

**PENGARUH PEMBERIAN MAKANAN TAMBAHAN (PMT) BERBASIS
PANGAN LOKAL TERHADAP KENAIKAN LILA IBU HAMIL KEK DI
WILAYAH KERJA UPTD PUSKESMAS TAMANSARI TAHUN 2026**

Kuswi Mulyasari

Universitas Galuh

Email : kuswi.mulyasari@student.unigal.ac.id

ABSTRAK

Latar Belakang Kekurangan Energi Kronis (KEK) pada ibu hamil (LILA < 23,5 cm) di UPTD Puskesmas Tamansari mencapai 10%. Rendahnya kepatuhan PMT biskuit pabrikan (50%) akibat rasa monoton mendorong perlunya alternatif PMT berbasis pangan lokal. Tujuan Menganalisis pengaruh PMT pangan lokal terhadap kenaikan LILA ibu hamil KEK di UPTD Puskesmas Tamansari. Metode penelitian yang digunakan kuantitatif pre-experimental (one group pretest-posttest) selama 30 hari. Data LILA diukur sebelum dan sesudah intervensi, lalu dilakukan analisis dengan uji *paired T-test/Wilcoxon*. Hasil PMT pangan lokal berpengaruh signifikan terhadap peningkatan LILA ($p = 0,000$). Rata-rata LILA meningkat sebesar 2,10 cm, dari 21,80 cm (pretest) menjadi 23,90 cm (posttest). Kepatuhan menjadi faktor kunci, di mana 73,6% ibu yang patuh berhasil mencapai LILA normal. Kesimpulan yang dihasilkan dari penelitian yaitu pemberian PMT berbasis pangan lokal efektif meningkatkan LILA ibu hamil KEK dan direkomendasikan untuk pemulihan gizi di pelayanan kesehatan primer.

Kata Kunci : KEK, LILA, PMT Pangan Lokal, Ibu Hamil.

***THE EFFECT OF LOCAL FOOD-BASED SUPPLEMENTARY FEEDING
ON MID-UPPER ARM CIRCUMFERENCE (MUAC) INCREASE AMONG
PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY IN THE
WORKING AREA OF TAMANSARI PUBLIC HEALTH CENTER IN 2026***

Kuswi Mulyasari

Universitas Galuh

Email : kuswi.mulyasari@student.unigal.ac.id

ABSTRACT

Chronic Energy Deficiency (CED) among pregnant women (MUAC < 23.5 cm) at UPTD Puskesmas Tamansari reached 10%. Low compliance with commercial factory biscuits (50%) due to monotonous flavor necessitates local food-based Supplementary Feeding (PMT) as a varied alternative. Objective to analyze the effect of local food-based PMT on the increase in MUAC among pregnant women with CED at UPTD Puskesmas Tamansari. Methods A quantitative pre-experimental study using a one-group pretest-posttest design conducted over 30 days. MUAC was measured before and after intervention, followed by Paired T-test or Wilcoxon analysis. Results: Local food-based PMT significantly increased MUAC ($p = 0.000$). The mean MUAC increased by 2.10 cm, from 21.80 cm (pretest) to 23.90 cm (posttest). Compliance served as a key success factor, with 73.6% of compliant mothers successfully recovering to normal MUAC levels. Conclusion: Local food-based PMT significantly increases MUAC in pregnant women with CED and is recommended for nutritional recovery programs in primary healthcare facilities.

Keywords: Chronic Energy Deficiency (CED), Mid-Upper Arm Circumference (MUAC), Local Food PMT, Pregnant Women.