

Evaluasi Pemberian Makanan Tambahan (PMT) Berbahan Pangan Lokal Terhadap Balita *Weight Faltering* Di Puskesmas Pembantu Koja

Ega Utami¹, Kartika Wandini, S.P., M.Gizi²

Program Studi S1 Gizi, Fakultas Kesehatan, Universitas Mohammad Husni Thamrin
Jl. Raya Pondok Gede No. 23-25. Jakarta Timur. 13550.

(Email : utamiegal1@gmail.com)

ABSTRAK

Permasalahan *weight faltering* pada balita merupakan kondisi gagal tumbuh yang berpotensi berkembang menjadi stunting sehingga memerlukan intervensi segera melalui program gizi terstruktur. Tujuan penelitian ini mengevaluasi efektivitas program Pemberian Makanan Tambahan berbahan pangan lokal terhadap balita *weight faltering* di wilayah Puskesmas Pembantu Koja Jakarta Utara. Penelitian evaluasi dengan pendekatan *mixed methods* menggunakan desain *sequential explanatory* dilaksanakan pada Juli 2024 hingga Juni 2025. Populasi penelitian mencakup 170 balita *weight faltering* berusia 6-59 bulan dengan teknik total sampling, serta 17 informan kualitatif terdiri dari koordinator gizi, kader pendamping, dan ibu balita yang dipilih secara purposive sampling. Data kuantitatif dianalisis menggunakan distribusi frekuensi dan uji Paired Samples T-test, sedangkan data kualitatif diolah melalui reduksi data, display matriks, dan triangulasi sumber. Hasil penelitian menunjukkan cakupan program mencapai 100% dengan tingkat keberhasilan peningkatan berat badan sebesar 61,7%. Uji statistik membuktikan terdapat perbedaan bermakna berat badan sebelum dan sesudah intervensi ($p\text{-value} < 0,001$). Evaluasi aspek input, proses, dan output menunjukkan pelaksanaan program berjalan optimal dengan dukungan pembiayaan memadai, edukasi gizi terstruktur, serta kualitas makanan yang sesuai standar. Rekomendasi penelitian menekankan perlunya keberlanjutan program, peningkatan keterlibatan pimpinan wilayah, dan pengembangan model intervensi jangka panjang untuk mencegah kejadian stunting.

Kata Kunci: *Evaluasi Program Gizi, Pemberian Makanan Tambahan, Weight Faltering*

Program Studi Gizi, Fakultas Kesehatan, Universitas MH. Thamrin

Evaluation of Local Food-Based Supplementary Feeding (PMT) for Toddlers with Weight Faltering at Koja Health Subcenter

Ega Utami¹, Kartika Wandini, S.P., M.Gizi²

*Nutrition Study Program, Health Faculty, University of Mohammad Husni Thamrin
Jl. Raya Pondok Gede No. 23-25. East Jakarta. 13550.*

(Email : utamiegal1@gmail.com)

ABSTRACT

Weight faltering in toddlers constitutes a growth failure condition potentially progressing toward stunting, necessitating immediate intervention through structured nutritional programs. This study evaluates the effectiveness of local food-based supplementary feeding programs for toddlers experiencing weight faltering within Puskesmas Pembantu Koja service area in North Jakarta. An evaluative study employing mixed methods approach with sequential explanatory design was conducted from July 2024 to June 2025. Research population comprised 170 toddlers aged 6-59 months with weight faltering selected through total sampling, alongside 17 qualitative informants consisting of nutrition coordinators, companion cadres, and mothers selected via purposive sampling. Quantitative data underwent analysis using frequency distribution and Paired Samples T-test, while qualitative data processing involved data reduction, matrix display, and source triangulation. Research findings demonstrated 100% program coverage with 61.7% success rate in weight increment. Statistical testing verified significant differences in weight measurements pre-and post-intervention (p-value <0.001). Evaluation of input, process, and output aspects indicated optimal program implementation supported by adequate financing, structured nutrition education, and standard-compliant food quality. Research recommendations emphasize program sustainability requirements, enhanced regional leadership involvement, and long-term intervention model development for stunting prevention initiatives.

Keywords : *nutritional program evaluation, supplementary feeding program, weight faltering*

Nutrition Study Program, Health Faculty, University of Mohammad Husni Thamrin.