

Pengaruh Pemberian PMT Pemulihan Terhadap Status Gizi dan Berat Badan Balita di Wilayah Kerja Puskesmas Jatibarang Kabupaten Brebes

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ABSTRAK

Latar Belakang : Prevalensi *underweight* di Kabupaten Brebes pada tahun 2022 diketahui sebesar 21,9%. PMT merupakan salah satu intervensi spesifik yang dilakukan pada balita *underweight*. Program PMT *underweight* dengan dana Bankeu dilakukan selama 30 hari dengan tujuan meningkatkan status gizi balita. Belum ada penelitian terkait pengaruh Pemberian Makanan Tambahan (PMT) Pemulihan di wilayah kerja Puskesmas Jatibarang Kabupaten Brebes terhadap status gizi dan berat badan balita.

Tujuan : Mengetahui pengaruh pemberian PMT Pemulihan terhadap status gizi dan berat badan balita di wilayah kerja Puskesmas Jatibarang Kabupaten Brebes.

Metode : Rancangan penelitian ini menggunakan *quasi experimental one group pretest-posttest design* yang dilaksanakan di wilayah kerja Puskesmas Jatibarang Kabupaten brebes. Dengan subjek balita berusia 6-59 bulan yang diberikan PMT pemulihan selama 30 hari berupa kudapan atau makanan lengkap menggunakan dana Bankeu. Sebanyak 31 balita mengikuti penelitian sampai akhir. Penelitian ini mencakup pengambilan data karakteristik ibu dan balita, berat badan balita untuk dianalisis BB/U nya, monitoring konsumsi PMT dan kejadian penyakit infeksi, recall 1 x 24 H di minggu ke-2 dan ke-3, recall 3 x 24 H di minggu ke-1 dan ke-4, data pengeluaran pangan dan non pangan, pola asuh, dan pengetahuan ibu. Uji statistik untuk melihat pengaruh pemberian PMT pemulihan terhadap status gizi dan berat badan menggunakan uji Wilcoxon serta uji korelasi menggunakan uji Pearson dilakukan untuk melihat pengaruh asupan makan terhadap perubahan status gizi.

Hasil : Terdapat pengaruh PMT yang diberikan selama 30 hari terhadap kenaikan berat badan dengan p-value <0,001 dan nilai z-score BB/U dengan p-value = 0,002 dengan rerata kenaikan berat badan sebesar 0,5 kg dan z-score BB/U sebesar 0,1 SD.

Simpulan : Pemberian PMT Pemulihan selama 30 hari berpengaruh terhadap berat badan dan indeks BB/U.

Kata kunci : PMT Pemulihan, Status Gizi, Balita

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The Effect of Providing Recovery PMT on the Nutritional Status and Body Weight of Toddlers in the Working Area of the Jatibarang Community Health Center, Brebes Regency

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ABSTRAC

Background : The prevalence of underweight in Brebes Regency in 2022 is known to be 21.9%. PMT is a specific intervention carried out on underweight toddlers. The underweight PMT program with Bankeu funds is carried out for 30 days with the aim of improving the nutritional status of toddlers. There has been no research regarding the effect of providing additional recovery food in the working area of the Jatibarang Community Health Center, Brebes Regency on the nutritional status and weight of toddlers.

Objective : To determine the effect of providing PMT Recovery on the nutritional status and weight of toddlers in the working area of the Jatibarang Community Health Center, Brebes Regency.

Methods : This research design used a quasi experimental one group pretest-posttest design which was carried out in the work area of the Jatibarang Community Health Center, Brebes Regency. With toddler subjects aged 6-59 months who were given providing additional recovery food for 30 days in the form of snacks or complete meals using Bankeu funds. A total of 31 toddlers took part in the research until the end. This research includes collecting data on the characteristics of mothers and toddlers, the weight of toddlers to analyze their weight/age, monitoring providing additional recovery food consumption and the incidence of infectious diseases, recall 1 x 24 H in the 2nd and 3rd week, recall 3 x 24 H in the second week. 1st and 4th, data on food and non-food expenditure, parenting patterns, and maternal knowledge. Statistical tests to see the effect of giving providing additional recovery food on nutritional status and body weight using the wilcoxon test and correlation tests using the Pearson test were carried out to see the effect of food intake on changes in nutritional status.

Results : There is an effect of PMT given for 30 days on weight gain with a p-value <0.001 and a z-score weight/age with a p-value = 0.002 with an average weight gain of 0.5 kg and a z-score weight/age of 0.1 SD.

Conclusion : Giving PMT Recovery for 30 days has an effect on body weight and weight/age index.

Keywords : PMT Recovery, Nutritional Status, Toddlers

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