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Effectiveness of the Supplementary Feeding Program (PMT) for Stunting Prevention in Plintahan Village, Pandaan District, Pasuruan Regency

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Abstract
Stunting is a growth disorder in children that occurs due to long-term nutritional deficiencies, repeated infections, and a lack of psychosocial stimulation, resulting in a child's height being below the standard based on height-for-age indicators. This condition is a health problem that requires attention because it can increase the risk of health problems, reduce the quality of life, and even affect children's physical and cognitive development in the future. This study aims to analyze the effectiveness of the Supplementary Feeding Program (PMT) in preventing stunting in Plintahan Village, Pandaan District, Pasuruan Regency using descriptive research methods. The results show that based on the five indicators of program effectiveness, the indicator of targeting accuracy has been implemented well because PMT recipients are determined based on the results of monitoring the nutritional status of toddlers, so that assistance is provided to children in need. In the indicator of program understanding, some people still do not have an adequate understanding of the importance of PMT as an effort to prevent stunting. Furthermore, the indicator of timeliness has been met because Posyandu activities and PMT provision are carried out routinely every month according to a predetermined schedule. The indicator of goal achievement shows that program implementation has supported efforts to improve the nutritional status of toddlers through the provision of PMT on an ongoing basis. Meanwhile, in the real change indicator, there is an improvement in the nutritional condition of toddlers receiving benefits after receiving PMT in the form of nutritious food, milk, eggs, and vitamins, which are provided routinely in every Posyandu activity.

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1. INTRODUCTION

Malnutrition is a condition where a person's nutritional status falls below established standards, negatively impacting overall health (Rahayu & Ub, n.d.). This condition occurs due to the failure to meet essential nutritional needs, such as protein, carbohydrates, fats, vitamins, and minerals. This nutritional deficiency remains a common health problem among toddlers (Arasy et al., 2024). One of the most common impacts of nutritional problems is stunting.

Stunting is a growth disorder characterized by a child's height being below their age, resulting from prolonged malnutrition (Syahrin et al., 2023). This problem remains a national priority due to its impact on the quality of future human resources. Therefore, the government, through the Ministry of Health of the Republic of Indonesia, continues to develop various strategies to reduce the incidence of stunting. Stunting cases are often found in children aged 12–36 months, with a relatively high prevalence. The impacts include not

only stunted physical growth but also impaired brain development, which can reduce children's cognitive, intellectual, motor, language, and productivity abilities in the future.

Stunting is caused by various factors, both direct and indirect. Direct factors include a lack of balanced nutrition and the presence of infectious diseases in children. Meanwhile, indirect factors include family food security, parenting patterns, and access to health services. These factors are closely related to the family's education level, knowledge, skills, and economic situation. In this regard, mothers play a crucial role in providing nutritious food and meeting children's nutritional needs, thus supporting optimal growth and development.

As a commitment to addressing stunting, the Indonesian Government established Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction as the basis for national program implementation (Ministry of Health, 2021). Furthermore, efforts to reduce stunting prevalence are also a development priority listed in the National Medium-Term Development Plan (RPJMN) IV for 2020–2024 (Ministry of National Development Planning/Bappenas, 2019). These various policies and programs demonstrate that accelerating stunting reduction is a national strategic agenda that requires the involvement of all stakeholders.

Although national data shows a downward trend in stunting prevalence in Indonesia from 2022 to 2024, this issue still requires serious attention. Successful stunting reduction depends not only on central government policies but also requires synergy between provincial, district/city, and village governments, health workers, and active community participation. With continued collaboration, it is hoped that efforts to accelerate stunting reduction can be implemented effectively and have a tangible impact on improving the health of Indonesian children. The following table shows the prevalence of stunting in Indonesia:

Table 1. Prevalence of Stunting in Indonesia

Year	Prevalence of Stunting
2022	**21%**
2023	**17%**
2024	**14%**

According to government data, the prevalence of stunting in Indonesia has shown a downward trend in recent years. Nevertheless, stunting remains a top priority in health development, as this issue is not only related to reducing prevalence rates but also requires sustainable and comprehensive management. Therefore, the government, along with various health institutions, continues to strengthen efforts to accelerate stunting reduction through various targeted programs and interventions.

