

# Hubungan Pemberian Makanan Tambahan Pemulihan dengan Prevalensi Balita Berat Badan Kurang dan Gizi Kurang di Indonesia Tahun 2022 (Analisis Data Sekunder Sigizi Terpadu/EPPGBM) = The Relationship of Providing Supplementary Food for Recovery with the Prevalence of Underweight and Wasted Toddlers in Indonesia in 2022 (Integrated Nutrition Secondary Data Analysis/EPPGBM)

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## Abstrak

Tesis ini membahas program pemberian makanan tambahan berupa biskuit pabrikan bagi balita gizi kurang (pengukuran perbandingan berat badan menurut panjang atau tinggi badan balita) yang telah dilakukan Pemerintah Indonesia sejak tahun 2004-2022. Pada praktiknya Pemberian Makanan Tambahan Pemulihan (PMT-P) berupa biskuit pabrikan juga diberikan bagi balita dengan berat badan kurang (pengukuran perbandingan berat badan menurut umur). Perlu adanya analisis untuk mengetahui hubungan pemberian makanan tambahan dengan Prevalensi Balita Berat Badan Kurang dan Gizi Kurang di Indonesia Tahun 2022. Penelitian ini merupakan studi kuantitatif dengan menggunakan data sekunder dengan desain cross-sectional. Data yang digunakan adalah Data Sekunder Sigizi Terpadu/EPPGBM dari Kementerian Kesehatan RI. Data tersebut meliputi jumlah balita penerima PMT-P dan balita dengan berat badan sangat kurang (severely underweight), berat badan kurang (underweight) dan gizi kurang (moderate wasted) seluruh provinsi di Indonesia tahun 2022. Hasil penelitian menunjukkan ada hubungan antara pemberian makanan tambahan dengan prevalensi balita berat badan kurang (underweight) nilai  $P = 0,026$  (CI = 0,007-0,101), sangat kurang (severely underweight) nilai  $P = 0,026$  (CI = -0,101 s/d -0,007) dan gizi kurang (moderate wasted) nilai  $P = 0,021$  (CI = 0,056-0,650). Seluruh nilai  $P < 0,005$  menunjukkan ada hubungan prevalensi balita berat badan kurang dan gizi kurang. Penelitian menyarankan program pemberian makanan tambahan berupa biskuit dilanjutkan diikuti dengan program pendekatan keluarga bagi balita gizi kurang dan adanya penambahan pelaporan faktor determinan kejadian balita gizi kurang di aplikasi EPPGBM.

.....This thesis discusses the supplementary feeding program in the form of manufactured biscuits for malnourished toddlers (measurement of the ratio of body weight according to the length or height of toddlers) that has been carried out by the Government of Indonesia from 2004-2022. In practice, supplementary feeding in the form of manufactured biscuits is also given to toddlers with underweight (a measure of the ratio of body weight to age). An analysis is needed to determine the relationship between supplementary feeding and the Prevalence of Underweight and Malnourished Children in Indonesia in 2022. This research is a quantitative study using secondary data with a cross-sectional design. The data used is Integrated Nutrition Secondary Data / EPPGBM from the Indonesian Ministry of Health. The data includes the number of toddlers receiving PMT-P and severely underweight, underweight and wasted toddlers in all provinces in Indonesia in 2022. The results show that there is a relationship between supplementary feeding and prevalence of underweight toddlers  $P$  value = 0.026 (CI = 0.007-0.101), severely underweight  $P$  value = 0.026 (CI = -0.101 to -0.007) and moderate wasted  $P$  value = 0.021 (CI = 0.056-0.650). All  $P$  values  $< 0.005$  indicated that there was a relationship between the prevalence of underweight and malnutrition. The research suggested that the supplementary feeding program in the form of biscuits be continued followed by

a family approach program for undernourished toddlers and additional reporting of the determinants of the incidence of undernourished toddlers in the EPPGM application.