

EFFECTIVENESS OF NUTRITION PROGRAM FOR TODDLERS THROUGH SUPPLEMENTARY FOOD PROVISION (PMT) AT POSYANDU, RANOTETA VILLAGE, WATUBANGGA DISTRICT, KOLAKA REGENCY

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Article History

Received: 17 March 2026

Accepted: 17 April 2026

Published: 31 April 2026

Abstract

The fundamental problem of this research background is the low participation and concern of parents towards nutritious food, as well as suboptimal service from the Community Health Center (Puskesmas) which often arrives late, thus reducing public trust and enthusiasm. The purpose of this study is to analyze the effectiveness of the PMT program in improving the nutritional status of toddlers and to identify supporting and inhibiting factors in its implementation. This study uses a qualitative approach with a case study method to explore the phenomenon studied in depth. This research model is focused on descriptive analysis to provide a systematic overview of the facts found. Primary data was obtained through data collection techniques in the form of interviews, direct field observations to see the real conditions at the research location, and relevant documentation studies. The collected data were then analyzed using qualitative data analysis methods which include data reduction stages, narrative data presentation, and drawing conclusions. The results of this study indicate that the PMT program at the Posyandu Ranoteta Village has not been running effectively. Based on the effectiveness of the program consists of five indicators, namely: program success, target success, satisfaction with the program, input and output levels, achievement of overall objectives. The five indicators have not been effective due to limited implementation, with activities occurring only once a month, a lack of variety in the PMT menu, and a lack of community participation in integrated health post (Posyandu) program activities. This is compounded by a lack of parental awareness of the importance of a nutritious PMT menu for improving toddler nutrition.

Keywords: Program Effectiveness, PMT, Toddler Nutritional Status, Posyandu, Community Participation.

A. INTRODUCTION

Nutritional problems remain a major challenge in public health development in Indonesia. One of the groups most vulnerable to nutritional problems is children under five, particularly because they are highly susceptible to undernutrition, including wasting, stunting, and being underweight. Several studies have shown that malnutrition can have negative effects on young children, such as disrupting physical growth and affecting their future cognitive abilities and intelligence. Other impacts include reduced immunity, loss of healthy life years, and increased rates of morbidity, disability, and even mortality among children under five (Doren et al., 2019). Based on the 2023 Indonesian Health Survey, 12.9% of children under five were underweight, 15.8% were stunted, and 6.4% experienced wasting. These figures show some improvement compared with 2018, when 17.7% of children under

five were underweight, 30.8% were stunted, and 10.2% experienced wasting. Nevertheless, these data indicate that nutritional problems among children under five in Indonesia still have a high prevalence and have not yet shown a sufficiently significant decline, thus requiring further attention and intervention (Alya et al., 2024). Good nutritional status is a determining factor in the success of health development, which is an inseparable part of national development. This is crucial because children are in a phase of rapid growth that is strongly influenced by adequate nutritional intake and physical activity.

The government has undertaken various efforts to accelerate the reduction of nutritional problems, one of which is through the Supplementary Feeding Program (PMT) as a form of specific nutritional intervention. Based on Regulation of the Director General of Public Health No. HK.02.02/B/1622/2023, PMT based on local food ingredients has now become a priority to improve the nutritional status of target children, namely those aged 6–59 months whose body weight does not increase, who are underweight, or who are malnourished. The Supplementary Feeding Program aims to improve nutritional status according to established standards and to encourage sustainable family nutrition self-reliance. However, the effectiveness of this program is often constrained by inefficient distribution, lack of monitoring, logistical problems, and limited public understanding of nutrition.

According to UNICEF and WHO, factors causing malnutrition include poor dietary patterns, inadequate nutritional intake, infectious and accompanying diseases, low awareness of the nutritional status of children under five, economic status and income level, as well as unhealthy environmental sanitation (Febriyanti & Handayani, 2022). The Supplementary Feeding Program is intended to meet the nutritional adequacy of children under five by providing them with additional food, not to replace their main daily meals (Jayadi et al., 2021). At the operational level, Posyandu plays a vital role as a Community-Based Health Effort (*Upaya Kesehatan Bersumberdaya Masyarakat* or UKBM) that brings basic health services closer to the community, including nutritional monitoring and immunization, in order to reduce infant and child mortality. Posyandu is a basic health activity that serves as the frontline in achieving public health, organized by the community and for the community with the support of health workers (Hafifah & Abidin, 2020).

