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## **GAMBARAN STATUS GIZI SETELAH PEMBERIAN MAKANAN TAMBAHAN (PMT) BERBAHAN PANGAN LOKAL PADA BALITA STUNTING USIA 24-59 BULAN DI DESA TANJUNG DAN DESA KALIJAMBE KECAMATAN BRINGIN KABUPATEN SEMARANG**

### **ABSTRAK**

**Latar Belakang:** Data Survei Status Gizi Indonesia (SSGI) tahun 2022 angka stunting di Kabupaten Semarang mencapai 18,7%. Salah satu upaya mengatasi stunting dengan Pemberian Makanan Tambahan (PMT). Tujuan penelitian ini mengetahui gambaran status gizi setelah Pemberian Makanan Tambahan (PMT) berbahan pangan lokal pada balita stunting usia 24-59 bulan di Desa Tanjung dan Desa Kalijambe Kecamatan Bringin Kabupaten Semarang.

**Metode:** Penelitian ini merupakan deskriptif observasional dengan populasi penelitian sebanyak 239 balita. Sampel sebanyak 12 balita stunting dipilih dengan metode total sampling. Data dikumpulkan melalui pengukuran berat badan dengan menggunakan timbangan injak digital dan tinggi badan dengan menggunakan stadiometer untuk mengukur status gizi balita.

**Hasil:** Status gizi balita berdasarkan BB/U sebanyak 3 orang (25%) sangat kurus, 3 orang (50,0%) memiliki berat badan normal dan sebanyak 6 orang (25%) memiliki berat badan kurang. Status gizi berdasarkan TB/U sebanyak 5 orang (58,3%) dalam kategori sangat pendek, dan dalam kategori pendek sebanyak 10 orang (83,3%) dan 2 orang (16,7%) dalam kategori sangat pendek. Status gizi berdasarkan BB/TB sebanyak 10 orang (83,3%) memiliki status gizi baik dan 2 orang (16,7%) memiliki status gizi kurang.

**Simpulan:** Pemberian Makanan Tambahan (PMT) berbahan pangan lokal sangat berpengaruh terhadap peningkatan status gizi balita yang lebih baik. Perlu perhatian dan pendampingan khusus untuk ibu balita dalam meningkatkan pengetahuan mengenai status gizi dan pola pemberian makan kepada anak.

**Kata Kunci:** PMT Lokal, Status Gizi, Stunting

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## **DESCRIPTION NUTRITIONAL STATUS AFTER THE GIVING OF SUPPLEMENTARY LOCAL FOOD TO STUNTING TODDLERS AGES 24-59 MONTHS IN TANJUNG AND KALIJAMBE VILLAGES BRINGIN DISTRICT SEMARANG REGENCY**

### **ABSTRACT**

**Background:** Data from the Indonesian Nutrition Status Survey (SSGI) in 2022 showed that the stunting rate in Semarang Regency reached 18.7%. One of the efforts to overcome stunting is by providing additional food (PMT). The purpose of this study was to determine the nutritional status after supplementary feeding (PMT) made from local food in stunted toddlers aged 24-59 months in Tanjung Village and Kalijambe Village, Bringin District, Semarang Regency.

**Methods:** This study was descriptive observational with a study population of 239 toddlers. A sample of 12 stunted toddlers was selected by non-probability sampling method. Data was collected by measuring body weight using a digital step scale and height using a stadiometer to measure the nutritional status of toddlers.

**Results:** Nutritional status of toddlers based on BB/U as many as 3 people (25%) were very underweight, 3 people (50.0%) were normal weight and as many as 6 people (25%) were underweight. Nutritional status based on TB/U 5 people (58.3%) in the very short category, and in the short category of 10 people (83.3%) and 2 people (16.7%) in the very short category. Nutritional status based on BB / TB as many as 10 people (83.3%) have good nutritional status and 2 people (16.7%) have poor nutritional status.

**Conclusion:** Supplementary feeding (PMT) made from local food is very influential in improving the nutritional status of toddlers. Special attention and assistance is needed for mothers of toddlers in increasing knowledge about nutritional status and feeding patterns for children.

**Keywords:** Local PMT, Nutritional status, Stunting