

Systematic Literature Review (SLR): Free Nutritious Meal Program (Mbg) In Pancasila-Based Human Character Development Towards Golden Indonesia 2045

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ABSTRACT

The Free Nutritious Meal Program (MBG) is a leading and strategic program of the Prabowo Subianto Government in an effort to improve the quality of Human Resources (HR) from an early age. The greatest ideal of this program lies in its role in improving student nutrition and increasing school participation. This program is essentially a real manifestation of actualizing the values of Pancasila, especially the fifth principle, namely: "Social justice for all Indonesian people". With this MBG program, it provides equal and greater access for all children in Indonesia. Quality human resources are one of the main keys to success towards the ideals of Indonesia Emas 2045. The purpose of this study was to determine the role of the free nutritious meal program (MBG) in developing human character based on Pancasila towards Indonesia Emas 2045. The data analysis method used was the Systematic Literature review (SLR). The results of the study showed that the MBG Program can play a role in developing human resources through improving children's nutrition because they routinely consume nutritious food prepared by the government. The MBG Program is a real manifestation of the state's presence in the world of education so that it will foster students' awareness and concern for their country, strengthening students' nationalism. The MBG program will also train students' discipline, foster a sense of shared destiny and responsibility, and be able to instill religious values in students.

INTRODUCTION

The Free Nutritious Meal Program (MBG) was officially launched on February 6, 2025. The program is a manifestation of the vision and mission of the Prabowo-Gibran government, named Asta Cita. The MBG program is a strategic step to develop the quality of human resources from an early age.

Human Resources (HR) are very important in the development of a nation. HR is one of the keys to economic success (Harahap & Melti, 2020). One of the crucial issues in HR development in Indonesia is the problem of child and adolescent nutrition and the dropout rate. According to the BPS publication (2024), the number of children dropping out of school in 2023 was elementary school/equivalent (0.67 percent), junior high school/equivalent (6.93 percent) and high school/equivalent (21.61 percent). One of the factors causing children to drop out of school is due to economic problems.

Various studies have shown that children who receive adequate nutrition have higher levels of concentration, better academic achievement, and more stable attendance at school (Grantham-McGregor et al., 2007). Conversely, lack of nutrition can cause long-term cognitive problems, such as delayed mental development and low critical thinking capacity. To address this problem, the Free Nutritious Meals (MBG) policy is present as a strategy oriented towards more inclusive and sustainable education. This program not only functions to reduce malnutrition rates, but also ensures that every student, especially from low-income groups, has an equal opportunity to develop academically and socially. With proper implementation, the MBG program has the potential to improve the quality of education as a whole, reduce dropout rates, and encourage community involvement in providing healthy food for school children (Qomarrullah R, et al., 2025).

THEORETICAL REVIEW

The budget to realize the Free Nutritious Meals program is very large. In order to make MBG a success, many strategic sector budgets must be sacrificed. Therefore, this large budget must also provide a multiplier effect to the country.

The MBG program not only targets school children, but is also expanded to include toddlers, pregnant women, and breastfeeding mothers. The government has allocated a budget of IDR 71 trillion in the 2025 RAPBN for the initial stage of this program, which is planned to start on January 2, 2025. This program is expected to reach up to 82.9 million recipients when fully implemented (Merlindah & Yusmar, 2025).

A similar MBG program that can be replicated is the program carried out by the Japanese Government (Auliawan & Windy, 2025). The program is known as Kyushoku, which means "school lunch". Kyushoku is guided by the Basic Law of Shokuiku (Food and Nutrition) in Japan, which is a policy to provide food in an organized and sustainable manner to a large number of people in special facilities (such as school lunch centers) (Nakamura, 2005).

The implementation of MBG is expected to have an effect on MSME actors by becoming suppliers of MBG kitchen needs such as eggs, tempeh and others. The same effect is expected to seep into local farmers, with the use of local food which of course varies in each region. The use of MSME actors, local farmers will create an economic circulation from the grassroots, which is often overlooked in the involvement of government programs.

METHODOLOGY

This study uses a qualitative approach. Data analysis was carried out using the Systematic Literature Review (SLR) method. This method is used to identify, assess, and interpret a research topic (Kitchenham, 2007). Reference tracing uses bibliometric analysis techniques by searching through Google Scholar. The Research Question (RQ) proposed is: What is the role of the Free Nutritious Meal Program (MBG) in developing human resources based on Pancasila values towards Golden Indonesia 2045?

From the search, the number of publications was found to be 35. After that, a custom range was carried out for 2020-2025 and the results were 19 articles, then the relevant articles were filtered again and the results were 9 articles. This article is what is reviewed in this study. The access date was Thursday, April 24, 2025 at 13.08 WITA. This study requires inclusion and exclusion of reference sources. The inclusions are: articles and books/ebooks from 2020-2025; focus on human resource development, Pancasila character, Free Nutritious Meals program and Indonesia Emas 2045; and in Indonesian. While the exclusions are: opinion articles, news, blogs; no full text available; and irrelevant or only mentioning topics without in-depth discussion.