Based on preliminary field data, there were fluctuations in the number of undernourished children under five in Ranoteta Village, with 2 children recorded in 2023, increasing to 5 in 2024, and 4 recorded in 2025. Although the cadres of Bina Sehat Posyandu have implemented the PMT program by providing milk, biscuits, and nutrition education, significant obstacles remain. These challenges include the low participation and concern of parents regarding nutritious food, as well as less-than-optimal services from the Community Health Center (*Puskesmas*), which is often delayed, thereby reducing public trust and enthusiasm. The purpose of this study is to analyze the effectiveness of the PMT program in improving the nutritional status of children under five and to identify the supporting and inhibiting factors in its implementation. The expected benefit of this study is that it may serve as a reference for local health policy in optimizing the roles of Posyandu and Puskesmas in improving the quality of the implementation of the Supplementary Feeding Program. In addition, it is expected to raise awareness of the importance of the active role of families in supporting the success of nutrition programs through supplementary feeding.

B. LITERATURE REVIEW

Effectiveness Theory

In the *Indonesian Dictionary (Kamus Besar Bahasa Indonesia)*, effectiveness is defined as a condition that indicates influence, success, or outcomes that produce positive impacts. In general, effectiveness refers to the level of success achieved by individuals or organizations

in attaining previously established objectives (Eka Nuryani & Dadang Mashur, 2024). According to J. P. Campbell, as cited in Dyah Mutiarin (Mutmainah & Husaini, 2024), the measurement of effectiveness generally includes several key indicators:

- Program Success, measured by the effectiveness of achieving objectives through systematic planning, budgeting, and evaluation.
- Target Achievement, where effectiveness is assessed based on the level of target attainment and the mechanisms to sustain it. This assessment must include alignment between government programs or policies and the predetermined objectives.
- Satisfaction with the Program, which serves as a measure of effectiveness in fulfilling beneficiaries' needs. The level of satisfaction depends on service quality; the higher the program quality, the better the public's evaluation of the government as policy maker and implementer.
- Input and Output Levels, measured by comparing inputs and outputs. A program is considered effective if outputs exceed inputs, and ineffective if inputs are greater than outputs.
- Overall Goal Achievement, where organizational effectiveness is assessed based on the extent to which tasks are carried out to achieve objectives using general evaluation criteria (Mutmainah & Husaini, 2024).

Theory of Effectiveness Measurement

The measurement of effectiveness in this study refers to Sedarmayanti's theory, which includes four main dimensions:

- Input, referring to all resources entering the system, including plans, infrastructure, and raw data to be processed into information.
- Process, emphasizing interaction and communication between the government and the community, particularly in decision-making to achieve organizational goals.
- Output, representing system outcomes in the form of products or high-quality services generated from the processing of inputs.
- Productivity, defined as the ratio between outcomes achieved and resources used, supported by human resource development, work motivation, and the appropriate use of technology.

Productivity is closely linked to education, which is essential for developing human resources, as well as motivation as a driving force for activity, and the use of appropriate and advanced production technology to improve performance (Hertati, 2020).

Program Effectiveness Theory

Program effectiveness is an evaluation of the extent to which activities within a program are able to achieve the initial objectives that were set. The success of a program can be assessed based on the effectiveness of achieving these planned goals (Nida et al., 2025). According to Muasaroh, as cited in Dyah Mutiarin & Arif Zainudin (Mutmainah & Husaini, 2024), program effectiveness can be evaluated through several aspects:

- Task or Function Aspect, where effectiveness depends on the ability of implementers to carry out assigned duties and functions.
- Planning or Program Aspect, where a program is considered effective if all planned activities are successfully implemented.
- Regulatory Aspect, where effectiveness depends on the functioning of rules in maintaining the continuity of activities.
- Goal or Ideal Condition Aspect, where a program is considered effective from an outcome perspective if its intended goals or ideal conditions are achieved (Norsanti, 2021).

Child Nutrition Program Theory

<http://jurnaldialektika.com/>

Publisher: Perkumpulan Ilmuwan Administrasi Negara Indonesia

P-ISSN: 1412 -9736

E-ISSN: 2828-545X

Child nutrition programs are a series of efforts by the government, health workers, and the community to fulfill children's nutritional needs from an early age. These programs are implemented at community health posts (*Posyandu*), with one of the main activities being Supplementary Feeding Programs (*Pemberian Makanan Tambahan* or PMT). Under Health Law No. 36 of 2009 concerning community nutrition improvement, the government has established priority health efforts aimed at reducing the prevalence of undernutrition and malnutrition. The PMT program is intended to meet the nutritional needs of children under five by providing supplementary food, not as a substitute for their main daily meals.

