

STIKES PANCA BHAKTI PONTIANAK
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EVALUASI PEMBERIAN MAKANAN TAMBAHAN PADA ANAK STUNTING DENGAN PENINGKATAN TINGGI BADAN DAN BERAT BADAN DI DESA TELUK KAPUAS TAHUN 2025 KARYA TULIS ILMIAH

V + 86 Halaman + 8 Tabel + 5 Gambar + 2 Lampiran

ABSTRAK

Latar belakang Berdasarkan data WHO, stunting adalah perkembangan pada anak yang disebabkan gizi buruk, infeksi berulang, maupun stimulasi psikososial yang tidak memadai. Indonesia menduduki peringkat kedua tertinggi angka stunting di Asia Tenggara dengan prevalensi 31,8%. Di Kalimantan Barat tercatat 20,6%, di Kabupaten Kubu Raya sebesar 7,9%, dan di Desa Teluk Kapuas terdapat 31 anak yang mengalami stunting.

Tujuan penelitian Untuk mengevaluasi pengaruh PMT terhadap peningkatan tinggi badan dan berat badan anak stunting di Desa Teluk Kapuas tahun 2025.

Metode penelitian Menggunakan desain quasi-experimental dengan pendekatan pre- and post-test. Sampel terdiri dari 31 anak stunting yang dipilih secara total sampling. Data tinggi badan dan berat badan diukur sebelum dan setelah pemberian PMT, kemudian dianalisis menggunakan uji chi-square dengan bantuan SPSS.

Hasil penelitian Menunjukkan bahwa sebelum PMT, sebagian besar anak memiliki tinggi badan rendah 18 responden (58,1%) dan berat badan meningkat yaitu 14 responden (45,2%). Setelah PMT, tinggi badan tetap didominasi kategori rendah 18 responden (58,1%), sedangkan berat badan menunjukkan peningkatan (64,5%). Hasil uji statistik menunjukkan nilai p-value 0,000 ($<0,05$), yang mengindikasikan adanya pengaruh signifikan PMT terhadap peningkatan tinggi badan dan berat badan anak stunting.

Kesimpulan PMT berpengaruh signifikan terhadap peningkatan berat badan, namun belum optimal dalam meningkatkan tinggi badan anak stunting. Diperlukan evaluasi lebih mendalam terhadap kualitas PMT, serta faktor pendukung seperti sanitasi dan edukasi gizi bagi orang tua.

Kata Kunci : Stunting, Pemberian Makanan Tambahan (PMT), Tinggi Badan, Berat Badan, Evaluasi Program.

PONTIANAK PANCA BHAKTI STIKES
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SCIENTIFIC PAPERS EVALUATION OF ADDITIONAL FEEDING TO STUNTING CHILDREN WITH INCREASING HEIGHT AND WEIGHT IN TELUK KAPUAS VILLAGE IN 2025

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ABSTRACT

Background Based on WHO data, stunting is a growth disorder in children caused by malnutrition, recurrent infections, and inadequate psychosocial stimulation. Indonesia ranks second highest in stunting prevalence among Southeast Asian countries, with a rate of 31.8%. In West Kalimantan, the prevalence is 20.6%, in Kubu Raya District 7.9%, and in Teluk Kapuas Village, there are 31 children suffering from stunting.

Objective To evaluate the effect of supplementary feeding (PMT) on the improvement of height and weight in stunted children in Teluk Kapuas Village in 2025.

Methods A quasi-experimental design with a pre- and post-test approach was used. The sample consisted of 31 stunted children selected through total sampling. Height and weight data were measured before and after PMT intervention, and analyzed using chi-square test with SPSS.

Results Before PMT, most children had short stature (18 respondents, 58.1%) and low weight (14 respondents, 45.2%). After PMT, height was still dominated by the short category (18 respondents, 58.1%), while weight showed an increase (64.5%). Statistical test results showed a p-value of 0.000 (<0.05), indicating a significant effect of PMT on improving height and weight in stunted children.

Conclusion PMT significantly affected weight gain, but was not yet optimal in improving height in stunted children. Further evaluation is needed on the quality of PMT, as well as supporting factors such as sanitation and nutrition education for parents.

Keywords: Stunting, Supplementary Feeding (PMT), Height, Weight, Program Evaluation.