

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN
FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI
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Pemberian Makanan Tambahan Puding Telor Coklat Terhadap Perubahan Berat Badan Dan Tinggi Badan Balita Dengan Gerakan Tutup Mulut (GTM) Di Posyandu Kelurahan Tanjung Rhu

XV + 56 halaman +14 Tabel + 17 Lampiran

ABSTRAK

Gerakan Tutup Mulut (GTM) pada balita dapat menyebabkan kurangnya asupan zat gizi yang berisiko mengganggu pertumbuhan. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian Makanan Tambahan (PMT) puding telur coklat terhadap perubahan berat badan (BB) dan tinggi badan (TB) balita dengan GTM di Posyandu Kelurahan Tanjung Rhu. Penelitian menggunakan desain *quasi-experimental one-group pretest-posttest* dengan 20 balita sebagai sampel yang dipilih secara *purposive sampling*. Intervensi puding telur coklat diberikan selama 21 hari (tiga minggu) melalui kunjungan *door to door*. Hasil analisis univariat menunjukkan rata-rata BB meningkat dari 9,57 kg menjadi 10,46 kg (kenaikan rata-rata 0,89 kg), dan rata-rata TB meningkat dari 81,40 cm menjadi 82,75 cm (kenaikan rata-rata 1,35 cm). Hasil uji Wilcoxon menunjukkan seluruh 20 responden mengalami kenaikan BB yang bermakna secara statistik ($Z = -3,927$; $p = 0,000$), sedangkan hasil uji *Paired Sample T-Test* menunjukkan kenaikan TB yang juga bermakna secara statistik ($t = -8,102$; $p = 0,000$) dengan korelasi pretest-posttest yang sangat kuat ($r = 0,999$). Dapat disimpulkan bahwa pemberian PMT puding telur coklat berpengaruh signifikan terhadap peningkatan berat badan dan tinggi badan balita dengan GTM di Posyandu Kelurahan Tanjung Rhu

Kata Kunci: Puding Telor Coklat, Status Gizi, Balita, GTM, PMT

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**The Effect of Chocolate Egg Pudding as Supplementary Feeding on Changes
in Body Weight and Height of Toddlers with Mouth-Closing Behavior (GTM)
at the Posyandu in Tanjung Rhu Sub-district**

XV + 56 pages + 14 tables + 17 appendices

ABSTARCT

Mouth-Closing Behavior (Gerakan Tutup Mulut/GTM) in toddlers can lead to inadequate nutrient intake that risks disrupting growth. This study aimed to determine the effect of supplementary feeding (PMT) in the form of chocolate egg pudding on changes in body weight (BW) and height (HT) of toddlers with GTM at the Posyandu in Tanjung Rhu Sub-district. The study used a quasi-experimental one-group pretest-posttest design with 20 toddlers as the sample, selected through purposive sampling. The chocolate egg pudding intervention was administered for 21 days (three weeks) through door-to-door visits. Univariate analysis showed that the mean body weight increased from 9.57 kg to 10.46 kg (mean increase of 0.89 kg), and mean height increased from 81.40 cm to 82.75 cm (mean increase of 1.35 cm). The Wilcoxon test showed that all 20 respondents experienced a statistically significant increase in body weight ($Z = -3.927$; $p = 0.000$), while the Paired Sample T-Test showed a statistically significant increase in height ($t = -8.102$; $p = 0.000$) with a very strong pretest-posttest correlation ($r = 0.999$). It can be concluded that the provision of chocolate egg pudding as supplementary feeding had a significant effect on the increase in body weight and height of toddlers with GTM at the Posyandu in Tanjung Rhu Sub-district.

Keywords: Chocolate Egg Pudding, Nutritional Status, Toddlers, GTM, Supplementary Food.

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