



JIKN

Jurnal Inovasi Karya Nyata

Volume 1 Issue 1, 2025 (17-22)

ISSN (online) : 3109-2187

Homepage : <https://jurnalunived.com/index.php/JIKN>

Doi : 10.70963/jikn.v1i1

Supplementary Feeding (PMT) And Undernutrition Examination Of Toddlers In The Working Area Of Puskesmas Sawah Lebar Bengkulu City

Alia Pita Sari¹; Erpina²; Neni Fitriani³; Emi Febriani⁴; Delta Aprianti⁵

^{1,2,3,4,5} Universitas Dehasen Bengkulu

e-mail: ¹ aliapitasari59@gmail.com, ² sagalavina253@gmail.com

³ fitriani256@gmail.com, ⁴ emipebriani88@gmail.com, ⁵ deltaaprianti9@gmail.com

Received [22-05-2025]

Revised [14-06-2025]

Accepted [30-06-2025]

Abstract. Nutritional problems that occur in toddlers can have various negative impacts on the child's subsequent development. The short-term impacts of nutritional problems in toddlers include children experiencing impaired brain development; impaired intelligence levels; impaired physical growth and development; and impaired body metabolism. In addition to the short-term impacts, there are long-term impacts of nutritional problems in toddlers, including decreased cognitive abilities and learning achievement; decreased body immunity, making them susceptible to disease; having a high risk of several diseases such as blood vessel and heart disease, diabetes mellitus, obesity, cancer, stroke, and disability in old age; and suboptimal work quality which will ultimately result in low economic productivity. This activity aims to provide knowledge and understanding of nutrition for toddlers. By using qualitative descriptive methods/data collection by means of interviews, documentation and direct observation. The results of real work lectures to the community increase motivation and awareness in the community to improve malnutrition in toddlers through counseling or health education towards changes in community knowledge about the importance of nutrition for toddlers through a health education approach.

Keywords: *Malnourished Toddlers, Community, Health Center*

INTRODUCTION

The prevalence of malnutrition worldwide reaches 28.5%, in developing countries 32.2%, the Asian continent 30.6%, Southeast Asia 29.4% (WHO 2021). Indonesia is a developing country with an increasing incidence of malnutrition in toddlers, based on the Indonesian Health Profile there has been a significant increase from 2019 to 2021, namely 16.3% to 17.0% several provinces with the highest figures include West Papua at 8.2%, NTT at 7.2%, West Kalimantan at 6.4%, East Kalimantan at 6.2%, Papua at 5.6%, East Java at 5.8%, Aceh at 5.6%, South Kalimantan at 5.3%, Central Java at 5.3%, Central Sulawesi at 5.2%, West Sumatra at 5.2%, Central Kalimantan at 5.1%, DI Yogyakarta at 5.0%, West Nusa Tenggara at 5.0%, North Maluku at 4.9%, Maluku at 4.7%, North Kalimantan at 4.3%, West Sulawesi at 4.2%, Banten at 4.1%, Gorontalo at 4.0%, Riau 3.6%, West Java 3.6%, Riau Islands 3.4%, Southeast Sulawesi 3.2%, South Sulawesi 3.1%, Lampung 2.7%, DKI Jakarta 2.2%, Jambi 1.9%, North Sulawesi 1.9%, North Sumatra 1.8%, South Sumatra 1.8%, Bangka Belitung Islands 1.5%, Bali 1.5%, and Bengkulu 1.1% (Ministry of Health of the Republic of Indonesia 2022).

Nutritional problems that occur in toddlers can have various negative impacts on the child's subsequent development. The short-term impacts of nutritional problems in toddlers

include children experiencing impaired brain development; impaired intelligence; impaired physical growth and development; and metabolic disorders. In addition to the short-term impacts, there are long-term impacts of nutritional problems in toddlers, including decreased cognitive abilities and learning achievement; decreased body immunity, making them susceptible to disease; have a high risk of several diseases such as blood vessel and heart disease, diabetes mellitus, obesity, cancer, stroke, and disability in old age; as well as suboptimal work quality which will ultimately result in low economic productivity (Nuradhiani, 2023). Nutritional problems in toddlers must be handled seriously because if not, in addition to affecting physical growth and mental development, it can also increase the risk of disease and death in children. Malnutrition is a health problem that contributes to the low quality of human resources in Indonesia. Quality and sufficient nutritional intake is very important, especially in toddlers, because at this stage physical and cognitive growth occurs very rapidly. Malnutrition in toddlers can reduce children's intelligence, productivity, and cognitive abilities (Amanah, 2024) Nutritional problems in toddlers include 7.7% of thin toddlers, 3.5% of obese toddlers, 21.6% stunting (Ministry of Health 2022). Exploring the causal factors related to malnutrition in toddlers is very important as an effort to prevent and manage. The short-term impacts of toddlers who experience nutritional problems include impaired motor, cognitive and speech development of children, while the long-term impacts include decreased reproductive health, resulting in loss of attention or focus, and reduced productivity of management work (Sari, 2023)

