

Universitas Ngudi Waluyo
Program Studi S1 Gizi, Fakultas Kesehatan
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Talkhah Yuliani
061201008

GAMBARAN ASUPAN MAKAN PADA BALITA STUNTING USIA 12-59 BULAN PASCA PROGRAM PEMBERIAN MAKAN TAMBAHAN (PMT) LOKAL DI DESA TANJUNG DAN DESA KALIJAMBE KECAMATAN BRINGIN KABUPATEN SEMARANG

ABSTRAK

Latar Belakang : Berdasarkan hasil Survei Status Gizi Indonesia (SSGI) 2022 stunting di Jawa Tengah sebesar 20,8 % dan berdasarkan data Dinkes tahun 2023 angka balita stunting mencapai 4,53 %. Dari permasalahan berikut maka pemerintah membentuk Program Pemberian Makanan Tambahan (PMT) yang berbasis pangan lokal. Tujuan dari penelitian ini adalah untuk mengetahui Gambaran asupan makan pada balita stunting usia 24-59 bulan pasca program Pemberian Makanan Tambahan (PMT) lokal di Desa Tanjung dan Desa Kalijambe Kecamatan Bringin Kabupaten Semarang.

Metode : Desain penelitian ini adalah penelitian *deskriptif* dengan jumlah 12 responden. Sampel yang digunakan yaitu total sampling. Pengambilan data asupan makan dengan menggunakan *Food Frequency Questionnaire* (FFQ) dan kuesioner penelitian

Hasil : Rata-rata asupan energi dan zat gizi makro mengalami penurunan pada bulan kedua yang dipengaruhi oleh beberapa faktor diantaranya adalah balita yang mengalami sakit, orangtua balita yang memiliki pengetahuan dengan kategori cukup dan orang tua dengan pendidikan dasar, serta orangtua yang memiliki pendapatan rendah dan sedang serta dengan ketersediaan pangan pada kategori rawan pangan dan rawan pangan tingkat rendah

Simpulan : Asupan makan pada balita selama 3 bulan pengamatan memiliki perubahan naik turun pada asupan energi dan zat gizi makro pasca program Pemberian Makanan Tambahan (PMT) lokal di Desa Tanjung dan Desa Kalijambe Kecamatan Bringin Kabupaten Semarang.

Kata Kunci : Asupan makan

Universitas Ngudi Waluyo
Faculty of Health
Bachelor of Nutrition Study Program
Thesis, 12 August 2024
Talkhah Yuliani
061201008

DESCRIPTION OF FOOD INTAKE IN STUNTED TODDLERS AGED 12-59 MONTHS AFTER THE LOCAL SUPPLEMENTARY FEEDING PROGRAMME (PMT) IN TANJUNG AND KALIJAMBE VILLAGES, BRINGIN DISTRICT, SEMARANG REGENCY

ABSTRACT

Background : Based on the results of the 2022 Indonesian Nutrition Status Survey (SSGI) stunting in Central Java was 20.8% and based on data from the Health Office in 2023 the number of stunted toddlers reached 4.53%. From the following problems, the government formed a Supplementary Feeding Programme (PMT) based on local food. The purpose of this study was to determine the picture of food intake in stunted children aged 24-59 months after the local supplementary feeding programme in Tanjung and Kalijambe Villages, Bringin District, Semarang Regency.

Method : This research design is descriptive research with 12 respondents. The sample used was total sampling. Data collection of food intake using Food Frequency Questionnaire (FFQ).

Result : The average intake of energy and macronutrients decreased in the second month which was influenced by several factors including toddlers who experienced illness, parents of toddlers who had sufficient knowledge and parents with basic education, as well as parents who had low and moderate income and with food availability in the food insecure and low-level food insecure categories.

Conclusion : Dietary intake of toddlers during the 3-month observation period had fluctuations in energy and macronutrient intake after the local supplementary feeding program in Tanjung Village and Kalijambe Village, Bringin Subdistrict, Semarang Regency.

Key word: Food intake