

Universitas Ngudi Waluyo

Program Studi Kebidanan Program Sarjana

Skripsi, Agustus 2023

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**STUDI KUALITATIF PRAKTEK PEMBERIAN MAKAN PADA BALITA STUNTING  
DI DESA PUNGKIT KECAMATAN MOYO UTARA KABUPATEN SUMBAWA BESAR**

**ABSTRAK**

**Latar belakang :** Stunting merupakan kondisi dimana balita memiliki panjang atau tinggi badan yang kurang jika dibandingkan dengan umur. Pemberian makan pada bayi dan anak tau sering disingkat PMBA merupakan salah satu program pemerintah untuk menurunkan angka kematian anak dan meningkatkan kualitas hidup ibu sesuai dengan Millenium Deplopmets Goals yang keempat dan kelima, selian itu, program PMBA juga bertujuan meningkatkan status gizi dan kesehatan, tumbuh kembang dan kelangsungan hidup anak. Berdasarkan data stunting di Puskesmas Moyo Utara khususnya di Desa Pungkit sebanyak 5 balita yang mengalami stunting yang umur 2-4 tahun.

**Tujuan penelitian:** Mengetahui gambaran pelaksanaan praktek pemberian makan pada balita Stunting di desa pungkit kecamatan moyo utara kabupaten sumbawa besar.

**Metode:** penelitian ini menggunakan penelitian kualitatif dengan pendekatan purposive sampel. Populasi penelitian adalah seluruh ibu yang mempunyai balita stunting. Dengan jumlah informan utama sebanyak 5 ibu balita stunting, dan triangulasi sebanyak 1 bikor dan 2 bidan desa.

**Hasil penelitian :** Didapatkan riwayat pemberian ASI Eksklusif pada balita stunting 4 dari 5 ibu memberikan ASI sampai 2 tahun dan kelima ibu memberikan ASI Eksklusif, masih kurangnya pemahaman ibu dalam praktik mengatur jadwal dan frekuensi makan pada balita stunting, kurangnya mendapatkan informasi dan edukasi terkait menyusun jenis menu makanan pada balita stunting, masih belum adanya kegiatan demonstasi cara pengolahan makanan pada balita stunting, cara penyajian makanan pada balita stunting masih kurang bervariasi, dan masih banyak ibu dalam praktik cara memberi makan pada balita stunting dengan cara sambil menonton TV ataupun acara youtube.

**Kesimpulan :** Ibu memberikan ASI eksklusif, masih kurangnya pemahaman dan informasi terkait dengan praktik mengatur jadwal makan, menyusun jenis menu makanan, cara pengolahan makanan, cara penyajian makanan dan cara memberi makan. Diharapkan kepada tenaga kesehatan dapat memberikan pendidikan kesehatan mengenai pentingnya gizi pada balita sehingga dapat menurunkan resiko stunting dan menghasilkan generasi yang produktif, kreatif, dan berdaya saing.

**Kata kunci : Praktik Pemberian Makan Balita, Stunting**

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**QUALITATIVE TUDI FEEDING PRACTICES FOR STUNTING TODDLERS IN  
PUNGKIT VILLAGE, NORTH MOYO DISTRICT, SUMBAWA BESAR REGENCY**

**ABSTRACT**

**Background:** Stunting is a condition where toddlers have less length or height compared to age. Infant and child feeding is often abbreviated as PMBA is one of the government's programs to reduce child mortality and improve the quality of life of mothers in accordance with the fourth and fifth Millennium Development Goals, in addition, the PMBA program also aims to improve nutritional and health status, growth and development and survival of children. Based on stunting data at the North Moyo Health Center, especially in Pungkit Village, as many as 5 stunted toddlers aged 2-4 years.

**The purpose of the study:** Knowing the description of the implementation of feeding practices for stunting toddlers in Pungkit Village, North Moyo District, Sumbawa Besar Regency.

**Method:** this study uses qualitative research with a purposive sample approach. The study population was all mothers who had stunted toddlers. With the number of main informants as many as 5 stunting mothers under five, and triangulation as many as 1 bikor and 2 village midwives.

**The results of the study:** Obtained a history of exclusive breastfeeding in stunting toddlers 4 out of 5 mothers breastfed for up to 2 years and the five mothers gave exclusive breastfeeding, still lack of understanding of mothers in the practice of managing the schedule and frequency of meals in stunted toddlers, lack of information and education related to compiling types of food menus in stunting toddlers, There are still no demonstration activities on how to process food in stunted toddlers, how to serve food in stunted toddlers is still less varied, and there are still many mothers in the practice of how to feed stunted toddlers by watching TV or YouTube shows.

**Conclusion:** Mothers provide exclusive breastfeeding, there is still a lack of understanding and information related to the practice of arranging meal schedules, arranging types of food menus, how to process food, how to serve food and how to feed. It is expected that health workers can provide health education about the importance of nutrition in toddlers so that they can reduce the risk of stunting and produce a productive, creative, and competitive generation.

**Keywords: Toddler Feeding Practices, Stunting**