Factors causing malnutrition in toddlers include direct causes of infectious diseases, the main problem of malnutrition from the characteristics of the toddler's mother, namely the mother's age, education, occupation, provision of breast milk and complementary foods, and the number of children. The main problem of malnutrition in toddlers is the income of the toddler's parents, because it will affect the nutritional intake consumed by a family every day and the behavior of parents in various child care patterns. (Supriatna, 2018)

The nutritional status of toddlers plays an important role in the growth and development process in children, especially during the toddler period. The nutritional status of toddlers can be influenced by several factors consisting of primary factors and secondary factors. Primary factors that affect nutritional status consist of Food Availability, income, knowledge and Eating habits/Dietary patterns, while secondary factors that affect nutritional status consist of Digestive System disorders, Absorption disorders, nutrient metabolism disorders and excretion disorders (Sibarani et al., 2016). Other factors that can affect the occurrence of malnutrition in toddlers are immunization status and exclusive breastfeeding (Timur, 2023) The success of national development is determined by the availability of quality human resources (HR) which are characterized by a strong physique.

RESEARCH METHODS

The implementation of the Real Work Lecture (KKN) activity was carried out at the UPTD Sawah Lebar Health Center located at Jl.Sepakat, Rt.23 / Rw. 12, Sawah Lebar Baru, Ratu Agung District, Bengkulu City. The activity was attended by the community in the work area of the Sawah Lebar Health Center, Bengkulu City. On June 10, 2025.

Identification of Problems

The implementation of the activity begins with identifying the problem. Using qualitative descriptive methods / data collection by interview, documentation and direct observation.

Needs Analysis

The next stage is to analyze needs. At this stage, you will get what is needed for supporting media that can be used by the community to support their activities and additional

needs that need to be provided, externally to facilitate implementation. The community will be able to understand where their needs lie, the importance of education, improving skills.

Implementation

This implementation method is outlined using the concept of strengthening the importance of maintaining health from cigarettes. This activity was carried out by the Faculty of Health Sciences, Midwifery Information System Study Program, where the method used in delivering information was through counseling, discussion and Q&A with the community in the working area of the Sawah Lebar Health Center, Bengkulu City.

Evaluation

During the process and after the activity was carried out, an assessment was carried out to assess its effectiveness in increasing the interest and motivation of the community to always maintain their health and want to stop or limit smoking. In addition, this evaluation activity evaluates the results of the KKN activities and is intended for future improvements. As the organizer of the KKN activities, this is one of the activities that provides good benefits to the community.

RESULTS AND DISCUSSION

Activity Results

The activity was carried out on June 10, 2025, at Jl.Sepakat, Rt.23/Rw. 12, Sawah Lebar Baru, Ratu Agung District, Bengkulu City. The implementation sessions include: In the first session, the implementation team introduced the importance of providing additional food for malnourished toddlers, especially in the Puskesmas work area where public health services are faced with complex challenges. This activity aims to provide knowledge and understanding of providing additional food for malnourished toddlers. The activity began with some preparations. Then an examination was carried out on toddlers who were malnourished, 2 respondents were taken for examination with the following results:

- a. Respondent 1, 1.3 months old, male, the results of the examination were BB: 8.2 kg and Tb: 74
 - b. Respondent 2, 2.3 months old, female, examination results obtained BB: 8.8 kg and Tb: 81
- In the second session, continued with the provision of additional food (PMT) to help improve nutrition in toddlers

Problem Solving

The balance of nutrients needed for growth, thinking function, and various other aspects of life is the basis of malnutrition (Dede et al. 2023). During this period, nutritional deficiencies can result in impaired physical, mental, social, and intellectual growth that lasts and has an impact until a person becomes an adult. Malnutrition can specifically affect delayed physical growth, crucial brain growth, and even reduce the body's resistance to infection. The family's economy or income affects the ability to buy daily food. In reality, toddlers from low-income families may not be able to meet their nutritional needs optimally, resulting in malnutrition in toddlers (Sari, 2023)

The education factor also determines whether or not it is easy for someone to absorb and understand knowledge in any matter including nutrition. Mothers who have a high level of education will understand every information that contains how to select, process, and serve good food so that it can be applied in the household and especially for children. Meanwhile, mothers who have low education tend to be slow in accepting and understanding every

information obtained so that application in the family, especially for children, is rarely done (Bili, 2020)