Supplementary Feeding Program Theory

Supplementary feeding is the provision of safe and nutritious snacks to meet the nutritional needs of children under five. It is divided into two types: Supplementary Feeding for Recovery and Supplementary Feeding for Education. The recovery type functions as an additional daily nutritional intake (not a replacement for main meals) for undernourished children and serves as a means of educating mothers. Meanwhile, the educational type is provided monthly at *Posyandu* to educate mothers on examples and methods of providing healthy and nutritious complementary foods (Robet et al., 2025).

Regulation of the Director General of Public Health No. HK.02.02/B/1622/2023 establishes technical guidelines for supplementary feeding based on local food ingredients, targeting children aged 6–59 months and pregnant women with specific criteria to improve their nutritional status. The target group of children includes those with conditions such as stagnant weight gain, underweight, malnutrition, severe malnutrition, and stunting, as well as those showing health warning signs. For pregnant women, interventions focus on those experiencing Chronic Energy Deficiency, indicated by a low Body Mass Index or a Mid-Upper Arm Circumference below 23.5 cm. This program emphasizes the use of local wisdom in providing balanced, nutritious meals or snacks through government and community-based health service facilities.

Theory of the Role of Posyandu in Nutrition Services

Posyandu is a form of community-based health effort (*Upaya Kesehatan Bersumberdaya Masyarakat* or UKBM) managed by, from, for, and together with the community to empower the community and provide easier access to basic health services. As the frontline of health services at the community level, *Posyandu* functions to expand service coverage through integrated programs supported by health workers.

In its implementation, *Posyandu* cadres play a crucial role as intermediaries between health facilities and the community through various key activities, including supplementary feeding programs (PMT), child weighing, nutrition education, immunization, and regular monitoring of child growth and development (Robet et al., 2025).

C. RESEARCH METHODOLOGY

This study employed a qualitative approach with a case study method to explore the phenomenon in depth and contextually. This approach was chosen because it enables a comprehensive understanding of social reality through the interpretation of meaning, experiences, and interactions among actors in a natural setting. The case study method allows the researcher to examine intensively the dynamics occurring within the research object, thereby producing a holistic understanding that is not only descriptive but also interpretative (Creswell & Poth, 2018; Yin, 2018). Therefore, this approach is relevant for explaining complex and multidimensional phenomena.

Primary data in this study were obtained through several data collection techniques, namely in-depth interviews, direct field observation, and document study. Interviews were used to gather detailed information regarding the informants' perceptions, experiences, and

views, while observation was conducted to capture the factual conditions at the research site and the interactions taking place in real time. Document study complemented the data by analyzing relevant policy documents, reports, and archives. This combination of techniques enabled the researcher to obtain rich, layered, and complementary data, thereby enhancing the depth of analysis and the credibility of the research findings (Nowell et al., 2017).

The collected data were then analyzed using qualitative data analysis methods, which included data reduction, narrative data presentation, and conclusion drawing. At the data reduction stage, the researcher selected, focused on, and simplified the data relevant to the research focus. Subsequently, the data were presented in thematic narrative form to facilitate the identification of patterns, relationships, and meanings emerging from the data. The final stage involved drawing conclusions continuously throughout the research process, accompanied by triangulation techniques to ensure the validity and consistency of the findings. This process ensures that the research results are not only empirically accurate but also possess sufficient analytical strength (Braun & Clarke, 2021; Miles et al., 2014).

D. RESULT AND DISCUSSION

The success of this program is aligned with the effectiveness theory proposed by John P. Campbell (Fitria Mutmaina et al., 2024), where the measurement of effectiveness generally includes several indicators, namely program success, target achievement, satisfaction with the program, input level, and overall goal attainment.

Program Success

Program success, according to John P. Campbell, is a measure of effectiveness indicated by the extent to which predetermined objectives can be achieved. In the context of public policy, program effectiveness is not only assessed based on the continuity of implementation but also on the tangible impact produced on the target group. The Supplementary Feeding Program (PMT) at the Posyandu of Ranoteta Village has been implemented continuously from 2023 to 2025, with the main objective of improving the nutritional status of undernourished children. Normatively, this program has been implemented in accordance with public health policy directions, particularly in addressing child malnutrition (Ministry of Health of the Republic of Indonesia, 2022).

However, the findings indicate that the effectiveness of the program is not yet optimal when viewed from the technical implementation aspect. The frequency of implementation, which is only once a month, becomes a major constraint in providing continuous nutritional intervention, especially for children with undernutrition who require intensive monitoring and additional intake. In addition, the limited variation in supplementary food menus reduces the quality of the intervention, both in terms of nutritional adequacy and attractiveness for children. This condition is consistent with research findings that the success of nutrition programs is highly influenced by intervention intensity, quality of intake, and consistency of implementation at the primary service level (Bhutta et al., 2020).

