

ABSTRAK
EVALUASI PENERAPAN KEBIJAKAN PROGRAM
PEMBERIAN MAKANAN TAMBAHAN BALITA DALAM
UPAYA PENURUNAN KASUS STUNTING DI KECAMATAN
PATIKRAJA KABUPATEN BANYUMAS TAHUN 2025

Latar Belakang: Stunting pada balita merupakan salah satu masalah gizi yang berdampak besar terhadap pertumbuhan fisik dan perkembangan kognitif anak. Program Pemberian Makanan Tambahan (PMT) dirancang sebagai kebijakan intervensi gizi untuk menurunkan prevalensi stunting di Indonesia, termasuk di Kecamatan Patikraja. Penelitian ini dilakukan untuk mengevaluasi penerapan kebijakan PMT dan mengidentifikasi faktor - faktor yang mempengaruhi efektivitasnya dalam penurunan angka stunting. Evaluasi ini penting karena meskipun PMT sudah dijalankan, kendala-kendala dalam implementasinya, seperti keterbatasan anggaran dan masalah logistik, masih sering ditemui.

Metode: Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi untuk memahami pengalaman dan persepsi berbagai pihak terkait dalam pelaksanaan PMT. Informan yang terlibat terdiri dari informan kunci, yaitu pejabat Dinas Kesehatan, Camat, Kepala Puskesmas, Pendamping Desa, dan ahli gizi, serta informan pendukung, yaitu Kepala Desa, kader kesehatan, dan orang tua balita. Data dikumpulkan melalui wawancara dan dianalisis dengan teknik analisis tematik, yang berfokus pada tiga aspek utama: input, proses, dan output pelaksanaan PMT.

Hasil: Input Program Pemberian Makanan Tambahan (PMT) balita di Kecamatan Patikraja Tahun 2025 didukung oleh keterlibatan sumber daya manusia lintas sektor, dengan peran koordinatif yang kuat dari pemerintah kecamatan serta dukungan Puskesmas dan tenaga gizi dalam menjamin kualitas makanan sesuai standar. Proses pelaksanaan program berjalan relatif terstruktur melalui kerja sama antara Camat, pemerintah desa, Puskesmas, Dinas Kesehatan, pendamping desa, dan kader kesehatan, disertai kegiatan edukasi gizi kepada orang tua balita. Output Program PMT memberikan dampak positif terhadap status gizi balita, yang ditunjukkan oleh peningkatan berat badan dan tinggi badan pada sebagian besar penerima. Pelaksanaan program masih menghadapi kendala berupa keterbatasan anggaran, hambatan logistik terutama di wilayah sulit dijangkau, serta variasi penerimaan makanan oleh balita yang dipengaruhi oleh pola asuh dan preferensi keluarga.

Kesimpulan: Program PMT balita menggunakan input berupa sumber daya manusia dan makanan tambahan sesuai standar gizi. Proses meliputi koordinasi antar instansi, distribusi makanan, edukasi gizi, dan pemantauan status gizi. Output menunjukkan peningkatan status gizi balita, meski pelaksanaan program perlu penguatan koordinasi, dukungan anggaran, dan keterlibatan keluarga agar lebih optimal.

Kata kunci: *stunting, program PMT, status gizi balita*

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ABSTRACT

Evaluation of the Implementation of the Supplementary Feeding Program Policy for Toddlers in Efforts to Reduce Stunting Cases in Patikraja Subdistrict, Banyumas Regency, 2025

Background: Stunting in children under five is a significant nutritional issue that greatly impacts both physical growth and cognitive development. The Supplementary Feeding Program (PMT) is designed as a nutritional intervention policy to reduce the prevalence of stunting in Indonesia, including in the Patikraja District. This study aims to evaluate the implementation of the PMT policy and identify factors that influence its effectiveness in reducing stunting rates. This evaluation is important because, despite the implementation of PMT, challenges such as budget limitations and logistical issues are still frequently encountered..

Methods: This study uses a qualitative approach with a phenomenological design to understand the experiences and perceptions of various stakeholders involved in the implementation of PMT. The participants include key informants such as officials from the Health Office, the District Head (Camat), the Head of the Community Health Center (Puskesmas), Village Assistants, and nutritionists, as well as supporting informants like Village Heads, health cadres, and parents of children under five. Data was collected through in-depth interviews and analyzed using thematic analysis, focusing on three main aspects: input, process, and output of the PMT implementation.

Results: The input for the PMT in Patikraja Subdistrict in 2025 was supported by cross-sectoral human resources, with strong coordination from the subdistrict government and support from community health centers and nutritionists to ensure food quality according to standards. The program's implementation process was relatively structured through collaboration between the subdistrict head, village government, community health centers, Health Office, village facilitators, and health cadres, accompanied by nutrition education activities for parents of toddlers. The program's output had a positive impact on toddlers' nutritional status, as indicated by increased weight and height among most recipients. However, implementation faced challenges such as limited budget, logistical obstacles especially in hard to reach areas and variations in food acceptance by toddlers influenced by parenting practices and family preferences.

Conclusion: The PMT for toddlers utilized inputs such as human resources and supplementary food according to nutritional standards. The process involved inter-agency coordination, food distribution, nutrition education, and monitoring of nutritional status. The output demonstrated improvements in toddlers' nutritional status, although program implementation requires strengthened coordination, increased budget support, and greater family involvement to achieve optimal outcomes.

Kata kunci: *Stunting, PMT program, toddler nutritional status*

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