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## **PERBEDAAN STATUS GIZI SEBELUM DAN SESUDAH PEMBERIAN MAKANAN TAMBAHAN (PMT) LOKAL PADA BALITA STUNTING DI DESA KALIJAMBE DAN DESA TANJUNG KECAMATAN BRINGIN KABUPATEN SEMARANG**

### **ABSTRAK**

**Latar Belakang :** Berdasarkan Survei Status Gizi Indonesia (SSGI) tahun 2022 kasus stunting di Kabupaten Semarang berada di angka 18,7%. Salah satu program untuk menangani masalah tersebut adalah Pemberian Makanan Tambahan (PMT) berbahan dasar lokal. Tujuan penelitian ini untuk mengetahui perbedaan status gizi sebelum dan sesudah Pemberian Makanan Tambahan (PMT) lokal pada balita stunting di Desa Kalijambe dan Desa Tanjung Kecamatan Bringin Kabupaten Semarang.

**Metode :** Penelitian ini menggunakan desain *pre-test and post-test group*. Teknik *sampling* yang digunakan yaitu *total sampling* sejumlah 14 balita berusia 12-59 bulan di Desa Kalijambe dan Desa Tanjung Kecamatan Bringin Kabupaten Semarang yang diberikan PMT lokal selama 90 hari. Pengambilan data berat badan dengan timbangan injak digital dan tinggi badan dengan *stadiometer*.

**Hasil :** Terjadi perubahan berat badan dengan selisih rata-rata 300 gram, tinggi badan dengan selisih rata-rata 2,7 cm, indikator BB/U dengan selisih rata-rata *z-score* 0,15, indikator TB/U dengan selisih rata-rata *z-score* 0,2, indikator BB/U dengan selisih rata-rata *z-score* 0,12.

**Simpulan :** Tidak ada perbedaan status gizi balita berdasarkan berat badan menurut umur (BB/U) dengan nilai  $p=0,219$  dan berat badan menurut tinggi badan (TB/U) dengan nilai  $p=0,506$  antara sebelum dan sesudah Pemberian Makanan Tambahan (PMT) Lokal. Ada perbedaan status gizi balita berdasarkan tinggi badan menurut umur (TB/U) dengan nilai  $p=0,037$  antara sebelum dan sesudah Pemberian Makanan Tambahan (PMT) Lokal.

**Kata Kunci :** PMT, Status gizi, Stunting

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## **THE DIFFERENCE OF NUTRITIONAL STATUS BEFORE AND AFTER THE GIVING OF LOCAL ADDITIONAL FOOD TO STUNTING TODDLERS IN KALIJAMBE AND TANJUNG VILLAGES BRINGIN DISTRICT SEMARANG REGENCY**

### **ABSTRACT**

**Background** : Based on Indonesian Nutritional Status Survey (SSGI) in 2022 stunting cases at Semarang regency was below 18,7%. There is a program dealing with the said problem by giving additional food which is locally made ingredients. The purpose of this research is to know the difference before and after the giving of local additional food to stunting toddlers in Kalijambe and Tanjung villages Bringin district Semarang regency.

**Method** : This research used design of pre and post tests group. The technical sampling which was used is sampling total of 14 toddlers with age between 12-59 months old in Kalijambe and Tanjung villages Bringin district Semarang regency. The toddlers were given additional local food for 90 days. The data retrieval were body weight by digital stamping scale and body height by stadiometer.

**Result** : The stunting toddlers were experienced changes in their body weight in average difference 300 grams, body height in average difference 2,7 cms, body weight and age in average difference z-score 0,15; body height and age in average difference z-score 0,2; were experienced changes body weight and age in average difference z-score 0,12

**Conclusion** : There is no difference nutritional status based on body weight accordance age with p-value = 0,219 and body weight accordance body height with p-value = 0,506 before and after the giving of additional local food. There is difference at nutritional status toddlers based on body height accordance age with p-value = 0,037 between before and after the giving of additional local food.

**Key word** : PMT, Nutritional status, Stunting