

ABSTRAK

ZAHRATUL JANNAH, NPM: 2022056, JUDUL “EFEKTIVITAS PROGRAM PEMBERIAN MAKANAN TAMBAHAN (PMT) DALAM UPAYA PENURUNAN STUNTING DI DESA SUNGAI HAJI KECAMATAN SUNGAI TABUKAN KABUPATEN HULU SUNGAI UTARA” dibawah bimbingan **Ibu Sri Agusmila Aneta Herlinda, S.Pd.,M.AP** sebagai Pembimbing I dan **Bapak Herry Febriadi, SH, MH.CPRM.** sebagai Pembimbing II.

Wilayah Kabupaten Hulu Sungai Utara masih menghadapi permasalahan stunting, salah satunya di Desa Sungai Haji yang memiliki angka stunting tertinggi di Kecamatan Sungai Tabukan. Pemerintah menetapkan Program Pemberian Makanan Tambahan (PMT) sebagai upaya penanganan, namun pelaksanaannya belum konsisten, sosialisasi gizi belum spesifik, dan pemahaman kader terhadap pencatatan KIA masih terbatas. Penelitian ini bertujuan untuk mengetahui efektivitas Program PMT serta faktor-faktor yang memengaruhinya.

Penelitian ini menggunakan pendekatan kualitatif dengan tipe deskriptif kualitatif. Teknik pengumpulan data yang digunakan adalah wawancara, observasi, dan dokumentasi. Sumber data yang diambil melalui penarikan sampel secara *purposive sampling* yang berjumlah 19 orang. Data dianalisis dengan teknik reduksi data, penyajian data dan penarikan kesimpulan. Uji kredibilitas data yaitu perpanjangan pengamatan, meningkatkan ketekunan, *triangulasi*, dan mengadakan *member check*.

Hasil penelitian menunjukkan bahwa efektivitas program pemberian makanan tambahan (PMT) dalam upaya penurunan stunting di desa sungai haji kecamatan sungai tabukan kabupaten hulu sungai utara masih kurang efektif. Pada aspek pemahaman program, pelatihan keterampilan dan sosialisasi masih kurang efektif karena keterbatasan pelatihan kader dan sosialisasi yang tidak terjadwal. Aspek tepat sasaran telah berjalan efektif karena penetapan penerima PMT didasarkan pada data status gizi balita yang terverifikasi. Pada aspek tepat waktu, sistem penyaluran program berjalan sesuai juknis, namun waktu pelaksanaan program belum konsisten setiap tahun. Aspek tercapainya tujuan menunjukkan bahwa kesesuaian pelaksana cukup efektif, dan pencapaian tujuan kegiatan masih kurang efektif karena dampak PMT terhadap perbaikan gizi anak belum signifikan. Pada aspek perubahan nyata, perubahan perilaku masyarakat dan dampak program masih kurang efektif, ditandai dengan pola asuh dan kebiasaan konsumsi anak yang belum mendukung serta belum adanya penurunan angka stunting yang jelas. Faktor penghambat meliputi keterbatasan pelatihan, sosialisasi, ketidakpastian waktu pelaksanaan, serta peran keluarga, sedangkan pada faktor pendorong meliputi ketersediaan data gizi, ketepatan sasaran, dan kerja sama antar pelaksana.

Untuk meningkatkan efektivitas pelaksanaan Program Pemberian Makanan Tambahan (PMT) di Desa Sungai Haji, diperlukan penguatan peran petugas gizi puskesmas dalam sosialisasi dan pelatihan terkait PMT serta pencatatan buku KIA. Konsistensi jadwal pelaksanaan PMT oleh kepala desa. Selain itu, kader posyandu perlu memiliki pemahaman yang merata dalam pencatatan dan pelaksanaan PMT agar tidak bergantung pada satu orang saja. Di sisi lain, keterlibatan masyarakat, khususnya orang tua, menjadi penting dalam mendukung perubahan pola asuh dan pemenuhan gizi anak di rumah.

ABSTRACT

ZAH RATUL JANNAH, NPM: 2022056, TITLE “THE EFFECTIVENESS OF THE SUPPLEMENTARY FEEDING PROGRAM (PMT) IN REDUCING STUNTING IN SUNGAI HAJI VILLAGE, SUNGAI TABUKAN SUBDISTRICT, HULU SUNGAI UTARA REGENCY” under supervision of Mrs. **Ibu Sri Agusmila Aneta Herlinda, S.Pd., M.AP** as supervisor I dan Mr. **Herry Febriadi, SH, MH.CPRM.** as supervisor II.

Hulu Sungai Utara Regency continues to face stunting issues, particularly in Sungai Haji Village, which has the highest stunting prevalence in Sungai Tabukan District. To address this problem, the government implemented the Supplementary Feeding Program (PMT) as a nutritional intervention for under-five children. However, in practice, the program has not been fully consistent. Nutrition education has not been conducted in a specific and scheduled manner, and cadres' understanding of Maternal and Child Health (MCH/KIA) record-keeping remains limited. These conditions indicate that several aspects of implementation still require improvement. This study aims to examine the effectiveness of the PMT program and to identify the factors influencing its implementation.

This study employed a descriptive qualitative approach. Data were collected through interviews, observations, and documentation involving 19 informants selected using purposive sampling techniques. Data analysis was carried out through data reduction, data display, and conclusion drawing. To ensure data credibility, prolonged engagement, increased persistence, triangulation, and member checking were applied.

The findings reveal that the overall effectiveness of the PMT program in reducing stunting in Sungai Haji Village remains less effective. In terms of program understanding, both skill training and socialization were insufficient due to limited training opportunities and the absence of structured and continuous socialization activities. The targeting aspect was effective, as beneficiaries were determined based on verified nutritional status data obtained from posyandu measurements and coordinated with relevant health officers. Regarding timeliness, the distribution system followed established technical guidelines; however, the implementation schedule was inconsistent from year to year and depended on village budgeting policies. The suitability of implementers was considered moderately effective since activities were conducted according to established mechanisms, although cadres' comprehension of program objectives and MCH record-keeping was not evenly distributed. In terms of tangible change, community behavioral changes and the overall impact of the program were still limited, as parenting practices and children's dietary habits have not fully supported sustained nutritional improvement. Inhibiting factors include limited training and socialization, inconsistent scheduling, and limited family involvement, while supporting factors consist of the availability of nutritional data, accurate beneficiary targeting, and coordination among program implementers.

Improving the effectiveness of the PMT program requires strengthening socialization and training activities, ensuring consistent program scheduling, enhancing cadres' competencies in record-keeping, and increasing parental involvement in maintaining children's nutritional intake at the household level.