependent t test with a significance level of 95%. The results showed that the average body weight of toddlers before being given PMT was 9.35 kg (SD 1.55) and the average weight of toddlers after being given PMT was 9.45 kg (SD 1.51). The results of statistical analysis obtained the effect of giving PMT on the body weight of toddlers (p value of 0.008). It is recommended that the Pulau Merbau Public Health Center can improve monitoring and evaluation of the provision of additional PMT accompanied by nutritional counseling to mothers of toddlers.

Keywords : Supplementary Feeding, Weight Status of Toddler  
Bibliography : 27 references (2012-2021)