

ABSTRAK

RUSADI, NPM 202103, Judul “EFEKTIVITAS PROGRAM PEMBERIAN MAKANAN TAMBAHAN (PMT) UNTUK PENCEGAHAN STUNTING DI DESA SUNGAI KUINI KECAMATAN SUNGAI PANDAN KABUPATEN HULU SUNGAI UTARA”. Dibimbing oleh Ibu Ni Made Musiyani Anjasmari, M. AP. Sebagai pembimbing I dan Bapak Gusti Muhammad Hidayatullah, S.Sos M. AP. sebagai pembimbing II.

Program Pemberian Makanan Tambahan (PMT) merupakan salah satu upaya pemerintah dalam pencegahan stunting melalui pemenuhan kebutuhan gizi balita dan ibu hamil. Namun, dalam pelaksanaannya di Desa Sungai Kuini Kecamatan Sungai Pandan Kabupaten Hulu Sungai Hulu Sungai Utara masih ditemukan beberapa permasalahan, seperti sosialisasi program yang belum optimal, variasi makanan tambahan yang masih kurang, rendahnya partisipasi masyarakat dalam kegiatan posyandu, serta masih ditemukannya balita yang mengalami stunting meskipun telah menerima PMT. Penelitian ini bertujuan untuk mengetahui efektivitas Program Pemberian Makanan Tambahan (PMT) untuk pencegahan stunting di Desa Sungai Kuini Kecamatan Sungai Pandan Hulu Sungai Utara serta faktor-faktor yang mempengaruhi efektivitasnya.

Metode penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan kualitatif. Sumber data diperoleh dari data primer dan data sekunder dengan teknik penentuan informan menggunakan *purposive sampling* sebanyak 11 informan. Teknik pengumpulan data dilakukan melalui observasi, wawancara, dan dokumentasi. Analisis data dilakukan melalui reduksi data, penyajian data, dan penarikan kesimpulan atau verifikasi. Uji kredibilitas data dilakukan dengan perpanjangan pengamatan, meningkatkan ketekunan, triangulasi, triangulasi, Analisis Kasus Negatif, Menggunakan Bahan Reverensi, serta *member check*.

Hasil penelitian menunjukkan bahwa efektivitas Program Pemberian Makanan Tambahan (PMT) untuk pencegahan stunting di Desa Sungai Kuini Kecamatan Sungai Pandan Kabupaten Hulu Sungai Utara kurang efektif. Hal ini terlihat dari indikator pemahaman program dan ketepatan waktu yang cukup efektif, sedangkan indikator sosialisasi program, kesesuaian program dengan kebutuhan masyarakat, pencapaian tujuan, dan perubahan nyata masih belum optimal. Faktor pendukung efektivitas program meliputi kerja sama yang baik antara pemerintah desa, bidan desa, kader posyandu, dan masyarakat serta pelaksanaan PMT yang dilakukan secara rutin bersamaan dengan kegiatan posyandu, tersedia makanan siap saji memudahkan kader untuk pelaksanaannya. Adapun faktor penghambat meliputi ketidaksesuaian jenis makanan yang diberikan dengan SOP, keterbatasan anggaran di Desa Sungai Kuini, serta kurangnya penyampaian informasi ataupun sosialisasi ke masyarakat.

Disarankan kepada Pemerintah Desa agar meningkatkan dukungan terhadap pelaksanaan Program PMT melalui penyediaan anggaran, peningkatan koordinasi, dan sosialisasi kepada masyarakat. Bidan desa dan kader posyandu diharapkan meningkatkan variasi menu makanan tambahan, penyuluhan gizi, serta pemantauan pertumbuhan balita secara berkala. Masyarakat, khususnya orang tua balita dan ibu hamil, diharapkan lebih aktif mengikuti kegiatan posyandu dan menerapkan pola makan bergizi seimbang agar tujuan pencegahan stunting dapat tercapai secara optimal.

ABSTRACT

RUSADI, NPM 2022103, Title “The Effectiveness of the Supplementary Feeding Program (PMT) for Stunting Prevention in Sungai Kuini Village, Sungai Pandan District, Hulu Sungai Utara Regency.” Supervised by Mrs. Ni Made Musiyani Anjasmari, M. AP. as the First Supervisor and Mr. Gusti Muhammad Hidayatullah, S.Sos M. AP. as the Second Supervisor.

The Supplementary Feeding Program (PMT) is one of the government's efforts to prevent stunting by fulfilling the nutritional needs of toddlers and pregnant women. However, its implementation in Sungai Kuini Village, Sungai Pandan District, Hulu Sungai Tengah Regency still encounters several problems, including inadequate program dissemination, limited variety of supplementary food, low community participation in Posyandu activities, and the continued presence of stunting cases among toddlers despite receiving PMT. This study aims to determine the effectiveness of the Supplementary Feeding Program (PMT) for stunting prevention in Sungai Kuini Village, Sungai Pandan District, Hulu Sungai Utara Regency, as well as the factors influencing its effectiveness.

This study employed a descriptive qualitative research method. Data were obtained from both primary and secondary sources. Informants were selected using a purposive sampling technique, involving a total of 11 informants. Data were collected through observation, interviews, and documentation. The data were analyzed through data reduction, data display, and conclusion drawing or verification. The credibility of the data was ensured through source triangulation, technique triangulation, and member checking.

The findings reveal that the effectiveness of the Supplementary Feeding Program (PMT) for stunting prevention in Sungai Kuini Village, Sungai Pandan District, Hulu Sungai Utara Regency is less effective. This is indicated by the fact that the program understanding and timeliness indicators are fairly effective, while the indicators of program dissemination, program suitability to community needs, achievement of program objectives, and tangible outcomes have not yet reached optimal levels. Supporting factors include good cooperation among the village government, village midwives, Posyandu cadres, and the community, as well as the regular implementation of the PMT program alongside monthly Posyandu activities. Meanwhile, the inhibiting factors include inadequate program dissemination, limited variety of supplementary food, inappropriate parenting practices and family eating habits, low community participation in Posyandu activities, and the continued existence of stunting cases among toddlers.

It is recommended that the village government strengthen its support for the implementation of the PMT program through adequate funding, improved coordination, and broader community outreach. Village midwives and Posyandu cadres are expected to improve the variety of supplementary food menus, provide more intensive nutrition education, and regularly monitor children's growth. In addition, the community, particularly parents of toddlers and pregnant women, is encouraged to participate more actively in Posyandu activities and adopt balanced nutritional practices to ensure that the objectives of stunting prevention can be achieved more effectively.