

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS KESEHATAN
INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**

Skripsi, Agustus 2025
Putri wulandari

**PENGARUH PEMBERIAN MAKANAN TAMBAHAN TERHADAP
PERUBAHAN INDEKS TINGGI BADAN MENURUT UMUR PADA
BALITA STUNTING DI WILAYAH KERJA PUSKESMAS
WARUROYOM DI KABUPATEN CIREBON**

XIV + 100 Halaman + 13 Tabel + 2 Bagan + 15 Lampiran

ABSTRAK

Stunting, kondisi tinggi badan anak di bawah standar usia, merupakan masalah gizi kronis yang berdampak jangka panjang pada pertumbuhan fisik dan kognitif. Intervensi PMT dipandang krusial untuk memperbaiki status gizi balita. Penelitian ini bertujuan untuk menganalisis pengaruh pemberian makanan tambahan (PMT) terhadap perubahan indeks tinggi badan menurut umur (TB/U) pada balita stunting.

Metode penelitian yang digunakan adalah kuantitatif dengan desain quasi-eksperimental dan pendekatan retrospektif, memanfaatkan data dari Kartu Menuju Sehat (KMS). Populasi penelitian adalah 80 balita stunting di Puskesmas Waruroyom pada tahun 2024-2025, dengan sampel sebanyak 44 balita yang dipilih menggunakan purposive sampling. Data dikumpulkan melalui lembar observasi dan pengukuran antropometri (panjang/tinggi badan), kemudian dianalisis menggunakan uji Paired Sample t-test setelah uji normalitas data.

Hasil penelitian menunjukkan bahwa sebelum intervensi PMT, mayoritas balita (63,6%) berada dalam kategori sangat pendek. Setelah 90 hari pemberian PMT, terjadi perbaikan signifikan: proporsi balita sangat pendek menurun menjadi 31,8%, dan 13,6% balita berhasil mencapai kategori normal. Tingkat kepatuhan konsumsi PMT juga sangat baik, mencapai 100% pada pemberian ketiga. Analisis statistik menunjukkan nilai p-value 0,000 ($p < 0,05$), membuktikan adanya pengaruh signifikan PMT terhadap peningkatan indeks TB/U balita stunting. Penelitian ini mengkonfirmasi efektivitas PMT sebagai strategi intervensi gizi untuk mengatasi stunting.

Kesimpulan, PMT terbukti efektif sebagai strategi intervensi gizi untuk mengatasi stunting pada balita, dengan dampak positif yang signifikan terhadap pertumbuhan linear anak.

Kata Kunci : Pemberian Makanan Tambahan (PMT), Stunting, Indeks Tinggi Badan Menurut Umur (TB/U), Balita, Puskesmas Waruroyom.

Daftar Pustaka : 22 (2020-2025)

NURSING STUDY PROGRAM
FACULTY OF HEALTH
MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH

Thesis, August 2025
Putri wulandari

**THE EFFECT OF PROVIDING ADDITIONAL FOOD ON CHANGES IN
THE HEIGHT-FOR-AGE INDEX IN STUNTED TODDLERS IN THE
WORKING AREA OF THE WARUROYOM COMMUNITY CENTER,
CIREBON REGENCY**

XIV + 100 Pages + 13 Tables + 2 Charts + 15 Attachment

ABSTRACT

Stunting, a condition where a child's height falls below the age-standard, is a chronic nutritional problem with long-term impacts on both physical and cognitive development. Supplementary feeding (PMT) intervention is considered crucial to improve toddlers' nutritional status. This study aims to analyze the effect of supplementary feeding (PMT) on changes in the height-for-age index (H/A) among stunted toddlers in the working area of Waruroyom Public Health Center, Cirebon Regency.

The research method used was quantitative with a quasi-experimental design and a retrospective approach, utilizing data from the Child Growth Monitoring Card (KMS). The study population consisted of 80 stunted toddlers at Waruroyom Public Health Center in 2024–2025, with a sample of 44 toddlers selected using purposive sampling. Data were collected through questionnaires and anthropometric measurements (length/height), then analyzed using the Paired Sample t-test after normality testing.

The results showed that before the PMT intervention, the majority of toddlers (63.6%) were categorized as severely stunted. After 90 days of supplementary feeding, significant improvements were observed: the proportion of severely stunted toddlers decreased to 31.8%, and 13.6% of toddlers reached the normal category. Compliance with PMT consumption was also very high, reaching 100% by the third provision. Statistical analysis revealed a p-value of 0.000 ($p < 0.05$), proving a significant effect of PMT on the improvement of height-for-age index among stunted toddlers. This study confirms the effectiveness of supplementary feeding as a nutritional intervention strategy to overcome stunting.

The conclusion, supplementary feeding has proven effective as a nutritional intervention strategy to reduce stunting in toddlers, with significant positive effects on children's linear growth.

Keywords : *Supplementary Feeding (PMT), Stunting, Height-for-Age Index (H/A), Toddlers, Waruroyom Public Health Center.*

References : *22 (2020–2025)*