

# HUBUNGAN KEIKUTSERTAAN PROGRAM PEMBERIAN MAKANAN TAMBAHAN (PMT) LOKAL DENGAN PENINGKATAN BERAT BADAN ANAK DI KECAMATAN SAWANGAN KOTA DEPOK

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## Abstrak

Program Pemberian Makanan Tambahan (PMT) lokal menjadi salah satu strategi penurunan angka gizi kurang dan *stunting*. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan keikutsertaan program pemberian makanan tambahan lokal dengan peningkatan berat badan anak di Kecamatan Sawangan, Depok. **Metode:** Metode yang digunakan adalah retrospektif dengan uji *chi-square* untuk mengetahui hubungan antara variabel keikutsertaan program pemberian makanan tambahan lokal dan variabel peningkatan berat badan anak. Teknik sampling yang digunakan adalah *stratified random sampling* pada 192 responden. Pengumpulan data dilakukan pada bulan Mei 2024. **Hasil:** Hasil uji *chi square* keikutsertaan program pemberian makanan tambahan lokal dengan peningkatan berat badan anak yaitu  $p\text{-value} = 0.003$  ( $<0.05$ ) dan nilai OR 2.963. **Kesimpulan:** Hal ini dapat disimpulkan bahwa terdapat hubungan antara keikutsertaan program pemberian makanan tambahan lokal dengan peningkatan berat badan anak, keikutsertaan program pemberian makanan tambahan lokal memiliki peluang 2.963 kali meningkatkan berat badan anak secara adekuat. **Saran:** Peneliti selanjutnya diharapkan dapat menganalisis hubungan karakteristik anak yang mengikuti program PMT lokal dengan peningkatan berat badan, serta memberikan gambaran terkait menu makanan PMT yang diterima anak.

**Kata kunci:** Anak; Gizi; Lokal; Makanan Tambahan; Program

# THE RELATIONSHIP BETWEEN PARTICIPATION IN THE LOCAL SUPPLEMENTARY FEEDING PROGRAM (PMT) AND CHILDREN'S WEIGHT GAIN IN SAWANGAN DEPOK

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## Abstract

The local supplementary feeding program (PMT) is one of the strategies to reduce undernutrition and stunting. **Objectives:** This study aimed to determine the relationship between participation in the local supplementary feeding program and children's weight gain in Sawangan Sub-district, Depok. **Methodology:** The method used was retrospective with chi-square test to determine the relationship between the variable of participation in the local supplementary feeding program and the variable of child weight gain. The sampling technique used was stratified random sampling on 192 respondents. Data collection was conducted in May 2024. **Results:** The results of the chi square test of participation in the local supplementary feeding program with increased child weight were p-value = 0.003 (<0.05) and OR value 2.963. **Conclusion:** It can be concluded that there is an association between participation in the local supplementary feeding program and increasing child weight, participation in the local supplementary feeding program has a 2.963 times chance of increasing child weight adequately. **Suggestion:** Future researchers are expected to analyze the relationship between the characteristics of children who participate in the local PMT program and weight gain, as well as provide an overview of the PMT food menu received by children.

**Keywords:** Child; Nutrition; Local; Supplementary Feeding; Program