

Effort To Provide Supplementary Food (PMT) As A Measure To Preventt And Handl Stunting In Pendua Village

Dian Multian¹, Ihsan Hasanah², Dewi Ayu Lestari³, Miftahul Jannah⁴, Muh Hamdani⁵

Email: hhayanihayani@gmail.com

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Abstract

Stunting is a chronic nutritional problem that remains prevalent in Indonesia, particularly in rural areas like Pendua Village. This condition is caused by long-term nutritional deficiencies and is often linked to poverty, inadequate parenting, and limited access to health services. This study aims to analyze efforts to provide Supplementary Feeding (PMT) as a strategy for preventing and managing stunting in Pendua Village. The method used was a qualitative descriptive approach, with data collection through observation, interviews with Posyandu (Integrated Service Post) cadres, health workers, and mothers of toddlers, and documentation studies. The results indicate that the PMT program provided to toddlers at risk of stunting has had a positive impact on improving children's nutritional status. The PMT provided is based on local foods such as mung beans, eggs, and vegetables, tailored to children's nutritional needs. Furthermore, regular nutrition education activities for parents have strengthened the program's effectiveness. However, challenges remain, such as limited funding, varying levels of maternal knowledge, and program sustainability. In conclusion, PMT is an effective intervention in preventing and managing stunting, but it requires multisectoral support and active community involvement to achieve optimal and sustainable results.

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Corresponding Author:

Imam Wahyudi Falahi

Universitas Islam Negeri Walisongo Semarang

Email : Imam95025@gmail.com

1. INTRODUCTION

Stunting is a public health issue of serious concern in Indonesia. According to data from the Ministry of Health, stunting is a condition of growth failure in toddlers due to chronic malnutrition and repeated infections, particularly during the first 1,000 days of life (HPK). Children who experience stunting tend to be shorter than their age and are at risk of delayed cognitive development and low productivity in adulthood.

Pendua Village, a rural village in Indonesia, faces similar challenges. A number of toddlers are still found to have poor nutritional status or are at risk of stunting, influenced by various factors such as parents' lack of understanding of nutrition, low family income, and limited access to health services and nutritious food. Addressing this problem requires targeted and sustainable interventions, one of which is through the Supplementary Feeding (PMT) program.

The PMT (Food and Nutritional Supplement) program is designed to help meet the nutritional needs of toddlers and pregnant women by providing nutritious and easily accessible food, both locally sourced and processed. This program not only serves to meet energy and nutrient needs but also serves as an educational tool for the community about the importance of a healthy and balanced diet.

This study was conducted to determine the effectiveness of the PMT program in preventing and managing stunting in Pendua Village. Furthermore, it aimed to identify challenges faced in program implementation and provide recommendations for improving the quality of nutrition interventions at the village level.

2. RESEARCH METHODS

This research uses a descriptive qualitative approach, a research method that aims to provide an in-depth description of a phenomenon or social condition based on the perceptions, experiences, and meanings given by the research subjects. This approach was chosen because the focus of the research was to understand in-depth how the Supplementary Feeding (PMT) program was implemented as an effort to prevent and address stunting in Pendua Village.

This research was conducted in Pendua Village, Kayangan District, North Lombok Regency. This location was selected based on initial findings that the village still faces stunting cases among toddlers. The research took place in August 2025.

Research Subjects

The subjects in this study consisted of various parties directly and indirectly involved in the implementation of the PMT program, including:

- Posyandu cadres
- Nutrition officers from community health centers
- Mothers of toddlers receiving PMT
- Village officials or community leaders

The subject selection technique used purposive sampling, which involves deliberately selecting informants based on specific considerations relevant to the research objectives.

The data collection techniques used in this study were observation (observation), interviews (verbal question and answer), and documentation (research process and important documents needed to be obtained in Pendua Village).

- Interviews: conducted with key informants such as integrated health post (Posyandu) cadres and mothers of toddlers to obtain information on the implementation of and perceptions of the PMT program.
- Observations: Researchers directly observed PMT distribution activities, cooking, food distribution, and interactions between staff and the community.
- Documentation: secondary data collection, such as Posyandu activity records, toddler nutritional status data, photographic documentation of activities, and reports from community health centers or health offices.

Data Analysis

Data were analyzed using a descriptive approach, comparing children's conditions before and after PMT. Qualitative analysis was used to understand community perceptions of the program.

Data Validity

To ensure the validity and reliability of the data, triangulation of sources and methods was used, comparing data from various sources (cadres, mothers of toddlers, community health center staff) and utilizing more than one data collection technique (interviews, observation, and documentation).

3. RESULTS AND DISCUSSION

A. PMT Implementation

PMT was conducted weekly for 12 weeks at the Pendua Village Integrated Health Post (Posyandu) center. Meals were prepared using local ingredients such as tempeh, eggs, moringa leaves, sweet potatoes, and fish. Each session included nutrition education and parenting for mothers of toddlers.

1. Changes in Nutritional Status

Of the 13 children participating in the program:

- 80% experienced a weight gain of 0.5–1.2 kg.
- 60% experienced a height gain of 1–3 cm.
- Children with significant gains demonstrated more active parental involvement and adherence to the supplementary meal schedule.

2. Supporting and Inhibiting Factors

a. Supporting Factors:

- Active involvement of PKK cadres and mothers.
- Availability of local food supplies.
- Support from the village government.

b. Inhibiting Factors:

- Some parents are still less disciplined in bringing their children to the integrated health post (posyandu).
- Lack of menu variety at the beginning of implementation.

3. Discussion

The results of this study indicate that PMT can significantly improve children's nutritional status in a relatively short time. This aligns with previous research emphasizing the importance of community-based interventions and the use of local foods to prevent stunting. However, program sustainability and ongoing nutrition education are key to long-term success.

4. CONCLUSION

The Supplementary Feeding Program (PMT) in Pendua Village has proven effective in improving the nutritional status of toddlers and has the potential to prevent stunting. The program's success is determined by the involvement of all parties, including cadres, mothers of toddlers, and the village government. Future recommendations are:

- Increase the variety of PMT menus.
- Expand the coverage of children receiving PMT.
- Provide regular training for integrated health post (Posyandu) cadres.

5. SUGGESTIONS

- Increase the village budget allocation for sustainable PMT programs.

- Conduct training for cadres on nutrition and local menu variations.
- Raise parental awareness through regular outreach at integrated health posts (Posyandu).
- Develop village nutrition gardens as a source of local food ingredients.

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