

Universitas Ngudi Waluyo
Program Studi S1 Gizi, Fakultas Kesehatan
Skripsi, Juli 2024
Cahaya, Connie
067231010

**PERBEDAAN PEMBERIAN MAKANAN TAMBAHAN (PMT) LOKAL
TERHADAP STATUS GIZI BALITA WASTING
DI PUSKESMAS BONTANG LESTARI KOTA BONTANG**

ABSTRAK

Latar Belakang : *Wasting* merupakan prioritas masalah gizi. Pemberian makanan tambahan (PMT) lokal merupakan salah satu alternatif program gizi untuk penanganan status gizi pada balita *wasting*. Penelitian ini bertujuan untuk mengetahui Perbedaan pemberian makanan tambahan (PMT) lokal terhadap status gizi balita *Wasting* di Puskesmas Bontang Lestari Kota Bontang.

Metode : Desain penelitian yang digunakan dalam penelitian ini adalah observasional analitik dengan pendekatan *cross sectional* dengan jumlah sampel sebanyak 23 balita dengan teknik pengambilan sampel yaitu *sampling jenuh (non probability sampling)*. PMT diberikan selama 90 hari dengan jumlah kalori 152-366 kkal (30-50% dari kebutuhan total kalori harian). Instrumen penelitian menggunakan Aplikasi E-PPGBM dengan hasil ukur status gizi menggunakan z-score berdasarkan (BB/PB atau BB/TB). Analisis data meliputi analisis univariat dengan mendeskripsikan karakteristik dan analisis bivariat menggunakan uji *Shapiro-Wilcoxon* (uji non paramterik).

Hasil : Hasil penelitian ini menunjukkan bahwa status gizi balita sebelum pemberian makanan tambahan (PMT) lokal adalah *wasting* sebanyak 23 balita, sedangkan status gizi balita sesudah pemberian makanan tambahan (PMT) lokal mengalami peningkatan sebanyak 18 balita dengan status gizi baik dan 5 balita tidak mengalami perubahan status gizi sebelum dan sesudah PMT dengan rata-rata $-2,4 \pm -2,1$. Ada Perbedaan pemberian makanan tambahan (PMT) lokal terhadap status gizi balita *wasting* dengan Sig 0,004 menggunakan uji *Shapiro Wilcoxon*.

Simpulan : Ada Perbedaan pemberian makanan tambahan (PMT) lokal terhadap status gizi balita *wasting* di Puskesmas Bontang Lestari Kota Bontang.

Kata Kunci : Pemberian Makanan Tambahan, PMT Lokal, Status Gizi, *Wasting*, Balita

Ngudi Waluyo University
Bachelor of Nutrition Study Program, Faculty of Health
Thesis, July 2024
Cahaya, Connie
067231010

**THE EFFECT OF LOCAL SUPPLEMENTARY FEEDING (PMT)
ON THE NUTRITIONAL STATUS OF WASTING TODDLERS
AT BONTANG LESTARI HEALTH CENTER IN BONTANG CITY**

ABSTRACT

Background: Wasting is a priority nutrition problem. Local supplementary feeding (PMT) is one of the alternative nutrition programs for handling nutritional status in wasting toddlers. This study aims to determine the effect of local supplementary feeding (PMT) on the nutritional status of wasting toddlers at the Bontang Lestari Health Center in Bontang City.

Methods: The research design used in this study was analytical observational with a cross sectional approach with a sample size of 23 toddlers with a sampling technique that is saturated sampling (non probability sampling). PMT is provided for 90 days at 152-366 kcal (30-50% of the total daily calorie requirement). The research instrument used the E-PPGBM application with the results of measuring nutritional status using a z-score based on (BW/PB or BW/TB). Data analysis includes univariate analysis by describing characteristics and bivariate analysis using the Shapiro-Wilcoxon test (non-parametric test).

Results: The results of this study indicate that the nutritional status of toddlers before local food supplementation (PMT) is wasting as many as 23 toddlers, while the nutritional status of toddlers after local food supplementation (PMT) has increased as many as 18 toddlers with good nutritional status and 5 toddlers have no change in nutritional status before and after PMT with an average of -2.4 ± 2.1 . There is an effect of local supplementary feeding (PMT) on the nutritional status of wasting toddlers with Sig 0.004 using the Shapiro Wilcoxon test.

Conclusion: There is an effect of local supplementary feeding (PMT) on the nutritional status of wasting toddlers at the Bontang Lestari Health Center in Bontang City.

Keywords: Supplementary Feeding, Local PMT, Nutritional Status, Wasting, Toddlers