

*THE RELATIONSHIP BETWEEN THE PROVISION OF LOCALLY-BASED
SUPPLEMENTARY FOOD (PMT) AND WEIGHT GAIN OF PREGNANT
WOMEN WITH CHRONIC ENERGY DEFICIENCY (CED) AT GIRISUBO
HEALTH CENTER, GUNUNGKIDUL REGENCY*

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ABSTRACT

Background: *Girisubo Public Health Center was one of the health centers with a high number of pregnant women with Chronic Energy Deficiency (CED) in Gunungkidul Regency. The number of pregnant women with CED at Girisubo Public Health Center showed an increasing trend over the last three years. In 2022, there were 40 cases (21.51%), in 2023 there were 45 cases (26.01%), and in 2024 there were 39 cases out of 148 first antenatal visits (26.35%). The provision of supplementary food based on local food sources was the latest effort by the government to reduce the incidence of CED.*

Objective: *This study aimed to determine the relationship between the provision of supplementary food based on local food and weight gain in pregnant women with CED at Girisubo Public Health Center, Gunungkidul Regency.*

Methods: *This study used an observational analytic design with a cross-sectional approach. The population and sample in this study were all first-trimester pregnant women with CED, indicated by a Mid-Upper Arm Circumference (MUAC) < 23.5 cm at Girisubo Public Health Center, totaling 39 participants using total sampling technique. The independent variable was supplementary food (PMT) based on local food, and the dependent variable was weight gain. The research instrument was an observation sheet, and the data were analyzed using the Spearman Rank test.*

Results: *The results showed that the majority of respondents' needs for PMT based on local food were met (94.9%), and most respondents experienced weight gain (82.1%). There was a significant relationship between the provision of PMT based on local food and weight gain in pregnant women with CED at Girisubo Public Health Center, Gunungkidul Regency (p-value = 0.000, r = 0.497), indicating a moderate correlation.*

Conclusion: *The fulfillment of supplementary food based on local food could increase the weight of pregnant women with CED. It was suggested that pregnant women with CED consume all the provided PMT based on local food to prevent CED.*

Keywords: *supplementary food , weight gain, pregnant women, CED.*

HUBUNGAN PEMBERIAN MAKANAN TAMBAHAN (PMT) BERBASIS
PANGAN LOKAL DENGAN PENINGKATAN BERAT BADAN
IBU HAMIL KEK DI PUSKESMAS GIRISUBO
KABUPATEN GUNUNGKIDUL

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ABSTRAK

Latar Belakang: Puskesmas Girisubo merupakan salah satu Puskesmas dengan jumlah ibu hamil KEK yang tinggi di Kabupaten Gunungkidul. Jumlah ibu hamil KEK di Puskesmas Girisubo mengalami trend peningkatan selama 3 tahun terakhir, tahun 2022 jumlah ibu hamil KEK sebanyak 40 orang (21,51%), tahun 2023 jumlah ibu hamil KEK sebanyak 45 orang (26,01%), dan tahun 2024 jumlah ibu hamil KEK sebanyak 39 orang dari 148 ibu hamil K1 (26,35%). PMT berbasis pangan lokal merupakan upaya terbaru dari Pemerintah untuk menurunkan angka kejadian KEK.

Tujuan: mengetahui hubungan Pemberian Makanan Tambahan (PMT) berbasis pangan lokal dengan peningkatan berat badan ibu hamil KEK di Puskesmas Girisubo Kabupaten Gunungkidul.

Metode: Desain penelitian ini adalah observasional analitik dengan pendekatan *cross sectional*. Populasi dan sampel dalam penelitian ini adalah semua ibu hamil KEK trimester I dengan LILA < 23,5 cm di Puskesmas Girisubo sebanyak 39 orang dengan teknik total sampling. Variabel independen PMT berbasis pangan lokal dan variabel dependen peningkatan berat badan. Instrumen penelitian menggunakan lembar observasi dan analisis data dengan uji *Rank Spearman*.

Hasil: Hasil penelitian menjelaskan bahwa pemenuhan PMT berbasis pangan lokal responden mayoritas terpenuhi (94,9%), mayoritas responden mengalami peningkatan berat badan (82,1%). Ada hubungan PMT berbasis pangan lokal dengan peningkatan berat badan ibu hamil KEK di Puskesmas Girisubo Kabupaten Gunungkidul (Pvalue=0,000, r= 0,497) keeratan hubungan sedang.

Kesimpulan: Pemenuhan PMT berbasis pangan lokal dapat meningkatkan berat badan ibu hamil KEK. Sebaiknya ibu hamil KEK menghabiskan PMT berbasis pangan lokal yang diberikan agar tidak KEK.

Kata kunci: PMT, berat badan, ibu hamil, KEK.