

ABSTRAK

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**EVALUASI PROGRAM PEMBERIAN MAKANAN TAMBAHAN (PMT)
PADA IBU HAMIL KEK DI WILAYAH UPTD PUSKESMAS SEKATAK**
(xv + 61 halaman + 10 tabel + 1 gambar + 8 lampiran)

ABSTRAK

Latar Belakang: Kekurangan Energi Kronis (KEK) pada ibu hamil merupakan masalah gizi yang berdampak serius terhadap kesehatan ibu dan janin, termasuk risiko komplikasi persalinan hingga kematian maternal. Di wilayah kerja UPTD Puskesmas Sekatak, kasus ibu hamil KEK meningkat dari 21 kasus pada tahun 2023 menjadi 26 kasus pada tahun 2024. Pemerintah telah melaksanakan Program Pemberian Makanan Tambahan (PMT) untuk menanggulangi masalah tersebut, namun pelaksanaannya masih menghadapi berbagai kendala. Penelitian ini bertujuan mengevaluasi Program PMT pada ibu hamil KEK dengan menggunakan model evaluasi IAOO (Input-Activity-Output-Outcome). **Metode:** Penelitian menggunakan pendekatan kualitatif jenis studi kasus dengan sembilan informan yang dipilih melalui purposive sampling. Data dikumpulkan melalui wawancara mendalam, observasi dan dokumentasi, kemudian dianalisis secara tematik.

Hasil: Menunjukkan bahwa program PMT memberikan manfaat dalam memperbaiki status gizi ibu hamil KEK, namun cakupan program masih terbatas (60%) karena kendala anggaran, kebiasaan konsumsi makanan instan, serta kurangnya pemahaman keluarga mengenai gizi seimbang.

Simpulan: Penelitian ini adalah Program PMT sudah berjalan efektif tetapi belum optimal, sehingga diperlukan peningkatan variasi menu, perluasan cakupan sasaran, dan penguatan edukasi gizi bagi keluarga.

Kata kunci: KEK, ibu hamil, Pemberian Makanan Tambahan, evaluasi program

ABSTRACT

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EVALUATION OF THE SUPPLEMENTARY FEEDING PROGRAM (PMT) FOR PREGNANT WOMEN WITH KEK IN THE UPTD AREA OF SEKATAK COMMUNITY HEALTH CENTER

(xv + 61 page + 10 table + 1 picture + 8 attachment)

ABSTRACT

Background: Chronic Energy Deficiency (CED) in Pregnant women is a nutritional problem that has serious impacts on maternal and fetal health, including the risk of delivery complications and maternal mortality. In the working area of UPTD Puskesmas Sekatak, cases of pregnant women with CED increased from 21 in 2023 to 26 in 2024. The Government has implemented the supplementary Feeding Program (PMT) to address this issue; however, its implementation still faces several challenges. This study aims to evaluate the PMT program for pregnant women with CED using the IAOO evaluation model (Input-Activity-Output-Outcome).

Method: study employed a qualitative case study design with nine informants selected through purposive sampling. Data were collected through in-depth interviews, observation, and documentation, and then analyzed thematically.

Results: showed that the PMT program has contributed to improving the nutritional status of pregnant women with CED, but its coverage remains limited (60%) due to budget constraints, the habit of consuming instant foods, and the lack of family understanding regarding balanced nutrition.

Conclusion: that the PMT program is effective but not yet optimal; therefore, it is necessary to increase menu variation, expand program coverage, and strengthen family nutrition education.

Keywords: Chronic Energy Deficiency, pregnant women, Supplementary, Feeding, program evaluation.