

DAMPAK PROGRAM MAKAN TERHADAP STATUS GIZI ANAK

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Kekurangan gizi Pemerintah Program makan Sekolah Status gizi</p>	<p>Kekurangan gizi pada anak masih menjadi tantangan utama terhadap kualitas sumber daya manusia. Di Indonesia, prevalensi stunting menunjukkan angka yang cukup tinggi sebesar 19,8% dan belum mencapai target. Salah satu upaya pemerintah dalam mengatasi permasalahan tersebut melalui Program Makan Bergizi Gratis (MBG). Penelitian ini bertujuan menganalisis dampak program pemberian makanan di sekolah yang dikelola pemerintah terhadap status gizi anak. Penelitian ini menggunakan metode Systematic Literature Review. Database pencarian literatur : PubMed, Google Scholar, Medline, dan Web of Science . Kata kunci berdasarkan PICO : Population (children dan adolescents in primary/secondary school), Intervention (school feeding program), dan Outcome (nutritional status). Hasil analisis didapatkan 9 artikel yang memenuhi syarat inklusi dengan lokasi studi di Ethiopia, Ghana, Kenya, Nigeria, dan Afrika. Studi menunjukkan dampak positif terhadap hasil gizi, meliputi : wasting (n=5), stunting (n=5), underweight (n=1), konsentrasi hemoglobin (n =3) dan keragaman diet (n =2). Namun, status gizi juga dipengaruhi faktor sosial ekonomi, karakteristik rumah tangga, dana kualitas makanan yang diberikan. Dengan demikian, program makan berpotensi menjadi strategi dalam mendukung upaya penanggulangan masalah gizi anak khususnya di negara berpendapatan rendah dan menengah. Namun, memerlukan penguatan dalam implementasinya dan didukung evaluasi, serta penelitian lanjutan untuk memastikan efektivitas jangka panjangnya.</p> <p>ABSTRACT <i>Child malnutrition remains a major challenge affecting the quality of human resources. In Indonesia, the prevalence of stunting is still high at 19.8% and has not yet reached the national target. One of the government's strategies to address this issue is the Free Nutritious Meal Program (MBG). This study aims to analyze the impact of government-managed school feeding programs on children's nutritional status. This research used a Systematic Literature Review approach. Literature was searched in PubMed, Google Scholar, Medline, and Web of Science. Keywords were based on the PICO framework: Population (children and adolescents in primary and secondary schools), Intervention (school feeding program), and Outcome (nutritional status). Nine studies met the inclusion criteria, conducted in Ethiopia, Ghana, Kenya, Nigeria, and other African countries. The findings indicated positive effects on wasting (n = 5), stunting (n = 5), underweight (n = 1), hemoglobin concentration (n = 3), and dietary diversity (n = 2). However, nutritional status was also influenced by socioeconomic conditions, household characteristics, funding, and food quality. School feeding</i></p>

programs have strong potential to reduce child malnutrition, especially in low- and middle-income countries, but require strengthened implementation and ongoing evaluation to ensure long-term effectiveness.

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