In line with what was stated by Adisasmito (2012), that nutritional status is influenced by 2 causes, namely direct and indirect causes. The direct cause is food intake and infectious diseases suffered by children. Indirectly influenced by parenting patterns, economic factors, culture, knowledge and education. Knowledge about compiling a menu to meet the needs of infant food intake is very important, because it will have an impact on the child's nutritional status. The selection of types of food ingredients in such a way as to get the best menu while trying to vary the menu so that children do not get bored, thus affecting the level of consumption. The level of food consumption will have an impact on the child's nutritional status. (Irwan, 2020)

Every knowledge possessed by humans about the body's needs for nutrients will have an impact on the amount and type of food consumed. In everyday life, families often see families who actually have enough income, but the food served is only minimal. This condition shows ignorance of the benefits of food for body nutrition, which is the cause of the poor nutritional quality of family food. If the mother's nutritional knowledge is good, it is hoped that the nutritional status of the mother and her toddler will be good, because nutritional disorders are due to a lack of knowledge about nutrition. Mothers who have sufficient nutritional knowledge will pay attention to the nutritional needs of their children so that they can grow and develop optimally. So that mothers will try to have food ingredients that suit their children's needs (Khairatunnisa, 2024) Suboptimal parenting patterns are often influenced by the mother's low knowledge of nutrition, which makes them less aware of the types of food that should be given to their toddlers. Other factors that influence parenting patterns are demographics, geography, and the culture of the place where the person lives. The way mothers introduce and serve food to toddlers affects their eating patterns. When the food served is less diverse and there is no replacement of less healthy foods with healthier options, this also has an impact on children's eating patterns. (Wilda and Hasriani 2021). Energy adequacy plays a role in determining the source of carbohydrates, which often comes from rice in small amounts, as well as sources of fat and protein which are generally obtained from cooking oil, eggs, and tempeh. There are also vegetables such as mustard greens, kale, and cassava leaves that are often consumed. However, this less varied nutritional intake can affect nutritional fulfillment. Energy imbalance can occur due to inadequate energy intake according to the needs of toddlers. On average, toddlers consume around 29 kcal of energy per day, this amount is lower than the recommended nutritional adequacy that should be appropriate for their age. With insufficient energy intake, growth structure and function can be affected. (Dede et al. 2023) Monotonous family food causes low protein intake. This factor is influenced by the level of parental income which affects the economic capacity of the household and in turn, affects food consumption patterns. For example, toddlers are only given porridge and salt without additional sources of protein such as eggs and fish. The majority of those surveyed consumed rice without side dishes and stated that they had difficulty buying animal protein sources due to financial problems, so they did not get enough protein intake. However, animal protein plays an important role in supporting children's growth and development, because many nutrients contained in animal protein play a role in brain growth and development. (Dede et al. 2023). Direct education has been proven effective in increasing public knowledge about the importance of fulfilling nutrition for toddlers. Through the counseling sessions carried out, the community is given clear and relevant information on how to meet children's nutritional needs. This education not only involves explaining the types of food that are good for toddlers, but also includes information on how these foods support children's cognitive and motor development. With better knowledge, the community is expected to be able to make better decisions in providing food and caring for children, which ultimately contributes to better child health and development. The role of

mothers in actively visiting the integrated health post is very important to monitor children's health and nutrition by routinely weighing toddlers by bringing a healthy card (KMS) (Ayu et al., 2020). Mothers who are active in bringing their children to the integrated health post obtain information related to the nutritional status of toddlers provided by health workers. The inactivity of mothers in weighing activities at the integrated health post results in not receiving health education, not receiving vitamin A, mothers of toddlers not knowing the growth and development of toddlers' weight, mothers of toddlers not receiving provision and education about additional food (PMT) In order to overcome these problems, the government has taken various handling measures that include comprehensive policies, including prevention, promotion, education, and management of malnutrition in children. One of the programs that has been initiated by the government is the Additional Food Provision Program (PMT) for the recovery of thin toddlers, based on measuring body weight relative to body length or height, which is below the minus two standard deviations (<-2 SD). This program is implemented for 90 days with the aim of restoring the nutritional condition of toddlers by providing nutritious food so that their nutritional needs can be met (Hadju et al., 2023) Based on research conducted by Putri on the effect of providing local PMT food on improving nutritional status in malnourished toddlers, it shows an increase in the weight of malnourished toddlers to normal nutrition (Yosefa, 2022). Supplementary Food Provision (PMT) is an activity of providing food to toddlers in the form of safe and quality snacks along with other supporting activities by paying attention to aspects of food quality and safety. And contains nutritional value that is in accordance with the needs of the target. There are two types of Supplementary Food Provision (PMT), namely Recovery Supplementary Food Provision (PMT) and Counseling Supplementary Food Provision (PMT). Have the same goal, namely to meet the nutritional needs needed by toddlers. Recovery PMT is intended to meet the nutritional needs of toddlers as well as a learning experience for mothers of target toddlers. Recovery PMT is given in the form of local food or food ingredients. Only consumed by malnourished toddlers and as an additional daily food, not as a substitute for main food. The Supplemental Feeding Program (PMT) is one of the policies in the priority of accelerating the implementation of development in the field of education which aims to improve the nutritional status of children, especially children in disadvantaged and remote areas. Supplemental feeding (PMT) is a program that aims for the health of infants and toddlers, ensuring the growth and development of children according to their age, and preventing stunting.



