

**PROGRAM STUDI S1 GIZI
FAKULTAS ILMU KESEHATAN
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ABSTRAK

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**GAMBARAN PMT LOKAL DENGAN PERUBAHAN BERAT BADAN
BALITA PADA BULAN JULI DI PUSKESMAS BABULU KABUPATEN
PENAJAM PASER UTARA PROVINSI KALIMANTAN TIMUR**

Latar Belakang : UPT Puskesmas Balulu, ditemukan balita dengan berat badan kurang (*underweight*) pada tahun 2024 sebanyak 110 balita serta sebanyak 90 balita mengalami kekurangan gizi. Hal ini disebabkan karena kurangnya pengetahuan dan pemahaman ibu dalam memberikan asupan makanan yang bergizi dan bergizi pada balitanya, Serta kebiasaan ibu dalam memberikan makanan berupa jajanan yang membuat balitanya enggan untuk makan.

Tujuan: mengetahui gambaran PMT lokal dengan perubahan berat badan balita pada Bulan Juli di Puskesmas Babulu Kabupaten Penajam Paser Utara Provinsi Kalimantan Timur

Metode Penelitian: Desain deskriptif observasional dengan pendekatan *cross-sectional*. Populasi semua balita yang ada di wilayah kerja UPT Puskesmas Babulu sebanyak 100 balita, sampel sebanyak 50 responden. Menggunakan teknik *accidental sampling*, dengan teknik analisa univariat. Hasil penelitian menunjukkan bahwa sebagian besar balita di wilayah kerja Puskesmas Babulu Kabupaten Penajam Paser Utara mengonsumsi Pemberian Makanan Tambahan (PMT) lokal hingga habis, yaitu 37 balita (74,0%), sementara 8 balita (16,0%) kadang habis dan kadang tidak, serta 5 balita (10,0%) tidak menghabiskan PMT. Sebelum intervensi, seluruh balita (100,0%) berada pada kategori berat badan kurang. Setelah empat minggu pemberian PMT lokal, 41 balita (82,0%) mencapai berat badan normal, sedangkan 9 balita (18,0%) masih berada pada kategori berat badan kurang, menunjukkan adanya perbaikan status gizi yang signifikan setelah intervensi.

Kata Kunci : PMT Lokal, Berat Badan Balita

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ABSTRACT

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OVERVIEW OF LOCAL SUPPLEMENTARY FEEDING (PMT) AND CHANGES IN UNDER-FIVE CHILDREN'S WEIGHT IN JULY AT BABULU PUBLIC HEALTH CENTER, PENAJAM PASER UTARA REGENCY, EAST KALIMANTAN PROVINCE

Background: At the Babulu Public Health Center (UPT Puskesmas Babulu), in 2024 there were 110 under-five children classified as underweight and 90 children experiencing malnutrition. This condition was caused by mothers' lack of knowledge and understanding in providing nutritious food for their children, as well as the habit of giving snacks that make children reluctant to eat proper meals.

Objective: To describe the provision of local supplementary feeding (PMT) and changes in under-five children's weight in July at Babulu Public Health Center, Penajam Paser Utara Regency, East Kalimantan Province.

Methods: This research used a descriptive observational design with a cross-sectional approach. The population consisted of all under-five children in the working area of Babulu Public Health Center, totaling 100 children, with a sample of 50 respondents selected through accidental sampling. Data were analyzed using univariate analysis. The results showed that most children (74.0%) consumed the local PMT completely, 16.0% sometimes finished and sometimes did not, and 10.0% did not finish their PMT. Before the intervention, all children (100.0%) were underweight. After four weeks of local PMT provision, 82.0% reached normal weight, while 18.0% remained underweight, indicating a significant improvement in nutritional status after the intervention.

Keywords: Local Supplementary Feeding, Under-Five Weight