

## **Pengaruh Pemberian Pangan Untuk Keperluan Medis Khusus (PKMK) terhadap Perubahan Status Gizi Pasien Rujukan Stunting di RSUD Jagakarsa**

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### **ABSTRAK**

Stunting merupakan salah satu masalah gizi kronis pada anak yang berdampak pada pertumbuhan fisik, perkembangan kognitif, serta risiko penyakit jangka panjang. Sejak tahun 2024, RSUD Jagakarsa telah melaksanakan program intervensi melalui pemberian Pangan Untuk Keperluan Medis Khusus (PKMK). Namun, efektivitas program ini terhadap perubahan status gizi pasien stunting masih perlu diteliti. Tujuan Penelitian ini untuk mengetahui pengaruh pemberian PKMK terhadap perubahan status gizi pasien rujukan stunting di RSUD Jagakarsa. Kuasi Eksperimen dengan *One group pretest-post test* untuk mengetahui perubahan status gizi pasien sebelum dilakukan intervensi pemberian PKMK dan sesudah dilakukan intervensi pemberian PKMK dengan uji *t-test dependent*. Hasil Uji Paired Sample t-test menunjukkan nilai  $p = 0,003$  ( $p < 0,05$ ) yang berarti terdapat pengaruh signifikan pada pemberian terhadap perubahan status gizi anak stunting. Pemberian ASI eksklusif menunjukkan adanya hubungan yang signifikan dengan status gizi, hasil uji *Chi-Square* diperoleh nilai  $P = 0,014$ . Terdapat hubungan antara pola makan dengan status gizi, hasil uji *Chi-Square* diperoleh nilai  $P = 0,047$ . Riwayat penyakit infeksi juga menunjukkan hubungan signifikan dengan status gizi anak. Hasil analisis diperoleh pula nilai  $OR = 0,667$ .

Kata Kunci: PKMK, Stunting, Status Gizi, Intervensi Gizi RSUD Jagakarsa

***The Effect of Provision of Food for Special Medical Needs (PKMK) on Changes in the Nutritional Status of Stunting Referral Patients at Jagakarsa Regional Hospital***

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**ABSTRACT**

*Stunting is a chronic nutritional problem in children that impacts physical growth, cognitive development, and the risk of long-term disease. Since 2024, Jagakarsa Regional Hospital has implemented an intervention program through the provision of Food for Special Medical Needs (PKMK). However, the effectiveness of this program on changes in the nutritional status of stunting patients still needs to be studied. The purpose of this study was to determine the effect of PKMK provision on changes in the nutritional status of stunting referral patients at Jagakarsa Regional Hospital. This study used a Quasi-Experimental design with One group pretest-posttest to determine changes in the nutritional status of patients before and after the PKMK provision intervention with a dependent t-test. The results of the Paired Sample t-test showed a p value = 0.003 ( $p < 0.05$ ) which means there is a significant effect of provision on changes in the nutritional status of stunted children. Exclusive breastfeeding showed a significant relationship with nutritional status, the results of the Chi-Square test obtained a P value = 0.014. There was a relationship between dietary patterns and nutritional status, with a chi-square test yielding a P value of 0.047. A history of infectious diseases also showed a significant association with children's nutritional status, with an OR of 0.667.*

*Keywords: PKMK, Stunting, Nutritional Status, Nutritional Intervention at Jagakarsa Regional Hospital*