

ABSTRAK

Latar Belakang: Kekurangan Energi Kronis (KEK) pada ibu hamil merupakan salah satu faktor utama penyebab Berat Badan Lahir Rendah (BBLR), terutama di daerah pedesaan yang memiliki keterbatasan akses terhadap gizi seimbang. Program Pemberian Makanan Tambahan (PMT) berbasis pangan lokal menjadi salah satu strategi intervensi untuk memperbaiki status gizi ibu hamil dengan KEK. Namun pelaksanaan program sangat bergantung pada pemahaman, sikap, dan perilaku ibu terhadap program tersebut.

Tujuan: Menjelaskan pemahaman, sikap, dan perilaku ibu dengan KEK terhadap implementasi program PMT berbasis pangan lokal dan mengidentifikasi hambatan serta implikasi program terhadap berat badan bayi lahir di pedesaan Gunung Kidul menggunakan pendekatan teori ekologi sosial.

Metode: Penelitian ini merupakan studi kasus kualitatif retrospektif yang melibatkan 21 informan, terdiri dari ibu KEK penerima PMT selama kehamilan, petugas gizi, dan kader. Data dikumpulkan melalui wawancara mendalam dan dianalisis menggunakan pendekatan tematik. Triangulasi sumber dan member checking digunakan untuk menjaga keabsahan data.

Hasil: Pemahaman ibu terhadap program PMT bervariasi dari tidak tahu hingga memahami dengan baik manfaat dan cara konsumsi PMT. Sikap ibu juga beragam, mulai dari mendukung hingga ragu terhadap efektivitas program. Perilaku konsumsi PMT dipengaruhi oleh ketersediaan, rasa, dukungan keluarga, dan keyakinan pribadi. Faktor-faktor pada tingkat individu, interpersonal, komunitas, hingga kebijakan memengaruhi pelaksanaan program. Ibu dengan pemahaman dan kepatuhan tinggi terhadap PMT cenderung melahirkan bayi dengan berat badan normal.

Kesimpulan: Implementasi PMT berbasis pangan lokal di Gunung Kidul menunjukkan hasil yang bervariasi tergantung pada pemahaman, sikap, dan perilaku ibu. Diperlukan penguatan edukasi gizi, peningkatan keterlibatan keluarga dan kader, serta konsistensi pelaksanaan program agar dampak positif terhadap berat badan bayi lahir dapat tercapai secara optimal.

Kata Kunci: Kekurangan Energi Kronis, Pemberian Makanan Tambahan, Teori Ekologi Sosial, Gunung Kidul.

ABSTRACT

Background: Chronic energy deficiency (CED) in pregnant women is one of the main factors causing low birth weight (LBW), especially in rural areas with limited access to balanced nutrition. A supplementary feeding program (PMT) based on local foods is one intervention strategy to improve the nutritional status of pregnant women with CED. However, the implementation of the program heavily depends on the understanding, attitudes, and behaviors of mothers toward the program.

Objective: To describe the understanding, attitudes, and behaviors of mothers with CED toward the implementation of the locally-based supplementary feeding program and to identify barriers and program implications on infant birth weight in rural Gunung Kidul using a social ecology theory approach.

Method: This study is a retrospective qualitative case study involving 21 informants, consisting of pregnant women with CED who received PMT during pregnancy, nutrition officers, and community health workers. Data were collected through in-depth interviews and analyzed using a thematic approach. Source triangulation and member checking were used to ensure data validity.

Results: Mothers' understanding of the PMT program varied from unaware to well-informed about the benefits and proper consumption of PMT. Mothers' attitudes also ranged from supportive to skeptical about the program's effectiveness. PMT consumption behavior was influenced by availability, taste, family support, and personal beliefs. Factors at the individual, interpersonal, community, and policy levels influenced program implementation. Mothers with high understanding and compliance with PMT tend to give birth to babies with normal birth weight.

Conclusion: The implementation of PMT based on local food in Gunung Kidul shows varying results depending on mothers' understanding, attitudes, and behaviors. Strengthening nutrition education, increasing family and community involvement, and ensuring program consistency are necessary to achieve optimal positive impacts on infant birth weight.

Keywords: Chronic Energy Deficiency, Supplementary Feeding, Social Ecology Theory, Gunung Kidul.