

ABSTRAK

RUTH IRENE. Gambaran Kenaikan Berat Badan Balita Gizi Kurang Setelah Mendapat Makanan Tambahan Lokal di Puskesmas Limapuluh. Dibimbing oleh Yolahumaroh, SKM, MPH dan Roziana, SST, M.Gz

Gizi kurang pada balita masih menjadi masalah kesehatan yang dapat memengaruhi pertumbuhan dan perkembangan anak. Salah satu upaya penanganan yang dilakukan adalah melalui Program Pemberian Makanan Tambahan (PMT) Lokal. Penelitian ini bertujuan untuk mengetahui gambaran kenaikan berat badan balita gizi kurang setelah mendapat PMT Lokal selama 56 hari di Puskesmas Limapuluh. Penelitian ini menggunakan desain deskriptif dengan pendekatan kuantitatif menggunakan data sekunder E-PPGBM. Sampel penelitian berjumlah 30 balita gizi kurang yang mendapatkan PMT Lokal dengan teknik total sampling. Analisis data dilakukan secara univariat. Hasil penelitian menunjukkan bahwa balita memiliki jumlah jenis kelamin laki-laki dan perempuan yang sama yaitu sebesar 50%. sebagian besar balita balita tidak menghabiskan PMT Lokal selama 56 hari yaitu sebanyak 21 balita (70%), sedangkan 9 balita (30%) menghabiskan PMT Lokal. Seluruh balita tidak mengalami peningkatan berat badan sesuai dengan standar Juknis PMT 2025. Hal ini dipengaruhi oleh kepatuhan konsumsi PMT, kondisi kesehatan balita, serta pola asuh dan pemberian makan di rumah.

Kata kunci: balita, gizi kurang, kenaikan berat badan, PMT Lokal

ABSTRACT

RUTH IRENE. Description of Weight Gain in Underweight Toddlers After Receiving Local Supplementary Feeding at Limapuluh Public Health Center. Supervised by Yolahumaroh, SKM, MPH and Roziana, SST, M.Gz.

Undernutrition among toddlers remains a health problem that can affect children's growth and development. One of the interventions implemented to address this issue is the Local Supplementary Feeding Program (PMT Local). This study aimed to describe the weight gain of undernourished toddlers after receiving Local PMT for 56 days at the Limapuluh Community Health Center. This study used a descriptive design with a quantitative approach utilizing secondary data from the E-PPGBM system. The research sample consisted of 30 undernourished toddlers who received Local PMT, selected using a total sampling technique. Data analysis was conducted univariately. The results showed that the number of male and female toddlers was equal, each accounting for 50% of the sample. Most toddlers did not finish consuming the Local PMT during the 56-day period, totaling 21 toddlers (70%), while 9 toddlers (30%) completed the Local PMT. All toddlers did not experience weight gain in accordance with the standards outlined in the 2025 PMT Technical Guidelines. These outcomes were influenced by compliance with PMT consumption, the toddlers' health conditions, as well as parenting practices and feeding patterns at home.

Keywords: toddlers, undernutrition, weight gain, local supplementary feeding