

Political commitment and beneficiary attitudes on free nutritious meals program

R. Yogie Prawira¹, Rizza Arge Winanta², Wahyu Eka Putri³, Baiq Vira Safitri⁴

^{1,2,3}Faculty of Social and Political Sciences, Universitas Tidar, Magelang, Indonesia

⁴Faculty of Social Science, University of Antwerp, Antwerpen, Belgium

Submitted: 4 February 2026, Revised: 24 May 2026, Accepted: 26 May 2026, Published: 30 June 2026

ABSTRACT

Background: The Indonesian government has exhibited a strong political commitment to the Free Nutritious Meals Program (locally known as *MBG - Makan Bergizi Gratis*), which targets the enhancement of nutrition, reduction of stunting, and stimulation of economic growth. **Purpose:** To investigate the impact of political commitment (expressed and institutional commitment) on the attitudes of beneficiary students in rural and small urban areas of Central Java. **Methods:** An explanatory quantitative survey was conducted with 413 junior and senior high school students who were beneficiaries of the Free Nutritious Meals Program. **Results:** The findings reveal that political commitment positively influences the attitudes of the beneficiary students. Expressed commitment ($\beta = 0.364$, $p < 0.001$) and institutional commitment ($\beta = 0.410$, $p < 0.001$) exert a significant positive influence on student attitudes, with institutional commitment emerging as the predominant predictor. The model accounts for 48.5% of the variance in attitudes. **Conclusion:** Constant vocal support by political leaders, together with their specific policy, regulatory, and infrastructure plans, could develop a positive perception among beneficiaries. The research establishes political dedication as a factor that determines public perception of national programs, which affects rural and small urban communities. **Implications:** Policymakers should be advised to further fortify their verbal commitments by widely communicating their intent so that their program can be best understood. Institutional commitment must be strengthened to ensure the program's sustainability and effectiveness. Further research applying a qualitative approach is recommended to obtain subjective perspectives and augment the understanding of social acceptance of the Free Nutritious Meal Program.

Keywords: Attitude; expressed commitment; free nutritious meals; institutional commitment; political commitment

To cite this article (APA Style):

Prawira, R.Y., Winanta, R.A., Putri, W.E., & Safitri, B.V. (2026). Political commitment and beneficiary attitudes on free nutritious meals program. *Jurnal Kajian Komunikasi*, 14(1), 1-23. <https://doi.org/10.24198/jkk.v14i1.69673>

Correspondence: Dr. R. Yogie Prawira W, M.I.Kom, Universitas Tidar, Jl. Barito 1 No.2, Kota Magelang, Jawa Tengah, 56114. *Email:* yogieprawira@untidar.ac.id

INTRODUCTION

The Free Nutritious Meals Program (locally known as MBG - *Makan Bergizi Gratis*) is a national effort to combat malnutrition and stunting among school-aged children, toddlers, pregnant women and other vulnerable groups. The objective of the program is to improve child nutrition, cognitive performance, local economic, benefits and community empowerment (Rah et al., 2021; Suprpto et al., 2025).

The Free Nutritious Meals Program (MBG) is supporting long-term goal of Golden Indonesia 2045 and Sustainable Development Goals (SDGs) related to zero hunger, good health, and quality education (Abadi et al., 2025). The Free Nutritious Meals Program has elicited both commendation and criticism from the public (BBC News Indonesia, 2025).

On the one hand, the program is perceived to meet students' nutritional needs to decrease stunting rates (Andin et al., 2025; Habibah et al., 2025). As mentioned by Herwawan et al. (2026) that economic constraints frequently become the major barriers of school-age children from low-income households. Through this program, children are given opportunity to consume nutritious food on regular basis which helps to maximize their physical and cognitive growth.

Based on a systematic review and meta-analysis on the school feeding in low- and middle-income countries, this program acknowledges as effective program. It boosts immunity and promotes brain development

that results on better nutritional outcome and academic achievement (Wang et al., 2021).

Besides it stimulates economic growth at the national and regional level, including the provincial and village levels (CNN Indonesia, 2024). Sujianto et al. (2026) mentioned that the existence of MBG has increased local economic activity through staple food demand including rice, vegetables, fruit, and protein sources. This market has motivated the farmers and producers to raise production because the market is more stable, which guarantee the security of the local food supply chain.

It creates new job opportunities in a variety of sectors related to food production, administration, logistics, and transportation. Nowadays with restriction of job opportunity, it contributes to a decrease in unemployment. Moreover, this initiative helps small and medium-sized business (SMEs) in the food and beverage industry, which increase the local economy (Raihan A. Hanasi et al., 2026).

