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PERBEDAAN ASUPAN ENERGI DAN ZAT GIZI MAKRO SEBELUM DAN SETELAH PEMBERIAN MAKANAN TAMBAHAN (PMT) BERBAHAN PANGAN LOKAL PADA BALITA STUNTING DI DESA TANJUNG DAN DESA KALIJAMBE, KECAMATAN BRINGIN, KABUPATEN SEMARANG

ABSTRAK

Latar Belakang : Berdasarkan SSGI 2022, prevalensi *stunting* di Indonesia mencapai 21,6%. Pemberian Makanan Tambahan (PMT) berbahan pangan lokal berpotensi untuk meningkatkan asupan yang defisit. Tujuan penelitian ini untuk mengetahui perbedaan asupan energi dan zat gizi makro sebelum dan setelah pemberian makanan tambahan (PMT) berbahan pangan lokal pada balita *stunting* di Desa Tanjung dan Desa Kalijambe.

Metode : Penelitian ini merupakan eksperimental semu dengan desain penelitian *one group pretest and posttest design*. Populasi penelitian sebanyak 264 balita. Sampel sebanyak 13 balita *stunting* yang diambil dengan teknik *total sampling* sesuai kriteria inklusi dan eksklusi. Intervensi diberikan selama 90 hari. Pengambilan data asupan energi dan zat gizi makro menggunakan formulir *food recall* 1x24 jam, yaitu 1 kali sebelum intervensi dan 1 kali setelah intervensi. Analisis data menggunakan uji *paired t-test*.

Hasil : Terdapat perbedaan asupan protein sebelum dan setelah pemberian makanan tambahan (PMT) berbahan pangan lokal (*p-value* 0,006). Rerata asupan protein sebelum intervensi yaitu 25,96±10,13 gram dan rerata setelah intervensi yaitu 39,25±13,46 gram. Namun, tidak terdapat perbedaan asupan energi, asupan lemak, dan asupan karbohidrat sebelum dan setelah pemberian makanan tambahan (PMT) berbahan pangan lokal, meskipun terjadi peningkatan asupan energi, asupan lemak, dan asupan karbohidrat setelah pemberian makanan tambahan (PMT) berbahan pangan lokal (*p*>0,05).

Simpulan : Terdapat perbedaan asupan protein, namun tidak terdapat perbedaan asupan energi, asupan lemak, dan asupan karbohidrat sebelum dan setelah pemberian makanan tambahan (PMT) berbahan pangan lokal pada balita *stunting* di Desa Tanjung dan Desa Kalijambe.

Kata Kunci : Asupan Energi, Zat Gizi Makro, Pemberian Makanan Tambahan (PMT) berbahan Pangan Lokal

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**DIFFERENCES IN THE INTAKE OF ENERGY AND
MACRONUTRIENTS BEFORE AND AFTER FEEDING
SUPPLEMENTARY FOOD (PMT) MADE FROM LOCAL FOOD TO
STUNTING TODDLER IN TANJUNG AND KALIJAMBE VILLAGES,
BRINGIN DISTRICT, SEMARANG REGENCY**

ABSTRACT

Background: Based on the 2022 SSGI, the prevalence of stunting in Indonesia has reached 21.6%. Inadequate intake can be managed by providing supplementary food (PMT) made from local food. The aim of this research was to determine differences in energy and macronutrient intake before and after giving supplementary food (PMT) made from local food to stunted toddlers in Tanjung Village and Kalijambe Village.

Method: This research is a quasi-experimental research design with a one-group pretest and posttest design. The population in this research is 264 toddlers. The sampling technique used is total sampling, with a total of 13 stunted toddlers according to the inclusion and exclusion criteria. Intervention was given for 90 days. Collecting data on energy and macronutrient intake using a 24-hour food recall form; this form was used once before the intervention and once after intervention. Data analysis used the paired t-test.

Results: There was a difference in protein intake before and after giving supplementary food (PMT) made from local food (p-value 0,006). After the intervention, the average protein intake increased to $39,25 \pm 13,46$ grams from the pre-intervention average of 25.96 ± 10.13 grams. However, there was no difference in energy intake, fat intake, and carbohydrate intake before and after giving supplementary food (PMT) made from local food, although there was an increase in energy intake, fat intake and carbohydrate intake after giving additional food (PMT) made from local food ($p > 0.05$).

Conclusion: There is a difference in protein intake; there is no difference in energy intake, fat intake, or carbohydrate intake before and after giving supplementary food (PMT) made from local food to stunted toddlers in Tanjung Village and Kalijambe Village.

Keywords: energy intake, macronutrients, providing supplementary food (PMT) made from local food