

ABSTRACT

Recovery Feeding Program (PMT-P) for children under five years old is one of direct nutrition intervention for improving family nutrition to solve Protein Energy Malnutrition (PEM).

The purpose of this research was to study the characteristic of the children and their family, well-being status, and nutritional status of children under five years old who received Recovery Feeding Program in Blooto's PHC working area, Prajuritkulon District, Mojokerto City. It is hoped that the future prevention and intervention effort will tackling into account the known three contributing factors mentioned above.

The research was descriptive research using cross sectional design. Sample was total population which were seventeen malnourished children under five years old who received Recovery Feeding Program. Data collection was done with interview and observation.

The results of this research were children age average were 23 months, a large part (52,9%) woman with normal birth weight (70,6%). Father's occupation were mostly labourer (58,8%) and mother 88,2% don't work, mother education 41,2% elementary school graduated, mother's knowledge 70,6% enough, family income 70,6% under UMR City Mojokerto (IDR 760.000) and family member was 47,1% four person or five person. Children under five years old 82,4% has ill experience in one latest month. Eating pattern of children under five years old were mostly three times a day (64,8%), consuming staple food, vegetable, animal, vegetable/fruit and energy sufficiency level and protein good. The compliance of children under five years old utilizing Recovery Feeding Program was 70,6%. Nutritional status of children under five years old before Recovery Feeding Program were 100% malnutrition and intervention improved to be 47,1% medium malnourished, 35,3% malnourished, 11,8% severely malnourished, and 5,9% well nourished.

There's a need of health and nutrition promotion in Posyandu regarding Recovery Feeding Program with partnership between health officer and cadre to ensure the success of Recovery Feeding Program, activity such as monitoring and assistance was influential.

Key words : Recovery Feeding Program, Malnutrition, Nutritional Status

ABSTRAK

Pemberian Makanan Tambahan Pemulihan (PMT-P) untuk balita merupakan salah satu usaha perbaikan gizi keluarga dan intervensi langsung guna penanggulangan Kurang Energi Protein (KEP) pada anak balita.

Tujuan dari penelitian ini adalah untuk mempelajari karakteristik, status kesehatan, dan status gizi balita gizi buruk penerima PMT-Pemulihan di Wilayah Kerja Puskesmas Blooto Kecamatan Prajuritkulon Kota Mojokerto. Dengan diketahuinya ketiga faktor diatas diharapkan dapat menjadi masukan bagi upaya pencegahan dan penanggulangan dimasa yang akan datang.

Penelitian ini merupakan penelitian *deskriptif* dengan studi *cross sectional*. Besar sample merupakan total populasi yaitu 17 balita gizi buruk penerima PMT-Pemulihan. Pengumpulan data dilakukan dengan wawancara dan observasi.

Hasil penelitian adalah rata-rata umur balita 23 bulan, sebagian besar perempuan dengan berat badan saat lahir 70,6% normal. Pekerjaan ayah 58,8% buruh dan ibu 88,2% tidak bekerja, pendidikan ibu 41,2% tamat SD, pengetahuan ibu 70,6% cukup, pendapatan keluarga 70,6% dibawah UMR Kota Mojokerto (Rp 760.000), dan jumlah anggota keluarga sebesar 47,1% adalah 4 orang atau ≥ 5 orang. Balita 82,4% mempunyai pengalaman sakit pada satu bulan terakhir. Pola makan balita 64,8% 3x sehari, pola konsumsi makanan pokok, nabati, hewani, sayur/buah dan tingkat kecukupan energi dan protein baik Jumlah balita yang patuh pada pemanfaatan PMT-Pemulihan sebesar 70,6%. Status gizi balita sebelum PMT-Pemulihan 100% gizi buruk dan setelah PMT-Pemulihan 47,1% gizi sedang, gizi kurang 35,3%, gizi buruk 11,8%, dan gizi baik hanya 5,9%.

Perlu adanya kegiatan penyuluhan di posyandu tentang PMT-Pemulihan, kemitraan petugas dan kader seperti pemantauan dan pendampingan guna keberhasilan program PMT-Pemulihan.

Kata Kunci : PMT-Pemulihan, Gizi Buruk, Status Gizi