Stunting is a chronic nutritional problem that has long-term impacts on the quality of human resources. This condition not only affects a child's physical growth during infancy but can also impact cognitive development, learning abilities, and future productivity. Children who experience stunting are at risk of being shorter than their peers until adolescence. Therefore, early prevention of stunting is crucial to support optimal child growth and development. The following data present the prevalence of stunting in toddlers based on height-for-age (H/A):

Table 2.

No	Name of Regency/City	Prevalence 2023	Prevalence 2024
1.	Jember Regency	23,90%	34,90%
2.	Ngawi Regency	16,20%	28,50%
3.	Lamongan Regency	20,50%	27,50%
4.	Malang Regency	25,70%	23,00%

5.	Kediri Regency	15,70%	23,10%
6.	Pasuruan Regency	23,50%	25,60%
7.	Trenggalek Regency	18,10%	18,20%
8.	Tulungagung Regency	13,20%	17,30%
9.	Probolinggo Regency	23,40%	28,80%
10.	Sidoarjo Regency	15,60%	17.60%
11.	Batu City	15,60%	21,70%
12.	Surabaya City	28,20%	5,60%

Based on Table 2, the prevalence of stunting in Pasuruan Regency was recorded at 23.50% in 2023, increasing to 25.60% in 2024, representing a 2.10% increase. This indicates that stunting remains a health problem that requires serious attention. Therefore, the Pasuruan Regency Government continues to undertake various efforts to reduce stunting rates through community nutrition improvement programs. These efforts focus not only on meeting nutritional needs but also include increasing family food security, improving healthy lifestyles, and strengthening health services.

One form of intervention implemented is the Supplementary Feeding Program (PMT) for toddlers at risk of stunting or who are malnourished. This program aims to help meet children's nutritional needs to support optimal growth and development. The PMT generally consists of nutritious foods, such as milk, eggs, fruits, nuts, and other food sources containing essential nutrients for toddler growth.

In Plintahan Village, Pandaan District, the Supplementary Feeding Program (PMT) is implemented routinely every month through Posyandu activities. Based on February 2026 data, the number of toddlers identified as having stunting was 26. Compared to the previous three months, this number represents an increase of three toddlers. This increase has drawn the attention of the village government, along with health workers and Posyandu cadres, to strengthen the implementation of the stunting prevention program by improving nutrition education, monitoring toddler growth, and optimizing PMT provision to prevent further increases in stunting rates in the following months.

In compiling this scientific article, previous research served as a theoretical foundation and as a comparative study to strengthen the analysis. One of the studies used as a reference is a 2021 study entitled "The Effectiveness of the Stunting Reduction Acceleration Program in Batumandi District, Balangan Regency (Case Study of Mampari and Banua Hanyar Villages)." This study aimed to analyze the effectiveness of the stunting reduction acceleration program in Batumandi District using qualitative descriptive research methods.

The results of the study indicate that the program's effectiveness is influenced by supporting and inhibiting factors. Supporting factors include good cooperation between nutrition officers at the Batumandi Community Health Center (UPT Puskesmas), village midwives, Posyandu (Integrated Health Post) cadres, and cadres of the Supplementary Feeding Program (PMT). Meanwhile, inhibiting factors found include budget constraints, low parental education levels, the economic conditions of toddlers' families, and a lack of education regarding parenting patterns and child nutritional fulfillment. These findings serve as an important reference in analyzing the effectiveness of the Supplementary Feeding Program (PMT) as an effort to prevent stunting in Plintahan Village, Pandaan District, Pasuruan Regency.

2. METHOD STUDY

The study on "The Effectiveness of the Supplementary Feeding Program (PMT) for Stunting Prevention in Plintahan Village, Pandaan District, Pasuruan Regency" used a descriptive approach with qualitative methods. This approach was chosen because it is able

to describe in depth the program implementation process based on real conditions in the field. Qualitative research focuses on collecting data in a natural environment to gain a complete understanding of a phenomenon. Through this method, researchers attempt to examine various aspects experienced by research subjects, such as behavior, perception, motivation, and experience, then describe them systematically to obtain a comprehensive picture of the effectiveness of the Supplementary Feeding Program (PMT) implementation in stunting prevention efforts.

