

ABSTRAK

NIRMA YANTI, NPM : 2022427. “EFEKTIVITAS PROGRAM PEMBERIAN MAKANAN TAMBAHAN (PMT) DALAM RANGKA PENURUNAN STUNTING DI DESA KANDANG HALANG KECAMATAN AMUNTAI TENGAH KABUPATEN HULU SUNGAI UTARA”. Dibimbing oleh **Ibu Hj. Saidah Hasbiyah, S.Sos, M.AP.** sebagai pembimbing I dan **Bapak Moh. Fajar Noorrahman, M.Psi.** sebagai pembimbing II.

Penelitian ini dilatar belakangi fenomena yaitu: *Pertama*, Keterbatasan pengetahuan dan kesadaran masyarakat tentang gizi dan stunting. *Kedua*, Masih rendahnya tingkat kehadiran orang tua balita datang ke kegiatan posyandu. *Ketiga*, Menu PMT yang kurang bervariasi membuat anak kurang menyukai makanan yang disajikan. Adapun tujuan penelitian adalah mengetahui Efektivitas Program Pemberian Makanan Tambahan (PMT) Dalam Rangka Penurunan Stunting di Desa Kandang Halang Kecamatan Amuntai Tengah dan untuk mengetahui faktor-faktor yang mempengaruhinya.

Penelitian ini menggunakan pendekatan kualitatif dengan tipe deksriptif kualitatif. Teknik pengambilan data yang digunakan adalah observasi, wawancara dan dokumentasi. Sumber data diambil melalui penentuan secara *purposive sampling* berjumlah 16 orang. Setelah data terkumpul kemudian dianalisis dengan teknik Reduksi Data, Penyajian Data, Penarikan Kesimpulan dan Verifikasi.

Hasil penelitian ini menunjukkan bahwa efektivitas program PMT dalam rangka penurunan stunting masih kurang efektif diukur melalui model Campbell J.P (dalam Sawir, 2020:127), yaitu: *Pertama* Sub-variabel Keberhasilan Program indikator Pemantauan Aktif Petugas Kesehatan cukup efektif dan Kesesuaian Pelaksanaan dengan Pedoman Jadwal Posyandu efektif. *Kedua* Sub-variabel Keberhasilan Sasaran indikator Persentase Kehadiran Orang Tua kurang efektif dan Tepat Sasaran cukup efektif. *Ketiga* Sub-variabel Kepuasan Terhadap Program indikator Pemahaman Orang Tua Tentang Gizi dan Stunting kurang efektif dan Kualitas Pelayanan efektif. *Keempat* Sub-variabel Tingkat Input dan Output indikator Ketersediaan Sumber Daya dan Hasil Program kurang efektif. *Kelima* Sub-variabel Pencapaian Tujuan Menyeluruh indikator Tercapainya Target Program cukup efektif dan Kesadaran Gizi Meningkatkan kurang efektif. Adapun faktor pendukung efektivitas program PMT dalam rangka penurunan stunting adalah *Pertama*, Adanya dukungan kerja sama dari berbagai pihak. *Kedua*, Penyuluhan atau edukasi kepada masyarakat. Sedangkan faktor penghambat yaitu *Pertama*, Minimnya pengetahuan pola asuh dan pola pikir yang baik. *Kedua*, Keterlibatan orang tua yang masih minim. *Ketiga*, Anak sulit makan atau tidak mau mengonsumsi PMT. *Keempat*, keterbatasan anggaran.

Saran ditujukan kepada Bidang Gizi Puskesmas Sungai Malang agar meningkatkan kegiatan penyuluhan dan evaluasi rutin terhadap variasi menu PMT. Kepada Kepala Desa Kandang Halang agar mengoptimalkan anggaran dan monitoring program. Kepada Kader Posyandu agar lebih aktif dalam pendampingan kunjungan rumah dan pencatatan. Kepada orang tua balita agar rutin mengikuti posyandu dan menerapkan pola makan bergizi di rumah. Kepada peneliti selanjutnya agar mengembangkan penelitian dengan variabel, metode, lokasi, dan jangka waktu yang lebih luas untuk memperoleh gambaran yang lebih komprehensif tentang efektivitas Program PMT.

ABSTRACT

NIRMA YANTI, NPM: 2022427. “EFFECTIVENESS OF THE SUPPLEMENTARY FEEDING PROGRAM (PMT) IN REDUCING STUNTING IN KANDANG HALANG VILLAGE, AMUNTAI TENGAH DISTRICT, HULU SUNGAI UTARA REGENCY.” Supervised by **Mrs. Hj. Saidah Hasbiyah, S.Sos., M.AP.** as Supervisor I and **Mr. Moh. Fajar Noorrahman, M.Psi.** as Supervisor II.

This research is motivated by several phenomena: first, limited public knowledge and awareness about nutrition and stunting; second, the low attendance of parents of toddlers at Posyandu activities; and third, the lack of variety in PMT menus, which makes children less interested in the food provided. The objectives of this study are to determine the effectiveness of the Supplementary Feeding Program (PMT) in reducing stunting in Kandang Halang Village, Amuntai Tengah District, and to identify the factors influencing it.

This study uses a qualitative approach with a descriptive qualitative design. Data were collected through observation, interviews, and documentation. The data sources were selected using purposive sampling, involving 16 informants. The data were analyzed using data reduction, data display, conclusion drawing, and verification techniques.

The results show that the effectiveness of the PMT program in reducing stunting is still less effective based on Campbell J.P.'s model (in Sawir, 2020:127), namely: first, the sub-variable of program success with indicators of active monitoring by health workers is fairly effective, and conformity with the Posyandu schedule guidelines is effective. Second, the sub-variable of target achievement with indicators of parental attendance is less effective, and target accuracy is fairly effective. Third, the sub-variable of satisfaction with the program with indicators of parents' understanding of nutrition and stunting is less effective, while service quality is effective. Fourth, the sub-variable of input and output level with indicators of resource availability and program outcomes is less effective. Fifth, the sub-variable of overall goal achievement with indicators of program target attainment is fairly effective, and improvement in nutrition awareness is less effective. Supporting factors for the effectiveness of the PMT program include cooperation from various parties and community education or outreach. Inhibiting factors include limited knowledge of good parenting practices and mindsets, low parental involvement, children's difficulty or refusal to consume PMT, and limited budget.

Recommendations are addressed to the Nutrition Unit of Sungai Malang Health Center to enhance counseling activities and conduct routine evaluations of PMT menu variations. The Head of Kandang Halang Village is encouraged to optimize budget allocation and strengthen program monitoring. To Posyandu cadres to be more active in home visits and record-keeping. To parents of toddlers to routinely attend Posyandu and apply balanced nutrition at home. To future researchers to expand studies with broader variables, methods, locations, and timeframes to obtain a more comprehensive understanding of the effectiveness of the PMT program.