Thus, although the PMT program at the Posyandu of Ranoteta Village has been implemented regularly and has clear objectives, its effectiveness still requires optimization. Improvements can be focused on increasing the frequency of activities, diversifying menus based on children's nutritional needs, and strengthening the role of cadres and health workers in continuous monitoring. A more intensive and adaptive approach to local needs is expected to significantly enhance the program's impact. This is important considering that nutritional interventions for children require not only program continuity but also high-quality implementation that addresses the specific needs of the target group (UNICEF, 2021; World Health Organization, 2023).

Target Achievement

According to Campbell, organizational effectiveness is measured by the achievement of targets and the mechanisms to sustain them. In the context of the PMT program at the Posyandu of Ranoteta Village, although the targeting of undernourished children has been appropriate, its success is not yet optimal. The main constraint lies in the low participation of parents due to busyness, lack of awareness, and perceptions that the impact of PMT is not significant because of its irregular implementation. As a result, the coverage of beneficiaries is not comprehensive and program sustainability is hindered, indicating that accurate targeting alone is insufficient without strong community participation.

Satisfaction with the Program

Satisfaction is an important benchmark in assessing program effectiveness, as it reflects the extent to which the program meets the needs of beneficiaries through the quality of services provided. In the context of public health services, satisfaction is not only related to outcomes but also to the service process, interactions with service providers, and alignment with user expectations. A high level of satisfaction generally indicates that the program is running according to its objectives and provides tangible benefits, while low satisfaction suggests a gap between expectations and actual service delivery (Anwar et al., 2022).

At the Posyandu of Ranoteta Village, the level of satisfaction among parents of children under five with the PMT program is categorized as moderate. This indicates that the program has made a positive contribution, particularly in meeting basic nutritional needs and through the active role of health cadres who are considered responsive and supportive. However, several issues still affect satisfaction levels, such as limited menu variation and low frequency of food distribution. These factors are critical, as the quality and diversity of nutritional intake significantly influence the effectiveness of interventions in supporting child growth and development (Pratiwi & Sari, 2023).

Therefore, the effectiveness of the PMT program needs to be improved through comprehensive service quality enhancement, including increasing menu diversity that is nutritionally adequate and locally appropriate, as well as improving the frequency of food distribution. In addition, continuous evaluation involving community participation is necessary to ensure that the program remains relevant and adaptive to beneficiaries' needs. A more comprehensive and needs-based approach is expected not only to improve satisfaction but also to generate a more significant impact on child nutrition and health in a sustainable manner.

Input and Output Levels

The effectiveness of the PMT program at the Posyandu of Ranoteta Village is measured through the comparison between inputs and outputs, where a program is considered effective if the results achieved exceed the resources utilized. Current program inputs include the active role of cadres in data collection and distribution, health personnel, budget allocation, and infrastructure. However, limitations in funding and staff time result in suboptimal menu variation and program implementation. Although outputs show increased parental knowledge and improved nutrition among some children, fluctuations in undernutrition data indicate that the balance between program inputs and outputs has not yet reached optimal outcomes.

Overall Goal Achievement

The overall goal achievement of the PMT program at the Posyandu of Ranoteta Village is considered moderately effective, as seen from its contribution to improving children's nutritional status and increasing community awareness of the importance of nutritious food. However, it has not yet maximally reduced undernutrition rates significantly. Although the program has produced positive impacts, it still faces key challenges such as low participation, limited menu variation, and insufficient frequency of food distribution. Based on Campbell's theory, organizational effectiveness is measured by how well tasks are carried out to achieve

primary objectives; therefore, improvements and strengthening of implementation are necessary to ensure that improvements in children's nutritional status can be achieved optimally and sustainably.

E. CONCLUSION

The Supplementary Feeding Program at the Ranoteta Village Integrated Health Post (Posyandu), which began in 2023 and continues to this day in 2025, is considered quite effective but has not been optimal in significantly improving the nutritional status of toddlers. The effectiveness of the PMT program still faces several obstacles that affect the achievement of maximum results. The frequency of PMT provision is only once a month, the lack of variety in the supplementary food menu, limited input in the form of budget and food ingredients, and the low participation of some parents of toddlers have resulted in the program's benefits not being felt equally by all targets. This condition has an impact on the failure to achieve a significant and sustainable reduction in malnutrition rates. Based on 5 aspects: program success, target success, satisfaction with the program, input and output levels, and achievement of overall objectives, it can be concluded that the PMT program at the Ranoteta Village Integrated Health Post (Posyandu) has been running and is quite effective, but still requires improvement and strengthening in its implementation so that the program's effectiveness can be increased and the goal of improving the nutritional status of toddlers can be optimally achieved.

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