

FAIZAH, NPM 2022067, Judul “EFEKTIVITAS PROGRAM PEMBERIAN MAKANAN TAMBAHAN (PMT) UNTUK PENCEGAHAN STUNTING DI DESA PANGGUNG KECAMATAN HARUYAN KABUPATEN HULU SUNGAI TENGAH”. Dibimbing oleh Ibu Ramona Handayani, S.Pd., M. A. Sebagai pembimbing I dan Bapak Fakhri S.Sos., M. AP sebagai pembimbing II.

Penelitian ini bertujuan untuk mengetahui efektivitas Program Pemberian Makanan Tambahan (PMT) dalam pencegahan stunting di Desa Panggung Kecamatan Haruyan Kabupaten Hulu Sungai Tengah serta mengetahui faktor-faktor yang mempengaruhi efektivitas program tersebut. Penelitian ini dilatarbelakangi oleh masih ditemukannya balita yang mengalami stunting meskipun Program PMT telah dilaksanakan secara rutin. Selain itu, pelaksanaan program masih menghadapi beberapa kendala, seperti sosialisasi yang belum optimal, variasi menu makanan tambahan yang kurang beragam, dan rendahnya partisipasi masyarakat dalam kegiatan posyandu.

Pendekatan yang digunakan dalam penelitian ini adalah penelitian kualitatif dengan tipe deskriptif. Informan penelitian ditentukan menggunakan teknik *purposive sampling* yang berjumlah 15 orang. Teknik pengumpulan data dilakukan melalui wawancara, observasi, dan dokumentasi. Analisis data dilakukan melalui reduksi data, penyajian data, dan penarikan kesimpulan. Uji kredibilitas data dilakukan melalui perpanjangan pengamatan, meningkatkan ketekunan, triangulasi, penggunaan bahan referensi, analisis kasus negatif, dan *member check*.

Hasil penelitian menunjukkan bahwa efektivitas Program Pemberian Makanan Tambahan (PMT) dalam pencegahan stunting di Desa Panggung kurang efektif. Pada indikator pemahaman program, ketepatan sasaran, dan ketepatan waktu pelaksanaan tergolong cukup efektif, sedangkan indikator sosialisasi program, pencapaian tujuan, dan perubahan nyata masih kurang efektif. Faktor yang mempengaruhi efektivitas program terdiri dari faktor pendukung dan faktor penghambat. Faktor pendukung meliputi kerja sama dan koordinasi antara pemerintah desa, puskesmas, bidan desa, ahli gizi, kader KPM, dan kader posyandu, serta pelaksanaan PMT yang rutin melalui kegiatan posyandu. Faktor penghambat meliputi belum adanya sosialisasi khusus, kebiasaan makan anak yang belum sesuai dengan kebutuhan gizi, pemenuhan kebutuhan gizi balita yang belum optimal meskipun telah mengikuti Program PMT, menu makanan tambahan yang kurang bervariasi, serta masih ditemukannya balita yang mengalami masalah gizi dan stunting.

Kepada Pemerintah Desa Panggung diharapkan dapat meningkatkan dukungan terhadap pelaksanaan Program PMT melalui penguatan koordinasi dengan puskesmas dan kader posyandu, peningkatan sosialisasi kepada masyarakat, serta penyediaan menu makanan tambahan yang lebih beragam dan bergizi. Puskesmas dan kader posyandu diharapkan terus meningkatkan edukasi mengenai gizi seimbang dan pola asuh kepada orang tua. Masyarakat diharapkan lebih aktif mengikuti kegiatan posyandu serta menerapkan pola makan bergizi seimbang agar upaya pencegahan stunting dapat berjalan secara optimal.

ABSTRACT

FAIZAH, NPM: 2022067, Title “The Effectiveness of the Supplementary Feeding Program (PMT) for Stunting Prevention in Panggung Village, Haruyan District, Hulu Sungai Tengah Regency.” Supervised by Mrs. Ramona Handayani, S.Pd., M.A. as the First Supervisor and Mr. Fakhri, S.Sos., M.AP. as the Second Supervisor.

This study aims to determine the effectiveness of the Supplementary Feeding Program (PMT) in preventing stunting in Panggung Village, Haruyan District, Hulu Sungai Tengah Regency, and to identify the factors affecting the effectiveness of the program. This research was motivated by the continued occurrence of stunting among children under five despite the routine implementation of the Supplementary Feeding Program (PMT). In addition, the program still faces several challenges, including inadequate program socialization, limited variety of supplementary food menus, and low community participation in *Posyandu* (Integrated Health Service Posts) activities.

This study employed a qualitative descriptive research approach. The research informants, totaling 15 informants, were selected using a purposive sampling technique. Data were collected through interviews, observations, and documentation. Data analysis was conducted through data reduction, data presentation, and conclusion drawing. The credibility of the data was ensured through prolonged engagement, persistent observation, triangulation, the use of reference materials, negative case analysis, and member checking.

The results indicate that the effectiveness of the Supplementary Feeding Program (PMT) in preventing stunting in Panggung Village is less effective. The indicators of program understanding, target accuracy, and timeliness of implementation were categorized as moderately effective, while the indicators of program socialization, goal achievement, and tangible outcomes were categorized as less effective. The factors affecting the program's effectiveness consist of supporting and inhibiting factors. Supporting factors include cooperation and coordination among the village government, community health center (*Puskesmas*), village midwife, nutritionist, Family Development Cadres (KPM), and *Posyandu* cadres, as well as the routine implementation of the PMT program through *Posyandu* activities. Inhibiting factors include the absence of dedicated program socialization, children's eating habits that do not meet nutritional requirements, inadequate fulfillment of children's nutritional needs despite participation in the PMT program, limited variety of supplementary food menus, and the continued presence of children under five experiencing malnutrition and stunting.

It is recommended that the Panggung Village Government strengthen its support for the implementation of the PMT program by enhancing coordination with the *Puskesmas* and *Posyandu* cadres, improving program socialization, and providing more diverse and nutritious supplementary food menus. The *Puskesmas* and *Posyandu* cadres are expected to continuously provide education on balanced nutrition and proper parenting practices. The community is encouraged to participate more actively in *Posyandu* activities and to adopt balanced dietary practices to support more effective stunting prevention.