

**EFEKTIVITAS PEMBERIAN MAKANAN TAMBAHAN (PMT) LOKAL
TERHADAP DAYA TERIMA, ASUPAN ZAT GIZI DAN PERUBAHAN
STATUS GIZI ANAK DENGAN MASALAH GIZI KURANG
DI PUSKESMAS PURNAMA TAHUN 2025**

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ABSTRAK

Latar belakang : Gizi kurang pada balita masih menjadi masalah kesehatan masyarakat karena dapat mengganggu pertumbuhan, perkembangan, imunitas, dan produktivitas anak pada masa berikutnya. Pemberian Makanan Tambahan (PMT) lokal merupakan salah satu intervensi berbasis pangan setempat yang dapat meningkatkan pemenuhan zat gizi sekaligus memperhatikan daya terima anak. **Tujuan :** Mengetahui pengaruh pemberian PMT lokal terhadap daya terima, asupan zat gizi, dan perubahan status gizi anak dengan masalah gizi kurang di Puskesmas Purnama tahun 2025. **Metode :** Penelitian ini menggunakan desain kuantitatif quasi experimental dengan rancangan one group pretest-posttest. Sampel berjumlah 40 anak yang dipilih dengan teknik purposive sampling. Data dikumpulkan melalui lembar observasi daya terima, recall 24 jam, pengukuran antropometri, dan pengolahan status gizi. Analisis data dilakukan secara univariat dan bivariat. Uji normalitas menggunakan Shapiro-Wilk menunjukkan data tidak berdistribusi normal sehingga analisis perbedaan dilakukan menggunakan uji Wilcoxon. **Hasil :** Sebelum intervensi, balita dengan status gizi kurang berjumlah 25 anak (62,5%) dan gizi normal 15 anak (37,5%). Setelah pemberian PMT lokal, balita dengan status gizi kurang menurun menjadi 7 anak (17,5%) dan balita gizi normal meningkat menjadi 33 anak (82,5%). Rerata skor status gizi meningkat dari 1,38 menjadi 1,83 dengan selisih mean 0,45. Hasil uji Wilcoxon memperoleh p-value 0,000, yang menunjukkan adanya perbedaan bermakna sebelum dan sesudah pemberian PMT lokal. **Kesimpulan :** Pemberian PMT lokal berpengaruh terhadap perbaikan status gizi anak dengan masalah gizi kurang di Puskesmas Purnama tahun 2025. Keberhasilan program perlu didukung oleh peningkatan daya terima anak, keterlibatan orang tua, variasi menu, serta monitoring status gizi secara berkelanjutan.

Kata Kunci: PMT Lokal, Daya Terima, Asupan Zat Gizi, Status Gizi, Gizi Kurang

THE EFFECT OF LOCAL SUPPLEMENTARY FEEDING (PMT) ON FOOD ACCEPTANCE, NUTRIENT INTAKE, AND NUTRITIONAL STATUS CHANGES AMONG CHILDREN WITH UNDERNUTRITION AT PURNAMA PUBLIC HEALTH CENTER IN 2025

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ABSTRACT

Background: Undernutrition among children remains a public health concern because it may impair growth, development, immunity, and future productivity. Local supplementary feeding (PMT) is a food-based intervention using locally available ingredients to improve nutrient intake while considering children's food acceptance.

Objective: To determine the effect of local supplementary feeding on food acceptance, nutrient intake, and nutritional status changes among children with undernutrition at Purnama Public Health Center in 2025. **Methods:** This quantitative study applied a quasi-experimental one group pretest-posttest design. A total of 40 children were selected using purposive sampling. Data were collected using food acceptance observation sheets, 24-hour food recall, anthropometric measurements, and nutritional status assessment. Data were analyzed using univariate and bivariate analysis. The Shapiro-Wilk normality test indicated non-normal distribution; therefore, differences before and after the intervention were analyzed using the Wilcoxon test. **Results:** Before the intervention, 25 children (62.5%) were classified as undernourished and 15 children (37.5%) had normal nutritional status. After the intervention, undernourished children decreased to 7 children (17.5%), while children with normal nutritional status increased to 33 children (82.5%). The mean nutritional status score increased from 1.38 to 1.83, with a mean difference of 0.45. The Wilcoxon test showed a p-value of 0.000, indicating a significant difference before and after local supplementary feeding.

Conclusion: Local supplementary feeding affected the improvement of nutritional status among children with undernutrition at Purnama Public Health Center in 2025. Program success should be supported by improving children's acceptance, parental involvement, menu variation, and continuous nutritional status monitoring.

Keywords: Local Supplementary Feeding, Food Acceptance, Nutrient Intake, Nutritional Status, Undernutrition