Figure 1 Examination and education of BB and TB in toddlers



Figure 2 Providing additional food

CONCLUSION

This real work lecture activity concluded that there would be an increase in knowledge and awareness among mothers and families to improve toddler nutrition by providing additional food to malnourished toddlers.

LITERATURE

- Amanah, S., Herawati, H., Lanyumba, F. S., & Kanan, M. (2024). Kejadian Gizi Kurang Pada Balita di Wilayah Kerja Puskesmas Sinorang: Incidents of Undernutrition among Children in the Working Area of the Sinorang Health Center. *Jurnal Kesmas Untika Luwuk: Public Health Journal*, 15(1), 85-92.
- Emmaria, R., Sinaga, K., Manurung, B., Tobing, R. A. L., Lubis, R. D., & Sihombing, P. A. (2024). Edukasi Penanganan dan Pencegahan Gizi Kurang Pada Balita di Wilayah Kerja Puskesmas Rantang Kota Medan Tahun 2024. *Jurnal Pengabdian Kolaborasi dan Inovasi IPTEKS*, 2(4), 1309-1314.
- Khairatunnisa, K., Siregar, D. M. S., & Mubai, I. (2024). Determinan Perilaku Pencegahan Gizi Kurang Pada Balita di Puskesmas Tuntungan Tahun 2023. *JOURNAL OF HEALTHCARE TECHNOLOGY AND MEDICINE*, 10(1), 335-345.
- Melsi, R., Sudarman, S., & Syamsul, M. (2022). Faktor Yang Berhubungan Dengan Kejadian Status Gizi Kurang Pada Balita di Wilayah Kerja Puskesmas Panambungan Kota Makassar. *Jurnal Promotif Preventif*, 5(1), 23-31.
- Nuradhiani, A. (2023). Faktor Risiko Masalah Gizi Kurang pada Balita di Indonesia. *Jurnal Ilmiah Kesehatan Masyarakat Dan Sosial*, 1(2), 17-25.
- Ratna, S. K., & Susilowati, E. (2023). Scoping Review: Faktor Penyebab Gizi Kurang Pada Balita. *Jurnal Gizi Ilmiah*, 10(3), 01-09.
- Ramazana, C. V., Zuheri, Z., & Alaydrus, S. Q. (2024). Pengaruh Pemberian Makanan Tambahan Lokal Terhadap Status Gizi Pada Balita Gizi Kurang Di Puskesmas Simpang Tiga Aceh Besar. *Jurnal Ilmu Kedokteran dan Kesehatan*, 11(11), 2066-2072.
- Rosyida, I. A., Arisandra, M. L., Noviyanti, D. A., Aprilian, R., & Cahyono, C. B. (2024). Pemantauan Status Gizi Balita Dan Pentingnya Pemberian Pmt Pada Balita Desa Durikedungjero, Ngimbang, Lamongan. *Jurnal Pengabdian Masyarakat: BAKTI KITA*, 5(1), 24-33.
- Supriatna, N. K., & Muliawati, D. (2018). Faktor Yang Mempengaruhi Gizi Kurang Balita Di Desa Kepek Dan Karangtengah Wonosari Gunungkidul Yogyakarta. *Jurnal Kesehatan Madani Medika (JKMM)*, 9(1), 7-14.
- Sudarman, S., Aswadi, A., & Masniar, M. (2019). Faktor yang mempengaruhi kejadian gizi kurang pada anak balita di wilayah kerja Puskesmas Panambungan Kota Makassar. *Jurnal Promotif Preventif*, 1(2), 30-42.
- Timur, C. J., Irianto, S. E., & Rahayu, D. (2023). Analisis faktor yang mempengaruhi status gizi pada balita di Kabupaten Lampung Utara. *JPKM: Jurnal Profesi Kesehatan Masyarakat*, 4(2), 85-93.