

ABSTRAK

RUT LUSINDA BR PANJAITAN. Gambaran Pemberian Makanan Tambahan (MT) Lokal Terhadap Kenaikan Berat Badan Balita Di Wilayah Kerja Puskesmas Sapta Taruna. Dibimbing oleh Yolahumaroh

Gizi kurang pada balita masih menjadi masalah kesehatan yang berdampak pada pertumbuhan dan perkembangan anak. Penelitian ini bertujuan untuk mengetahui gambaran karakteristik balita gizi kurang serta perubahan berat badan setelah intervensi Makanan Tambahan (MT) lokal. Penelitian menggunakan desain deskriptif dengan pendekatan cross-sectional dan melibatkan 37 balita usia 6–59 bulan di Puskesmas Sapta Taruna Pekanbaru melalui total sampling. Hasil penelitian menunjukkan sebagian besar responden berjenis kelamin perempuan (65%), dengan kelompok usia terbanyak 24–35 bulan (38%). Mayoritas balita mengalami gizi sangat kurang (78%) dan stunting berat (65%). Setelah 56 hari pemberian MT lokal, rata-rata kenaikan berat badan balita berkisar 44–106 g/minggu, tertinggi pada kelompok usia 24–35 bulan, namun belum mencapai target Kementerian Kesehatan yaitu 200–250 g/minggu. Intervensi dari penelitian ini adalah pemberian MT lokal dapat meningkatkan berat badan balita meskipun hasilnya belum optimal, sehingga diperlukan perbaikan kualitas menu, edukasi gizi, dan pemantauan rutin untuk hasil yang lebih baik.

Kata kunci: balita, gizi kurang, makanan tambahan lokal, berat badan

ABSTRACT

RUT LUSINDA BR PANJAITAN. Description of Local Supplementary Feeding on Weight Gain of Underweight Children Under Five at Sapta Taruna Health Center, Pekanbaru, Supervised by YOLA HUMAROH

Undernutrition among children under five remains a public health problem that affects growth and development. This study aimed to describe the characteristics of undernourished children and their weight changes after receiving local supplementary feeding. A descriptive study with a cross-sectional design was conducted involving 37 children aged 6–59 months at Sapta Taruna Health Center, Pekanbaru, using total sampling. The results showed that most respondents were female (65%), with the largest age group being 24–35 months (38%). The majority of children were severely underweight (78%) and severely stunted (65%). After 56 days of local supplementary feeding, the average weight gain ranged from 44–106 g/week, with the highest increase observed in the 24–35 month group, but still below the Ministry of Health target (200–250 g/week). In conclusion, local supplementary feeding can improve weight gain in undernourished children, although the results were not yet optimal. Therefore, improvements in menu quality, nutrition education, and regular monitoring are recommended to achieve better outcomes.

Keywords: children under five, undernutrition, local supplementary feeding, weight gain