PENGARUH PEMBERIAN MAKANAN TAMBAHAN PROGRAM INOVASI PECAH RANTING HIBURANE RAKYAT TERHADAP PENINGKATAN STATUS GIZI PADA BALITA *STUNTING* DI PUSKESMAS MOYUDAN TAHUN 2023

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ABSTRAK

Latar Belakang: Berdasarkan data WHO, Indonesia termasuk ke dalam negara ketiga dengan prevalensi tertinggi di regional Asia Tenggara/*South-East* sebesar 36,4%. Program inovasi Dinas Kesehatan Kabupaten Sleman dalam pencegahan dan penurunan *stunting* yaitu "Pecah Ranting Hiburane Rakyat" sejak tahun 2019 berupa PMT protein hewani. Penelitian ini sebagai evaluasi pengaruh PMT terhadap status gizi balita.

Tujuan: Mengetahui status gizi balita sasaran sebelum dan setelah pemberian makanan tambahan di Puskesmas Moyudan Kabupaten Sleman Tahun 2023.

Metode: *pra experiment* dengan desain *one group pre-tes post-test*. Populasi adalah balita rawan *stunting* usia 0-59 bulan. Sampel adalah seluruh balita yang mendapatkan PMT tahap 3 di Puskesmas Moyudan tahun 2023 sebanyak 81 balita (*total sampling*). Instrumen yang digunakan adalah Form pengumpulan data dan alat antropometri. Uji analisis adalah *Paired T-test* .

Hasil: Karakteristik penelitian ini meliputi usia balita 6-23 bulan (30,9%) dan 24-59 bulan (69,1%), jenis kelamin perempuan (46,9%) dan laki-laki (53,1%), pendidikan ibu tinggi (82,7%) dan pendidikan ibu rendah (17,3%). Terdapat perbedaan rerata z-score sebelum dan setelah diberikan PMT, dan ada pengaruh pemberian makanan tambahan terhadap BB/U (p-value $0,006 < 0,05$).

Kesimpulan: Ada rata-rata z-score antara sebelum dan setelah Pemberian Makanan Tambahan (PMT) program Pecah Ranting Hiburane Rakyat menurut indeks antropometri (BB/U, TB/U PB/U, dan BB/TB BB/PB) balita *stunting* di Puskesmas Moyudan Kabupaten Sleman.

Kata Kunci: Balita, PMT, Protein Hewani, *Stunting*, Status Gizi

THE EFFECT OF PROVIDING ADDITIONAL FOOD IN THE INNOVATION PROGRAM FOR PEOPLE'S ENTERTAINMENT ON IMPROVING THE NUTRITIONAL STATUS OF STUNTING TODDLER IN THE MOYUDAN HEALTH CENTER IN 2023

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ABSTRACT

Background: Based on WHO data, Indonesia is included in the third country with the highest prevalence in the Southeast Asia/South-East region at 36.4%. The innovation program of the Sleman District Health Service in preventing and reducing stunting, namely "Pecah Twigs, Entertainment for the People" since 2019, is in the form of animal protein PMT. This research is an evaluation of the effect of PMT on the nutritional status of toddlers.

Objective: To determine the nutritional status of target toddlers before and after providing additional food at the Moyudan Community Health Center, Sleman Regency in 2023.

Method: pre-experiment with one group pre-test post-test design. The population is stunting-prone toddlers aged 0-59 months. The sample was all 81 toddlers who received PMT stage 3 at the Moyudan Community Health Center in 2023 (total sampling). The instruments used were data collection forms and anthropometric tools. The analysis test is the Paired T-test.

Results: The characteristics of this study included toddlers aged 6-23 months (30.9%) and 24-59 months (69.1%), gender female (46.9%) and male (53.1%), high maternal education (82.7%) and low maternal education (17.3%). There was a difference in the mean z-score before and after being given PMT, and there was an effect of giving additional food on BW/U (p-value $0.006 < 0.05$).

Conclusion: There is an average z-score between before and after the Supplementary Feeding (PMT) of the Broken Twigs Entertainment program according to the anthropometric index (BB/U, TB/U PB/U, and BB/TB BB/PB) of stunted toddlers in Moyudan Health Center, Sleman Regency.

Keywords: Toddlers, PMT, Animal Protein, Stunting, Nutritional Status