

Hubungan Tingkat Pemberian Makan Bergizi Gratis (Mbg) Dengan Status Gizi Balita Di Desa Cukangkawung Kecamatan Sodonghilir Kabupaten Tasikmalaya

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ABSTRAK

Status gizi merupakan kondisi kesehatan tubuh seseorang yang dipengaruhi oleh konsumsi makanan dan pemanfaatan zat gizi oleh tubuh. Program Makan Bergizi Gratis (MBG) merupakan salah satu upaya pemerintah dalam meningkatkan kualitas gizi balita melalui pemberian makanan bergizi secara rutin. Status gizi balita dipengaruhi oleh berbagai faktor, salah satunya kecukupan asupan gizi. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pemberian Makan Bergizi Gratis (MBG) dengan status gizi balita di Desa Cukangkawung, Kecamatan Sodonghilir, Kabupaten Tasikmalaya. Desain penelitian menggunakan observasional analitik dengan metode cross-sectional pada bulan Mei–Juni 2026. Populasi penelitian adalah balita di Desa Cukangkawung dengan sampel sebanyak 90 balita. Analisis menggunakan uji Chi-square dengan program SPSS. Instrumen penelitian berupa kuesioner, buku KIA, dan alat antropometri. Hasil analisis bivariat dengan uji Chi-square menunjukkan adanya hubungan yang signifikan antara tingkat pemberian MBG dengan status gizi balita ($p < 0,000$; $p < 0,05$). Nilai Cramer's V sebesar 0,687 menunjukkan kekuatan hubungan dalam kategori kuat. Kesimpulan penelitian ini menunjukkan terdapat hubungan yang signifikan antara tingkat pemberian MBG dengan status gizi balita di Desa Cukangkawung. Semakin baik tingkat pemberian MBG yang diterima balita, semakin besar kecenderungan balita memiliki status gizi normal. Oleh karena itu, pelaksanaan program MBG perlu terus dioptimalkan serta didukung peran aktif keluarga dalam menerapkan pola makan bergizi seimbang dan pemantauan pertumbuhan balita secara rutin.

Kata Kunci: Balita, Makan Bergizi Gratis (MBG), status gizi.

The Relationship Between The Level Of Free Nutritious Meal (Mbg) Provision And The Nutritional Status Of Children Under Five In Cukangkawung Village, Sodonghilir District, Tasikmalaya Regency

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ABSTRACT

Nutritional status refers to an individual's physical health condition, influenced by food consumption and the body's utilization of nutrients. The Free Nutritious Meal (MBG) program is a government initiative aimed at improving the nutritional quality of children under five through the regular provision of nutritious meals. A child's nutritional status is influenced by various factors, one of which is the adequacy of nutrient intake. This study aims to determine the relationship between the level of MBG provision and the nutritional status of children under five in Cukangkawung Village, Sodonghilir District, Tasikmalaya Regency. An analytic observational design with a cross-sectional method was employed during May–June 2026. The study population consisted of children under five in Cukangkawung Village, with a sample size of 90 children. Data analysis was conducted using the Chi-square test via SPSS software. Research instruments included questionnaires, Maternal and Child Health (KIA) books, and anthropometric tools. Bivariate analysis using the Chi-square test revealed a significant relationship between the level of MBG provision and the nutritional status of the children ($p < 0.000$; $p < 0.05$). A Cramer's V value of 0.687 indicated a strong relationship. The study concludes that there is a significant relationship between the level of MBG provision and the nutritional status of children under five in Cukangkawung Village. The better the level of MBG provision received by the children, the greater the likelihood of them maintaining a normal nutritional status. Therefore, the implementation of the MBG program needs to be continuously optimized and supported by the active role of families in adopting balanced, nutritious diets and regularly monitoring the children's growth.

Keywords: Toddlers, Free Nutritious Meals (MBG), nutritional status.