

ABSTRAK

Gambaran Pengetahuan Ibu tentang Pemberian Makanan Tambahan Lokal pada Balita di Kelurahan Ngempon Kecamatan Bergas Tahun 2025

Latar Belakang: Kelurahan Ngempon merupakan kelurahan yang menjadi *pilot project* untuk mengatasi balita bermasalah gizi khususnya untuk menyukseskan program zero stunting. Meski demikian masih ditemui kendala rendahnya pengetahuan ibu tentang PMT lokal dikarenakan ibu bekerja sehingga minim akses informasi terkait PMT lokal.

Tujuan: Menggambarkan tingkat pengetahuan ibu mengenai PMT lokal berdasarkan karakteristik responden seperti usia, pendidikan, pekerjaan, dan paritas ibu balita bermasalah gizi di Kelurahan Ngempon, Kecamatan Bergas, tahun 2025.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif. Sampel terdiri dari ibu yang memiliki balita bermasalah gizi di Kelurahan Ngempon sejumlah 36 responden, yang dipilih menggunakan teknik *total sampling*. Data dikumpulkan melalui kuesioner terstruktur dan dianalisis secara deskriptif.

Hasil Penelitian: Pengetahuan ibu balita bermasalah gizi usia >12 bulan–59 bulan tentang pemberian makanan tambahan berbahan pangan lokal mayoritas berpengetahuan cukup sebanyak 15 orang (41,7%), kurang sebanyak 14 orang (38,9%) dan baik sebanyak 7 orang (19,4%).

Saran: Diperlukan upaya edukasi dan sosialisasi lebih lanjut mengenai PMT lokal khususnya tentang prinsip dan jenis PMT lokal kepada ibu dan keluarga balita, agar dapat mendukung tumbuh kembang balita secara optimal.

Kata kunci: Pengetahuan ibu, PMT lokal, balita.

ABSTRACT

Overview of Mothers' Knowledge on Providing Local Supplementary Food for Toddlers in Ngempon Village, Bergas District, 2025

Background: Ngempon Village serves as a pilot project area aimed at addressing malnutrition issues, particularly to achieve the zero stunting program. However, challenges remain due to the low level of maternal knowledge about local complementary foods (PMT) because many mothers are employed and thus have limited access to information regarding local PMT.

Objective: Describe the level of maternal knowledge regarding local complementary foods based on respondent characteristics such as age, education, occupation, and parity of mothers with malnourished toddlers in Ngempon Village, Bergas Sub-district, in 2025.

Method: This research uses a quantitative descriptive design. The sample consists of 36 mothers with malnourished toddlers from Ngempon Village, selected through total sampling. Data were collected using a structured questionnaire and analyzed descriptively.

Results: The majority of mothers with malnourished toddlers aged 12–59 months have moderate knowledge about local complementary foods. Specifically, 15 respondents (41.7%) had adequate knowledge, 14 respondents (38.9%) had insufficient knowledge, and 7 respondents (19.4%) had good knowledge.

Recommendation: The study suggests the need for further educational efforts and socialization about local complementary foods, especially regarding the principles and types of local PMT, to mothers and families of toddlers to support optimal child growth and development.

Keywords: Maternal knowledge, local complementary foods, toddlers.