Data collection techniques in this study include interviews, observation, and documentation. These three techniques are used to obtain relevant information and support the achievement of research objectives. The data used consists of primary data and secondary data. Primary data was obtained through direct interviews with informants, including the Plintahan Village Midwife, Posyandu cadres, and parents of toddlers targeted by the Supplementary Feeding Program (PMT). Meanwhile, secondary data was obtained from various documents related to the study, such as data on the number of stunted toddlers, Posyandu activity reports, and other supporting documents in Plintahan Village. The focus of this study is to analyze the effectiveness of the Supplementary Feeding Program (PMT) as an effort to prevent stunting in Plintahan Village, Pandaan District, Pasuruan Regency.

The selection of informants in this study used purposive sampling, a sampling technique based on specific considerations based on the characteristics of informants deemed capable of providing information relevant to the research objectives. Meanwhile, data analysis refers to the model developed by Miles and Huberman. Data analysis is the process of processing, organizing, and interpreting qualitative data to produce information that can be used to answer the research problem formulation. According to Miles and Huberman, data analysis is conducted in three stages. The first stage is data reduction, which is the process of selecting, focusing, simplifying, and grouping data obtained during the research. The second stage is data presentation, which is systematically compiling research results in the form of narrative descriptions or tables, charts, or matrices to facilitate researchers in understanding the relationships between data. The final stage is conclusion drawing and verification, which is the process of interpreting research findings and drawing conclusions based on the analyzed data to align with the focus and formulation of the research problem.



Figure 1. Explaining the picture…..

3. RESULTS AND DISCUSSION

Overall, this study aims to analyze the effectiveness of the PMT program in preventing stunting in Plintahan Village, Pandaan District, Pasuruan Regency, based on the theory of effectiveness according to Sutrisno, which has several indicators, namely 1) target accuracy, 2) Program understanding, 3) Timeliness, 4) Real changes, 5) Achievement of objectives:

3.1.Target Accuracy

In this target accuracy indicator, the measurement aspect plays a crucial role in program development. This ensures that the program meets the established targets and aligns with community conditions and needs. The Supplementary Feeding Program (PMT) in Plintahan Village, Pandaan District, has begun to be implemented more intensively, especially following the issuance of Presidential Regulation No. 72 of 2021 concerning the Acceleration of Stunting Reduction.

In its implementation, the PMT program needs to pay attention to targeting accuracy so that the benefits provided can be received by groups who truly need them. The main point in targeting accuracy includes the program's suitability to the targets or recipients of the program that have been previously determined. In this case, it refers to the alignment between program implementation and the benefits provided to the appropriate parties as beneficiaries. The program recipients include infants aged 0-3 years and toddlers aged 3-5 years. The following is an interview regarding the program's targeting accuracy with Mrs. Sutini, a cadre of the stunting posyandu (integrated health post) in Plintahan Village, Pandaan.

> *"Supplementary Feeding (PMT) is given to toddlers whose growth and development have not yet reached the growth curve; usually, their height does not increase every month. In such conditions, we as cadres provide Supplementary Feeding (PMT) to help improve the nutritional status of the baby or toddler. The hope is that growth and development can return to optimal and appropriate for their age. We still provide Supplementary Feeding (PMT) to babies or toddlers whose growth and development are appropriate for their age. The difference is that the provision is not as intensive as for babies or toddlers experiencing nutritional problems. However, sometimes mothers are indifferent and do not take their babies or toddlers to the integrated health post (Posyandu).*

Interview results indicate that the Supplementary Feeding Program (PMT) in Kedung Peluk Village prioritizes infants and toddlers with nutritional issues, resulting in growth and development that is not yet aligned with the growth curve standard. However, children with normal nutritional status still receive PMT as a form of nutritional maintenance, but with a variety of foods tailored to their needs.

The Supplementary Feeding Program (PMT) in Plintahan Village, Pandaan District, Pasuruan Regency, is implemented routinely following the monthly Integrated Health Post (Posyandu) schedule. Toddlers experiencing nutritional deficiencies receive PMT, vitamins, and more intensive health monitoring based on weighing results and the Health Card (KMS). PMT recipients are determined based on toddler growth data to ensure targeted assistance. This program's implementation aligns with previous research showing that the effectiveness of accelerating stunting reduction is influenced by structured implementation, routine monitoring, and accurate program targeting.

