

ABSTRAK

Nayla Naura Qolbi. Gambaran Pemberian Makanan Tambahan (PMT) Berbasis Pangan Lokal Terhadap Ibu Hamil Kekurangan Energi Kronis (KEK) di UPTD Puskesmas Pangkalan. Dibimbing oleh Muharni, SP, M.Gizi dan Roziana, SST, M.Gizi

Kekurangan Energi Kronis (KEK) pada ibu hamil masih menjadi salah satu masalah gizi yang berdampak terhadap kesehatan ibu dan janin. Kondisi ini meningkatkan risiko anemia, persalinan prematur, BBLR, dan stunting. Salah satu upaya pemerintah dalam mengatasi masalah tersebut adalah melalui Pemberian Makanan Tambahan (PMT) berbasis pangan lokal. Penelitian ini bertujuan untuk mengetahui gambaran pelaksanaan PMT berbasis pangan lokal terhadap perbaikan status gizi ibu hamil KEK di UPTD Puskesmas Pangkalan. Penelitian ini merupakan penelitian kuantitatif dengan desain deskriptif retrospektif menggunakan data sekunder dari aplikasi E-PPGBM, kartu kontrol konsumsi PMT, serta formulir pemantauan berat badan dan Lingkar Lengan Atas. Penelitian dilaksanakan pada Januari–Juni 2026 dengan sampel sebanyak 9 ibu hamil KEK yang dipilih menggunakan teknik total sampling. Analisis data dilakukan secara deskriptif. Hasil penelitian menunjukkan bahwa seluruh responden (100%) patuh mengonsumsi PMT berbasis pangan lokal. Sebanyak 8 responden (88,9%) mengalami peningkatan berat badan sesuai usia kehamilan, sedangkan 1 responden (11,1%) belum mengalami peningkatan berat badan yang optimal. Berdasarkan indikator LiLA, pada awal penelitian seluruh responden (100%) berada pada kategori KEK, sedangkan setelah intervensi sebanyak 8 responden (88,9%) telah mencapai kategori normal dan 1 responden (11,1%) masih berada pada kategori KEK. Kesimpulan penelitian ini menunjukkan bahwa PMT berbasis pangan lokal memberikan hasil yang baik dalam mendukung perbaikan status gizi ibu hamil KEK, yang ditunjukkan oleh tingginya kepatuhan konsumsi PMT, peningkatan berat badan, dan perbaikan ukuran LiLA.

Kata Kunci : Ibu Hamil, Kekurangan Energi Kronis (KEK), Pemberian Makanan Tambahan (PMT), Pangan Lokal, LiLA

ABSTRACT

Nayla Naura Qolbi. Overview of Local Food-Based Supplementary Feeding (PMT) for Pregnant Women with Chronic Energy Deficiency (KEK) at the Pangkalan Community Health Center Technical Implementation Unit (UPTD). Supervised by Muharni, SP, M.Gizi and Roziana, SST, M.Gizi.

Chronic Energy Deficiency (CED) in pregnant women remains one of the major nutritional problems affecting maternal and fetal health. This condition increases the risk of anemia, preterm birth, low birth weight (LBW), and stunting. One of the government's efforts to address this problem is the implementation of a Local Food-Based Supplementary Feeding (PMT) program. This study aimed to describe the implementation of the Local Food-Based Supplementary Feeding program in improving the nutritional status of pregnant women with Chronic Energy Deficiency at UPTD Puskesmas Pangkalan. This study employed a quantitative research design with a descriptive retrospective approach using secondary data obtained from the Electronic Community-Based Nutrition Recording and Reporting System (E-PPGBM), PMT consumption monitoring cards, and maternal weight and Mid-Upper Arm Circumference (MUAC) monitoring forms. The study was conducted from January to June 2026 and involved nine pregnant women with CED selected using a total sampling technique. Data were analyzed descriptively. The results showed that all respondents (100%) adhered to consuming the Local Food-Based Supplementary Feeding. A total of 8 respondents (88.9%) experienced weight gain appropriate for their gestational age, while 1 respondent (11.1%) did not achieve optimal weight gain. Based on MUAC measurements, all respondents (100%) were classified as having CED at baseline. After the intervention, 8 respondents (88.9%) had achieved normal nutritional status, while only 1 respondent (11.1%) remained in the CED category. In conclusion, the Local Food-Based Supplementary Feeding program demonstrated positive outcomes in improving the nutritional status of pregnant women with CED, as reflected by high compliance with PMT consumption, appropriate weight gain, and improved MUAC measurements.

Keywords: Pregnant Women, Chronic Energy Deficiency (CED), Supplementary Feeding (PMT), Local Food, Mid-Upper Arm Circumference.