

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN
FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, 06 Juni 2026

Febby Wilanda Putri

Pengaruh Pemberian Nugget Tempe Terhadap Status Gizi Pada Balita Gizi Kurang Di Puskesmas Lima Puluh Pekanbaru Kelurahan Tanjung Rhu

xv + 117 halaman + 17 tabel + 3 skema + 20 lampiran

ABSTRAK

Masalah gizi kurang pada balita masih menjadi tantangan kesehatan masyarakat yang berdampak terhadap pertumbuhan dan perkembangan anak. Salah satu upaya penanggulangan yang dapat dilakukan adalah pemanfaatan pangan lokal bergizi, seperti nugget tempe, sebagai makanan tambahan. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian nugget tempe terhadap status gizi balita gizi kurang di Wilayah Kerja Puskesmas Lima Puluh Kota Pekanbaru Kelurahan Tanjung Rhu. Penelitian menggunakan metode kuantitatif dengan desain *quasi experiment pre-test and post-test with control group design*. Sampel berjumlah 46 balita yang terdiri atas 23 kelompok intervensi dan 23 kelompok kontrol. Kelompok intervensi diberikan nugget tempe sebanyak 30 gram per hari selama 4 minggu, sedangkan kelompok kontrol tidak diberikan intervensi. Status gizi diukur menggunakan indikator antropometri dan dianalisis dengan uji *Mann-Whitney*. Hasil penelitian menunjukkan terdapat pengaruh yang signifikan pemberian nugget tempe terhadap status gizi balita, ditunjukkan oleh nilai $p\text{-value} = 0,000$ ($p < 0,05$). Balita pada kelompok intervensi mengalami peningkatan status gizi yang lebih baik dibandingkan kelompok kontrol. Disimpulkan bahwa pemberian nugget tempe efektif meningkatkan status gizi balita gizi kurang sehingga dapat dijadikan sebagai alternatif makanan tambahan berbasis pangan lokal dalam mendukung upaya perbaikan gizi balita.

Kata Kunci : balita, gizi kurang, nugget tempe, status gizi, quasi experiment.

Daftar Bacaan : (2013-2026)

**BACHELOR OF MIDWIFERY STUDY PROGRAM AND MIDWIFERY
PROFESSIONAL EDUCATION PROGRAM, FACULTY OF MIDWIFERY
PAYUNG NEGERI INSTITUTE OF HEALTH, PEKANBARU**

Research, June 6, 2026

Febby Wilanda Putri

***The Effect Of Tempeh Nugget Supplementation On The Nutritional Status Of
Undernourished Toddlers At Lima Puluh Community Health Center, Tanjung
Rhu Village, Pekanbaru***

xv + 117 Pages + 17 tables + 3 figures + 20 appendices

ABSTRACT

Undernutrition among toddlers remains a public health challenge that adversely affects children's growth and development. One strategy to address this problem is the utilization of nutritious local foods, such as tempeh nuggets, as supplementary food. This study aimed to determine the effect of tempeh nugget supplementation on the nutritional status of undernourished toddlers at the Lima Puluh Community Health Center, Tanjung Rhu Village, Pekanbaru. This study employed a quantitative method using a quasi-experimental pre-test and post-test with control group design. The sample consisted of 46 toddlers, including 23 in the intervention group and 23 in the control group. The intervention group received 30 grams of tempeh nuggets daily for four weeks, while the control group received no intervention. Nutritional status was assessed using anthropometric indicators and analyzed with the Mann–Whitney test. The results showed a significant effect of tempeh nugget supplementation on the nutritional status of toddlers, indicated by a p-value of 0.000 ($p < 0.05$). Toddlers in the intervention group demonstrated greater improvements in nutritional status than those in the control group. It can be concluded that tempeh nugget supplementation is effective in improving the nutritional status of undernourished toddlers and can serve as an alternative locally based supplementary food to support child nutrition improvement programs.

Keywords: *toddlers, undernutrition, tempeh nuggets, nutritional status, quasi-experimental study.*

References: *(2013-2026)*