On the contrary, there are concerns regarding the program's targeting efficacy and the potential for corruption, attributed to inadequately developed management systems (Yusriadi, 2025). In social media the negative sentiment mostly about imbalance nutrition, food safety, budget allocation and transparency. Many people perceive that this program has diverted fund from other critical areas (Putawara et al., 2025; Wikarsa et al., 2026).

Despite the diverse responses, the Indonesian government remains firmly committed to fulfilling one of its campaign

promises. Under the leadership of Prabowo Subianto as president, it has become a national program aimed at developing human resources (Amril & Sazali, 2025; Sugiarto, 2024) and improving health, education, and the economy.

As nationally mandated program, it necessitates more than policy framework. A commitment is required to show that political actor's credibility and trustworthiness. Political commitment is crucial in shaping perceptions, attitudes, and support for various government policies and programs (Shen, 2025; Ypi, 2016). Political commitment determines the perception of legitimacy about a policy (Edodi & Ahimbisibwe, 2024; Harfst & Wiesner, 2024; Sing et al., 2025). Therefore, a strong political commitment by the government will build trust and ensure support.

Research by Batara & Andayanie (2025) showed that the Mayor of Makassar has shown a strong political commitment to the tuberculosis eradication policy. The regional leader's commitment is a powerful driver of the program's success since committed leaders will work on issues comprehensively. Besides, a political commitment to nutrition often does not happen by chance but by actions that can help create it in context (Gillespie et al., 2013; Harris et al., 2017).

Victory does not occur fortuitously, but is instead the result of deliberate planning and the sustained execution of strategic measures. A lot of political leaders have clearly and symbolically expressed their commitment to food and nutrition issues. However, adequate

financial resource allocation remains lacking (Agbemaflle & Zotor, 2024; Fernández-I-Marín et al., 2025; Namugumya et al., 2020; Pelletier et al., 2012).

The situation only worsens with a lack of cohesion within the policy community, which keeps food and nutrition issues low on the priority list. As stated by Fox et al. (2015) and Baker et al. (2018) that food and nutrition often become lower priority than other pressing issues, despite their significant effect on public health. Political commitment refers to the willingness of actors to perform specified actions to achieve given objectives and to bear the associated costs for a specific period of time (Christine & Paskarina, 2021; Liu et al., 2018). Similarly, Baker et al. (2018) conceptualize political commitment as the sustained intention and actions executed by stakeholders over time to achieve their objectives.

Political commitment can be said as a complex and dynamic notion encompassing the declared intention of political actors and the institutional capabilities that transforms these intentions to policy outcomes. Political commitment is influenced by actor networks and leadership, civil society mobilization, political context and framing, resources capability, international and private sector meddling (Bor, 2007; Castanho et al., 2019).

Ultimately, it requires purposeful efforts, well organized, resourceful, and effective led networks of nutrition stakeholders. A complex, multidimensional, and dynamic political systems in which they function

and seek to impact. Therefore, integrated of multidimensional frameworks capable of adapting to various circumstances are essential for assessing political commitment.

Fox et al. (2015) evaluate political commitment across three dimensions. Expressed commitment refers to verbal declarations or symbolic endorsements by high-level political leaders. Such commitment may be rhetorical if not supported by policy enactment or budgetary allocation. Institutional commitment involves establishing specific policies and organizational infrastructure to support an issue. This represents a tangible commitment less susceptible to neglect and requires substantial investment. Budgetary commitment concerns the allocation of resources for a specific issue relative to a benchmark. Together with institutional commitment, this dimension indicates a credible commitment from the government.

As foundation for solving various public problems, strong political commitment ensures political campaign promises are transformed into real policies. It builds public trust and encourages coordination between institutions to achieve integrated, effective, and non-fragmented policies. As an example, Ren (2019) in his study suggests a strong political commitment from all relevant parties, endemic countries, donors, the private sector, academics, and research institutions to significantly reduce poverty-related malaria.

Korir et al. (2024) showed how Ethiopia has successfully demonstrated the significant process in decreasing malnutrition by promoting

multisectoral collaboration and making nutrition program a governmental priority. It underlines that political commitment is a key factor in the success of health and nutrition policies (Baker et al., 2019; Hoey & Pelletier, 2011).

From a political communication perspective, the Indonesian government's political commitment to the Free Nutritious Meal Program is manifested in policy statements, public rhetoric, and symbolic actions. It is designed to shape public perceptions of the government's legitimacy and the program's effectiveness. Public perception is shaped when individuals recognize political commitment, which subsequently evokes feelings and thoughts about an object, referred to as attitude (Lerman & McCabe, 2017).

The concept of attitude is defined as a specific pattern encompassing feelings, thoughts, and a predisposition to act toward aspects of one's surrounding environment (Azwar, 2013; Prawira W et al., 2022). Other scholars described attitude as a psychological concept that is used by an individual to assess an object, person, phenomenon, as positive or negative (Bizer et al., 2006; Schwarz, 2015; Visser, 2010).