RESULTS & DISCUSSION

The biggest effect is certainly expected for students. With MBG, the nutrition needed in the growth and development process of students will be met. Because the food is nutritious and routine, students will have strong and healthy bodies. Something that is very important in welcoming Indonesia Emas 2045. The implementation of MBG has a positive impact on student attendance, increased concentration in learning, and lightened the family's economic burden (Kertati I. et al., 2025).

However, in addition to forming a healthy body, the MBG program is also expected to be able to form a strong personality and character for students. Personality and character that understand themselves as Indonesian people who are noble based on Pancasila. Building the soul and body of students. This is very important, because how much loss and pain it would be, if what happens is that people are physically healthy but their souls are damaged. Being a person who is intelligent in terms of knowledge but becomes a perpetrator of corruption. Hundreds of trillions only create people with bad behavior who erode and undermine the integrity of the country.

Therefore, for positive and productive involvement in public spaces, citizens are required to have intelligence. Not only intelligence in relation to intelligence quotient, spiritual quotient, and emotional quotient concerning the

private self, but also intelligence in the public self, which is called civic intelligence: competent in developing civic duties, understanding the obligations and rights of citizens, being able to place personal excellence in the harmony of shared progress, being able to find common ground in differences, and fulfilling the call to engage in public affairs with joy (civic joy). The Athenians called those who did not have the commitment and intelligence to engage in public affairs *idiotes* (Latif, 2021). Furthermore, Yudi Latif in the book *Pendidikan yang Berkebudayaan*, emphasizes the need to pay attention to the thoughts of French sociologist Emile Durkheim. Durkheim argued that, just as traditional religions (supernatural and denominational) require houses of worship as a means of instilling religious doctrine and morals, civil religion also requires such a means as a basis for instilling public morals. In this regard, Durkheim saw that school institutions (especially public schools) became a kind of house of worship for civil religion. The mission of schools is not only to teach science and technology, but also to be a means of forming good citizens (Cristi, 2001).

If the school becomes a kind of house of worship, then every activity carried out in the school must reflect the nobility of the ritual of worship. The worship that is carried out will form the character of goodness from those who carry it out. For example, in Islam, the prayer service will form a person who avoids evil and unjust acts. The fasting service will form a person who cares about others. The zakat service guides Muslims to become people who are not stingy towards others.

The MBG program carried out in schools is expected to be able to internalize the positive values of Pancasila to students. Students must be instilled with the value that the MBG program is a form of the state's presence in education, a form of the state's concern for students. So that an awareness of love and care for their country grows. Which in the end after they grow up and become state officials, they will give their best for the country. Become honest workers, become trustworthy officials.

In MBG, students are trained in discipline. Must queue to get food rations. Return cutlery to its original place and of course throw garbage in its place. These things seem small, but the accumulation of small positive habits will shape the positive character of students in the future. Just as small bad habits will grow into bad characters.

During this trial period, the most prominent impact was the increase in student attendance at school. Students showed high enthusiasm for the program, and student attendance rates became more regular than before. This shows that the program has succeeded in attracting students' attention and providing additional motivation for them to come to school (Tambunan, et al., 2025; Fatimah, et al., 2025).

Concern and a sense of shared destiny can also be fostered. Because students eat together and are treated the same, a sense of shared destiny as children of the Indonesian nation who have the same obligations and rights will be built. A sense of togetherness will grow, and discriminatory and intolerant traits will be reduced.

Students who are accustomed to eating what is their right, not taking other students' food rations, then the crystallization of this habit will create Indonesian people who will not be willing to commit corruption. Because corruption for him is taking other people's rights, and that is impossible to do because it is not in the character records of his life.

Strengthening religious values is also very possible. By getting used to praying before and after eating, according to each student's beliefs, it will foster students' religious values. And of course the value of tolerance, getting used to understanding differences in religion and beliefs since at the dinner table.

And most importantly, don't let anyone corrupt this MBG program. Because the effect is very destructive. It becomes a blueprint in the students' brains that corruption will always exist.

Producing students with healthy bodies and souls, as well as noble characters and personalities, is the greatest capital to achieve Indonesia Emas 2045, even in a longer period of time. This is the greatest multiplier effect of MBG: forming the character of Pancasila humans. Hopefully it can be realized.

CONCLUSIONS AND RECOMMENDATIONS

The Free Nutritious Meal Program is a leading and strategic program of the Prabowo Subianto Government. The program is expected to be able to improve the quality of Indonesian human resources based on Pancasila values. So that with quality human resources, they can successfully realize Indonesia Emas 2045. The MBG program is a real manifestation of the state's presence in the world of education so that it will foster students' awareness and concern for their country, strengthen students' nationalism. The MBG program will also train students' discipline, foster a sense of shared destiny and responsibility, and be able to instill religious values in students.

FURTHER STUDY

A limitation of this study is its reliance on a literature review to examine the MBG program; therefore, more in-depth empirical research is needed for future refinement. Furthermore, this study only reviews articles published in 2025, leaving out phenomena from 2026; consequently, future research could complement these findings by incorporating developments from 2026.

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