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PENGARUH PEMBERIAN MAKANAN TAMBAHAN LOKAL TERHADAP STATUS GIZI PADA BALITA DI WILAYAH KERJA UPTD PUSKESMAS PEMBUANG HULU

ABSTRAK

Latar Belakang: Status gizi balita yang kurang dan buruk dapat diatasi dengan suatu program yang telah lama dikenal yaitu pemberian makanan tambahan (PMT). Salah satu upaya intervensi spesifik yang dilaksanakan dengan cara mengadakan Pemberian Makanan Tambahan (PMT) berbahan lokal. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian makanan tambahan lokal terhadap status gizi pada balita di wilayah kerja UPTD Puskesmas Pembuang Hulu.

Metode: Desain penelitian menggunakan observasional analitik dengan pendekatan *retrospektif*. Populasi dalam penelitian adalah semua balita yang berat badannya sangat kurang dan kurang di wilayah kerja UPTD Puskesmas Pembuang Hulu sebanyak 30 balita. Sampel yang digunakan sebanyak 30 balita dengan teknik *total sampling*. Instrumen yang digunakan berupa form pengambilan data yang dari karakteristik responden (usia ibu, pendidikan terakhir, pekerjaan, pendapatan keluarga, sumber informasi tentang gizi, jenis kelamin balita, berat badan balita, tinggi badan pada balita). Analisa data menggunakan analisi univariat dan bivariat (*wilcoxon test*).

Hasil: Status gizi balita sebelum diberikan PMT lokal rata-rata SD yaitu -2,63 dan sesudah diberikan PMT lokal rata-rata SD yaitu -1,85. Ada pengaruh pemberian makanan tambahan lokal terhadap status gizi balita di wilayah kerja UPTD Puskesmas Pembuang Hulu (*p value* 0,000).

Simpulan: Pemberian makanan tambahan lokal pada balita memiliki pengaruh yang signifikan terhadap status gizi balita dengan ditandai adanya kenaikan berat badan balita.

Kata Kunci: balita, pemberian makanan tambahan (PMT) lokal, status gizi

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THE EFFECT OF PROVIDING LOCAL ADDITIONAL FOOD ON THE NUTRITIONAL STATUS OF TODDLERS IN THE WORK AREA UPTD PEMBUANG HULU COMMUNITY HEALTH CENTER

ABSTRACT

Background: *The poor and poor nutritional status of toddlers can be overcome with a program that has long been known, namely providing additional food (PMT). One of the specific intervention efforts carried out is by providing additional food (PMT) made from local ingredients. This study aims to determine the effect of providing local additional food on the nutritional status of toddlers in the work area of UPTD Pembuang Hulu Community Health Center.*

Methods: *The research design used analytical observational with a retrospective approach. The population in the study were all toddlers who were very underweight and underweight in the UPTD work area of the Pembuang Hulu Health Center, totaling 30 toddlers. The sample used was 30 toddlers used a total sampling technique. The instrument used was a data collection form based on the characteristics of the respondents (mother's age, highest level of education, occupation, family income, source of information about nutrition, gender of the toddler, weight of the toddler, height of the toddler). Data analysis used univariate and bivariate analysis (Wilcoxon test).*

Results: *The nutritional status of toddlers before being given local PMT had an average SD of -2,63 and after being given local PMT the average SD was -1,85. There was an influence of providing local additional food on the nutritional status of toddlers in the work area of UPTD Pembuang Hulu Community Health Center (p value 0,000).*

Conclusion: *Providing local additional food to toddlers has a significant impact on the nutritional status of toddlers, as indicated by an increase in the toddler's weight.*

Keywords: *toddlers, provision of local supplementary food (PMT), nutritional status*