Based on field research, the targeting accuracy indicator for the implementation of the Supplementary Feeding Program (PMT) as a stunting prevention effort in Plintahan Village, Pandaan District, Pasuruan Regency, indicates that the program has been implemented in accordance with the established targets. Beneficiaries are determined based on the results of monitoring the nutritional status of toddlers through Integrated Health Posts (Posyandu) and the Health Card (KMS), so that assistance is provided to groups truly in need. Thus, the program implementation has met the targeting accuracy indicator as stated by Sutrisno.

3.2.Program Understanding

In this indicator, understanding the program is necessary to achieve the goals set by the organization. This understanding is necessary for program implementers to ensure

that implementation runs according to the targets set by the organization. Understanding the program is important not only for the recipients or targets of the program, but also for the program implementers. In its implementation, not all implementers have the same level of understanding of the program, especially the integrated health post (Posyandu) cadres. Meanwhile, officers at the sub-health center (Puskesmas), the community health center (Puskesmas), and village midwives generally have a good understanding of program implementation. The following is an interview regarding the accuracy of the program's targets with Mrs. Sutini, a Posyandu cadre for stunting in Plintahan Village, Pandaan.

"The Posyandu (Integrated Health Post) activities in this village are carried out routinely every last week of every month, Ma'am. This demonstrates our commitment to implementing the government's program to reduce stunting rates. We hope that no more babies and toddlers in Kedungpeluk Village will experience stunting. We also assist here with milk, eggs, and other food items to help improve the nutritional status of babies and toddlers whose nutrition is still lacking or below average. Furthermore, we also conduct outreach to pregnant women, mothers with babies, and mothers with toddlers. This way, we hope all parents will become more aware of the importance of meeting their children's nutritional needs from an early age."

Based on the interview results, it was discovered that in addition to providing health services and conducting data collection and recording, Posyandu cadres, along with village midwives and health workers from the community health center, also actively conduct outreach on the importance of fulfilling nutritional needs. This education is aimed at pregnant women, breastfeeding mothers, and parents of infants and toddlers, especially children under two years old. This activity aims to increase community knowledge about the importance of balanced nutrition as an effort to prevent stunting from an early age. In addition, the Plintahan Village government also conducted training on making PMT. The following is documentation of the PMT training activity:



Figure 1. PMT Making Training

Based on Figure 1, the Plintahan Village Government, along with village midwives and Posyandu cadres, conducted training on preparing Supplementary Feeding (PMT) as an effort to prevent stunting. This activity aims to improve the knowledge and skills of the community, particularly pregnant women, breastfeeding mothers, and mothers with infants and toddlers, in preparing nutritious food using readily available ingredients. Through this training, participants are expected to be able to independently prepare PMT to meet children's nutritional needs. In addition to improving skills, this activity also serves as an effort to raise public awareness of the importance of fulfilling nutritional needs, even though family economic conditions remain a challenge in providing nutritious food sustainably.

3.3.Punctuality

In the time management indicator, there are activities of planning, scheduling, organizing, and allocating time used to complete daily tasks or activities effectively. Stunting prevention through the Supplementary Feeding Program (PMT) is supported by various programs from the Health Office through the sub-health centers and community health centers, as well as the Plintahan Village government, Pandaan District through the village posyandu cadres. The Supplementary Feeding Distribution activity in Plintahan Village is carried out routinely every month in the third week while also conducting health checks for toddlers affected by stunting. This activity aims to monitor the development of infants or toddlers with substandard nutritional status or indicated stunting, so that their progress can be monitored every month. The following is an interview regarding the accuracy of the program targets from Mrs. Sutini, a Posyandu cadre for stunting in Plintahan Village, Pandaan, as follows:

"Every month, specifically on the third week, we hold a Posyandu (Integrated Health Post) activity for stunting, Mbak. At each event, we, along with village midwives and Posyandu cadres, prepare meals that are then distributed to all the babies and toddlers in attendance. The meals provided are nutritious to support children's growth and development. We also provide supplementary food and vitamins to pregnant women to maintain maternal health and support fetal growth."

Based on the interview results, it was discovered that Posyandu activities in Plintahan Village, Pandaan District, Pasuruan Regency, are carried out routinely once a month. In each implementation, Posyandu provides immunization services, toddler growth monitoring through the Health Card (KMS), the Supplementary Feeding Program (PMT), and nutrition counseling to the community. PMT is provided to infants and toddlers at risk of growth disorders based on the KMS monitoring results to help meet their nutritional needs. Through these activities, it is hoped that the growth and development of infants and toddlers can proceed optimally, thereby minimizing the risk of stunting.

