

ABSTRAK

Masalah gizi pada balita, khususnya dengan status gizi kurang masih menjadi tantangan serius di Indonesia, termasuk di wilayah kerja Puskesmas Sei Mencirim. Status gizi yang kurang dapat berdampak pada kualitas sumber daya manusia serta menghambat pembangunan nasional. Salah satu upaya strategis pemerintah dalam mengatasi permasalahan ini adalah melalui program Pemberian Makanan Tambahan (PMT), khususnya berbahan pangan lokal, yang ditujukan untuk meningkatkan status gizi balita. Meskipun program ini telah terbukti efektif dalam meningkatkan status gizi balita, pelaksanaannya di lapangan masih menghadapi berbagai kendala. Oleh karena itu, penting untuk mengidentifikasi tantangan dan solusi dalam implementasi program PMT guna memastikan efektivitas dan efisiensi pelaksanaannya. Penelitian ini bertujuan untuk menggali lebih dalam tantangan yang dihadapi serta strategi penyelesaian yang diterapkan dalam pelaksanaan PMT di Puskesmas Sei Mencirim tahun 2024. Dengan menggunakan metode penelitian kualitatif dengan pendekatan studi kasus, penelitian ini menganalisis pengalaman dari delapan orang informan yang terlibat dalam pelaksanaan program PMT ini. Data penelitian diperoleh melalui wawancara mendalam serta dianalisis menggunakan teknik reduksi, penyajian, dan verifikasi data. Penelitian ini mengungkap sejumlah tantangan dalam pelaksanaan program PMT di Puskesmas Sei Mencirim, seperti distribusi yang kurang tepat waktu, kualitas PMT yang menurun, keterbatasan anggaran, rendahnya tingkat edukasi, serta kurangnya partisipasi orang tua balita dalam pemantauan. Namun, tantangan tersebut dapat diatasi melalui sejumlah solusi, seperti pembentukan tim distribusi, standardisasi menu, pembentukan satu lokasi pengolahan, pendataan akurat, edukasi dan pelatihan berkelanjutan, koordinasi yang sinergis serta pemantauan dan evaluasi yang berkesinambungan. Secara keseluruhan, meskipun program PMT di Puskesmas Sei Mencirim menghadapi berbagai tantangan, penerapan kombinasi solusi yang tepat berhasil memberikan dampak positif signifikan terhadap peningkatan status gizi balita dan partisipasi aktif keluarga, sehingga efektivitas program PMT dapat tercapai secara optimal.

Kata Kunci: PMT, Balita, Tantangan, Solusi

ABSTRACT

Nutritional problems in children under five, especially with malnutrition status, are still a serious challenge in Indonesia, including in the Sei Mencirim Health Center working area. Poor nutritional status can have an impact on the quality of human resources and hamper national development. One of the government's strategic efforts in overcoming this problem is through the Supplementary Feeding Program (PMT), especially made from local food, which is aimed at improving the nutritional status of children under five. Although this program has proven effective in improving the nutritional status of children under five, its implementation in the field still faces various obstacles. Therefore, it is important to identify challenges and solutions in the implementation of the PMT program to ensure its effectiveness and efficiency. This study aims to explore the challenges faced and the resolution strategies applied in the implementation of PMT at Sei Mencirim Health Center in 2024. Using a qualitative research method with a case study approach, this study analyzed the experiences of eight informants involved in the implementation of the PMT program. Research data were obtained through in-depth interviews and analyzed using data reduction, presentation, and verification techniques. This study revealed a number of challenges in the implementation of the PMT program at Sei Mencirim Health Center, such as untimely distribution, declining PMT quality, budget limitations, low levels of education, and lack of participation of parents of children under five in monitoring. However, these challenges can be overcome through a number of solutions, such as the formation of a distribution team, menu standardization, the establishment of one processing location, accurate data collection, continuous education and training, synergistic coordination and continuous monitoring and evaluation. Overall, although the PMT program at Sei Mencirim Health Center faces various challenges, the application of the right combination of solutions has had a significant positive impact on improving the nutritional status of children under five and active family participation, so that the effectiveness of the PMT program can be achieved optimally.

Keywords: PMT, Toddlers, Challenges, Solutions