THE EFFECT OF LOCAL SUPPLEMENTARY FEEDING (PMT) ON THE GROWTH OF WASTED TODDLERS AT TURI PUBLIC HEALTH CENTER IN 2025

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ABSTRACT

Background: *Wasting remains a nutritional problem among children under five and is associated with an increased risk of morbidity, mortality, and growth impairment. Based on the 2023 Indonesian Health Survey (SKI), the prevalence of wasting in Indonesia was 7.7%. In the Special Region of Yogyakarta, the prevalence reached 7.6%, while wasted toddlers were still identified within the working area of Turi Community Health Center, requiring intervention through a Local Supplementary Feeding (PMT) program.*
Objective: *This study aimed to analyze the effect of Local Supplementary Feeding (PMT) on weight gain and height growth among wasted toddlers at Turi Community Health Center in 2025.*
Methods: *This quantitative study employed a retrospective cohort design. The sample consisted of 86 wasted toddlers divided into exposed and unexposed groups based on their receipt of local PMT. Data were collected from medical records, nutrition program reports, and PMT monitoring forms. The independent variable was local PMT provision, while the dependent variables were weight and height growth. External variables included infection, dietary patterns, and parental education level. Data were analyzed using Paired t-Test, Independent Sample t-Test, and multivariate logistic regression.*
Results: *Local PMT had a significant effect on toddlers' height growth (p=0.000) but did not significantly affect weight change (p=0.088). Logistic regression analysis showed that local PMT was the most dominant factor influencing weight growth (OR=24.703; p=0.000) and height growth (OR=102.134; p=0.000). Infection, dietary patterns, and parental education level were not significantly associated with toddler growth (p>0.05).*

Conclusion: *Local PMT significantly affected the growth of wasted toddlers and was the dominant factor increasing the likelihood of improved weight and height growth compared to toddlers who did not receive local PMT.*
Keywords: *Local PMT, Toddler Growth, Wasting.*

PENGARUH PEMBERIAN MAKANAN TAMBAHAN (PMT) LOKAL TERHADAP PERTUMBUHAN BALITA WASTING DI PUSKESMAS TURI TAHUN 2025

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ABSTRAK

Latar Belakang: Wasting masih menjadi masalah gizi pada balita yang berisiko meningkatkan morbiditas, mortalitas, dan gangguan pertumbuhan. Berdasarkan Survei Kesehatan Indonesia (SKI) tahun 2023, prevalensi wasting di Indonesia sebesar 7,7%. Di Daerah Istimewa Yogyakarta prevalensi wasting mencapai 7,6%, sedangkan di wilayah kerja Puskesmas Turi masih ditemukan balita dengan status gizi wasting yang memerlukan penanganan melalui program Pemberian Makanan Tambahan (PMT) lokal.

Tujuan: Penelitian ini bertujuan untuk menganalisis pengaruh pemberian PMT lokal terhadap pertumbuhan berat badan dan tinggi badan balita wasting di Puskesmas Turi tahun 2025.

Metode: Penelitian kuantitatif dengan desain kohort retrospektif. Sampel penelitian berjumlah 86 balita wasting yang terdiri dari kelompok terpapar PMT lokal dan tidak terpapar PMT lokal. Data diperoleh dari rekam medis, laporan program gizi, dan formulir pemantauan PMT. Variabel independen adalah pemberian PMT lokal, sedangkan variabel dependen adalah pertumbuhan berat badan dan tinggi badan. Variabel luar meliputi infeksi, pola makan, dan tingkat pendidikan orang tua. Analisis data menggunakan Paired t-Test, Independent Sample t-Test, dan regresi logistik multivariat.

Hasil: Pemberian PMT lokal berpengaruh signifikan terhadap pertumbuhan tinggi badan balita (p=0,000), tetapi tidak berpengaruh signifikan terhadap perubahan berat badan (p=0,088). Hasil regresi logistik menunjukkan bahwa PMT lokal merupakan faktor yang paling dominan memengaruhi pertumbuhan berat badan (OR=24,703; p=0,000) dan tinggi badan (OR=102,134; p=0,000). Variabel infeksi, pola makan, dan tingkat pendidikan orang tua tidak berpengaruh signifikan terhadap pertumbuhan balita (p>0,05).

Kesimpulan: PMT lokal berpengaruh signifikan terhadap pertumbuhan balita wasting dan merupakan faktor dominan yang meningkatkan peluang pertumbuhan berat badan dan tinggi badan dibandingkan kelompok yang tidak menerima PMT lokal.

Kata Kunci: PMT Lokal, Pertumbuhan Balita, *Wasting*