3.4.Real Change

Indicators of real change in the Supplementary Feeding (PMT) program are seen from changes in the condition of infants and toddlers after participating in the program, such as weight gain, improved nutritional status, health development, and a reduced risk of stunting. Real change in the program is assessed based on the changes or positive impacts experienced by the program targets after receiving benefits from the implementation of the Supplementary Feeding (PMT) program for infants and toddlers. The following is an interview regarding the accuracy of the program targets with Mrs. Sutini, a cadre of the stunting posyandu (integrated health post) in Plintahan Village, Pandaan, as follows:

"Thank God, the number of children with malnutrition has started to decrease, Miss. That's the goal of providing supplementary food, so that babies and toddlers don't experience stunting. The process is not quick, because each child's condition is different. Some can improve more quickly, while others take longer. So, the recovery or improvement process for nutritional status is also different for every child." In line with what was conveyed by the mother of a child suspected of stunting, Mrs. Dian:

"Yes, my child's weight wasn't yet within the target range, so at every integrated health post (posandu), I received formula milk, eggs, and healthy food for him. I also received additional vitamins. My child was a fussy eater, so his weight wasn't ideal. But thanks to this program, my child has started eating properly and is no longer lacking in vitamins or milk. So, my child is growing normally, like his peers."

Based on the interview results, the real change indicator revealed that the Supplementary Feeding Program (PMT) had a positive impact on improving the nutritional status of undernourished toddlers. The regular provision of PMT, consisting of nutritious food, milk, eggs, and vitamins, at every Integrated Health Post (Posyandu) activity in Plintahan Village, Pandaan District, Pasuruan Regency, contributed to improving nutritional status and supporting the growth and development of toddlers appropriate to their age.

3.5.Program Objectives

Program objectives serve as the primary reference point for implementing an activity and serve as indicators for assessing its effectiveness. Clarity of objectives will help guide the entire implementation process so that it runs according to the established plan. Therefore, a program's effectiveness can be determined by comparing the formulated objectives with the results achieved during implementation.

The implementation of the Supplementary Feeding Program (PMT) aims to support efforts to accelerate stunting reduction by meeting the nutritional needs of infants and toddlers at risk of growth disorders. This program is part of the national strategy for stunting prevention as mandated by Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction. The following is an interview with Mrs. Sutini, a cadre from Plintahan Village. "This PMT activity is indeed focused on eradicating stunting in our village. Previously, there were approximately 20 children registered under the KMS. However, this has gradually decreased. Now there are 12 in our data. Thus, I feel that the goal of this program has begun to be achieved, although not all infants and toddlers here are free of stunting status."

Interviews revealed a downward trend in the number of infants and toddlers experiencing stunting following the implementation of the Supplementary Feeding Program (PMT). This decline indicates that the program has had a positive impact on improving children's nutritional status through the regular provision of nutritious food, milk, and vitamins. However, the persistence of stunting cases indicates that the program's objectives have not been fully achieved. Therefore, strengthened collaboration between village governments, community health centers (Puskesmas), integrated health posts (Posyandu), and all stakeholders is needed to ensure more effective and sustainable efforts to accelerate stunting reduction.

4. CONCLUSION

Based on the results of research on the effectiveness of the Supplementary Feeding Program (PMT) in preventing stunting in Plintahan Village, Pandaan District, Pasuruan Regency, it can be concluded that the program has been running quite effectively. Judging from the targeting accuracy indicator, PMT is provided to infants and toddlers in need based on the results of nutritional status monitoring through the Integrated Health Post (Posyandu), so that assistance is provided on target. In terms of program understanding indicators, the community is beginning to understand the importance of fulfilling nutrition and preventing stunting through various educational and training activities, although there is still a need to increase community participation and awareness. In terms of timeliness, the implementation of Posyandu and PMT provision is carried out routinely every month according to the established schedule. Meanwhile, the indicators for achieving goals and real changes show positive results, marked by improvements in the nutritional status of beneficiary toddlers and a decrease in the number of stunting cases. Therefore, the PMT program is considered capable of supporting stunting prevention efforts in Plintahan Village.

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