

Pengaruh Edukasi Gizi Dan PMT Lokal Terhadap Pengetahuan Gizi, Asupan Energi, Dan Status Gizi Pada Balita *Underweight* 12-59 Bulan Di Tiga Kelurahan Kecamatan Sawah Besar Tahun 2025

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ABSTRAK

Underweight atau berat badan kurang adalah salah satu permasalahan gizi dengan prevalensi tinggi yang menjadi masalah kesehatan pada balita di seluruh dunia. *Underweight* dapat disebabkan karena tingkat pengetahuan gizi pada ibu balita rendah serta kurangnya asupan zat gizi makro pada balita. Penelitian ini bertujuan untuk mengetahui pengaruh antara pemberian edukasi dengan peningkatan pengetahuan ibu balita dan pengaruh PMT Lokal terhadap asupan energi serta status gizi balita *underweight* usia 12-59 bulan di tiga kelurahan Kecamatan Sawah Besar. Lokasi pada penelitian ini yaitu Kelurahan Karang Anyar, Kartini dan Mangga Dua Selatan di Kecamatan Sawah Besar. Metode penelitian ini adalah *Pre eksperiment* dengan *One group Pretest-Posttest Design*. Pengambilan data yang dilakukan berupa pengisian kuesioner, wawancara menggunakan form *food recall* 24 jam, dan penimbangan berat badan balita. Pengambilan sampel pada penelitian ini menggunakan metode *quota sampling* dengan jumlah sampel sebanyak 30 balita dan dilakukan analisis data menggunakan uji *wilcoxon* dan *paired T-test*. Data yang telah diperoleh dilakukan analisis secara univariat dan bivariat. Berdasarkan hasil penelitian ini menunjukkan bahwa terdapat pengaruh yang signifikan antara pemberian edukasi gizi dengan peningkatan pengetahuan ibu balita *underweight* (p-value = 0,001). Serta terdapat pengaruh antara PMT Lokal dengan asupan energi (p-value = 0,001) dan status gizi balita *underweight* (p-value = 0,005). Disarankan bagi ibu balita untuk memantau tumbuh kembang anaknya setiap bulan di Posyandu, dan bagi balita yang mengalami kenaikan berat badan tidak optimal atau bahkan mengalami penurunan untuk segera dirujuk ke Puskesmas untuk penanganan lebih lanjut.

Kata kunci : *Underweight*, Edukasi Gizi, PMT Lokal, Asupan Energi, Status Gizi.

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The Effect Of Nutrition Education And Local Food-Based Supplementary Feeding (PMT) On Nutritional Knowledge, Energy Intake, And Nutritional Status Of Underweight's Toddlers Aged 12-59 Months In Three Sub-District Of Sawah Besar District In 2025

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ABSTRACT

Underweight is a highly prevalent nutritional problem that poses a health concern for toddlers worldwide. Underweight caused by low nutritional knowledge and inadequate macronutrient intake. This study determine the effect of providing nutritinal education on increasing the knowledge of mothers and the effect of Local Food-based Supplementary Fedding (PMT) on energy intake and nutritional status of underweight's toddler aged 12-59 months in three sub-districts of Sawah Besar District. The locations were Karang Anyar, Kartini and Mangga Dua Selatan sub-districts in Sawah Besar District. The research method used were a pre-experimental design with a one-group pretest-posttest design. Data collection included questionnaires, interviews with 24-hour food recall's form, and toddler weight measurements. The sampling method in this study used quota sampling, with a sample size of 30 toddlers and the data analyzed with wilcoxon test and paired t-test. The data analyzed univariate and bivariate. Based on the results of this study, it shows that there is a significant effect between the provision of nutrition education and Increased knowledge of mothers (p-value = 0,001). There is also an effect between Local Food-based Supplementary Fedding (PMT) on energy intake (p-value = 0,001) and nutritional status (p-value = 0,005) of underweight's toddlers. In the future, it is recommended for mothers to monitor their children's growth and development every month in Posyandu, and for toddlers that has inadequate or even decreasing weight gain to be immediately reffered to Health Public Facility for further treatment.

Keywords : *Underweight, Nutrition Education, Local Food-based Supplementary Fedding (PMT), Energy Intake, Nutritional Status.*

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