

## **ABSTRAK**

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**STUDI DESKRIPTIF PEMBERIAN KEPERLUAN MEDIS (SUSU FORMULA)  
TERHADAP PENINGKATAN BERAT BADAN PADA ANAK STUNTING DI  
PUSKESMAS SUKODONO**

xvi + 62 Halaman + 6 Tabel + 9 Lampiran

Stunting merupakan kondisi gagal tumbuh yang dialami anak akibat kurangnya asupan gizi dalam waktu lama, infeksi berulang, dan minimnya stimulasi psikososial, terutama pada masa 1.000 Hari Pertama Kehidupan. Fenomena ini menjadi masalah serius di wilayah Puskesmas Sukodono yang ditangani melalui program PKMk berupa pemberian susu formula sebagai intervensi gizi. Penelitian ini bertujuan untuk mengetahui dampak intervensi tersebut terhadap berat badan balita usia 1–3 tahun.

Desain penelitian menggunakan metode deskriptif dengan pendekatan cross sectional, sesuai tahapan Arikunto yang menekankan observasi dalam satu waktu. Subjek penelitian terdiri dari 30 balita yang menerima susu formula selama 24 hari. Data dikumpulkan melalui pengukuran berat badan dan kuesioner kepada orang tua. Hasil menunjukkan bahwa sebagian besar balita mengalami peningkatan berat badan, dan konsumsi susu dilakukan secara teratur sesuai anjuran.

Analisis menunjukkan bahwa keberhasilan intervensi dipengaruhi oleh keteraturan pemberian dan keterlibatan aktif orang tua. Pembahasan menekankan bahwa susu formula sebagai pangan olahan medis memiliki peran penting dalam mempercepat pemulihan gizi anak stunting. Keberhasilan program bergantung pada pengawasan tenaga kesehatan, edukasi keluarga, serta pemantauan berkala untuk menjaga keberlanjutan dampak positif intervensi.

Kata kunci: Stunting, susu formula, balita, intervensi gizi, Puskesmas Sukodono

Daftar Bacaan: 4 buku (2012–2024)

## ABSTRACT

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*DESCRIPTIVE STUDY ON THE PROVISION OF MEDICAL NECESSITIES  
(FORMULA MILK) FOR WEIGHT GAIN IN STUNTED CHILDREN AT  
SUKODONO COMMUNITY HEALTH CENTER*

*xvi + 62 Pages + 6 Tables + 9 Appendices*

*Stunting is a condition of growth failure experienced by children due to prolonged inadequate nutritional intake, recurrent infections, and insufficient psychosocial stimulation, particularly during the first 1,000 days of life. This phenomenon presents a serious issue within the working area of Puskesmas Sukodono, addressed through the PKMk program involving the provision of formula milk as a nutritional intervention. This study aims to examine the impact of the intervention on the body weight of children aged 1–3 years.*

*The research design applies a descriptive method with a cross-sectional approach, following Arikunto's procedural framework which emphasizes single-point observation. The subjects were 30 toddlers who received formula milk for 24 days. Data collection involved weighing the children and distributing questionnaires to their parents. Results indicated that most children experienced weight gain, with formula milk consumption carried out regularly as recommended.*

*Analysis revealed that the success of the intervention was influenced by the consistency of administration and active involvement of the parents. The discussion highlights that formula milk, as a medical food product, plays a significant role in accelerating nutritional recovery among stunted children. Program success depends on health professional supervision, family education, and regular monitoring to ensure sustained positive outcomes.*

*Keywords: Stunting, formula milk, toddlers, nutritional intervention, Puskesmas Sukodono*

*References: 4 books (2012–2024)*