Attitude consists of cognitive, affective, and behavioral aspect, reflecting thought, feeling, and actions (Logan & Hodges, 2012). Attitudes are not innate or formed spontaneously, but through a cognitive process involving beliefs, evaluation of outcomes, and the like (Fishman et al., 2021). Attitude forms through subjective values obtained from past experiences either

directly or indirectly (Logan & Hodges, 2012), social environment (Brousmiche et al., 2016), cognitive and emotional input (Kendrick & Olson, 2012), trust and institutional factors (Sööt & Rootalu, 2012), and implicit conditioning (Alves et al., 2020).

Students in the Free Nutritious Meal Program, as the direct beneficiaries, are unique agencies to assess the government's sincerity in its implementation. Being at the center of it all, they are more likely to evaluate this national policy through their experience with the program. Students' evaluations can shape perceptions that political commitment to national policies goes beyond mere words and offers real benefits to the beneficiaries.

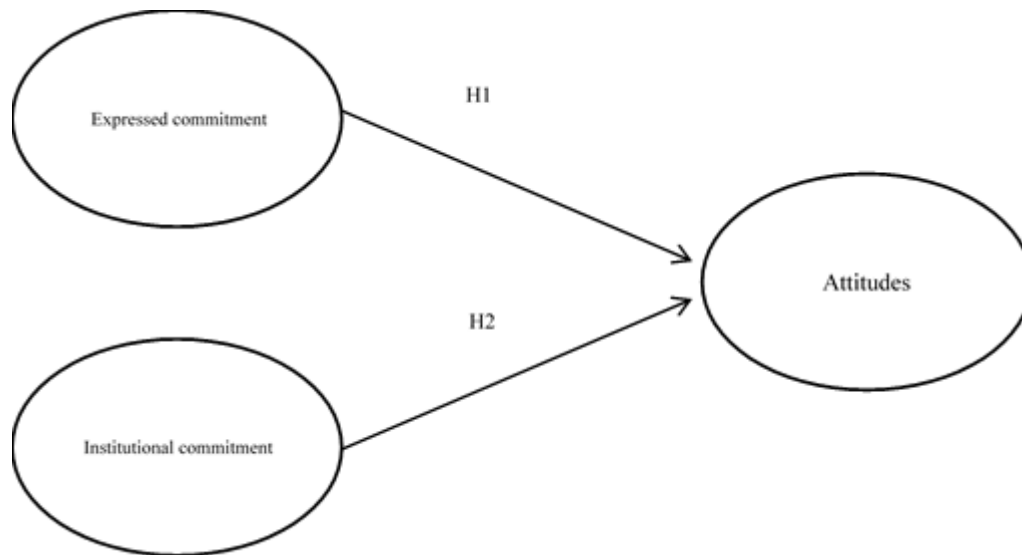
In this regard, the attitude of the students towards the Free Nutritional Meal Program could indicate the Indonesian government's ability to effectively implement the national policy, especially in rural and small urban areas. These areas are a suitable focus of the study because of their distinctly different challenges in program implementation, which cause imbalances often.

The challenges that need to be addressed include multiple factors, such as logistical constraints and the capabilities of local institutions, together with existing resource limitations and local government operations. According to Sinaga & Syarief (2025), a similar study found that rural areas, together with small urban regions, face persistent challenges for both food security and the distribution of fresh, nutritious food.

The research problem addressed in this research is: "How does political commitment influence the attitudes of students as Free Nutritious Meal Program beneficiaries in rural and small urban areas of Central Java?" The study aims to investigate how expressed and institutional commitment affects student attitudes toward the program. The students' attitudes toward the program show how government officials support the free nutritious meal program as an essential initiative.

This study contributes novelty in several aspects. The study introduces new elements because research about political commitment has mainly examined global and national levels, but this study observes political commitment in rural areas and small urban areas, which have unique characteristics and particular obstacles. The research establishes political commitment through its measurement methods, which differ from standard measurement techniques used in earlier studies to create new research methods. The literature contains limited research about how political commitment affects student outcomes, which needs more study using explanatory surveys that examine causal relationships.

The study proves that political commitment functions as a vital factor that maintains and improves the efficiency of free nutritious meal programs that operate in rural areas and small urban centers. The research results deliver scientific evidence about how people perceive the Free Nutritious Meal program, which could help assess its implementation while creating



Source: Primary data, 2025

Figure 1 Conceptual Model

permanent national policies that support all sections of society.

Figure 1 is a conceptual model of hypotheses that developed to determine the effects of expressed and institutional commitment on the attitudes of students as Free Nutritious Meals Program beneficiaries. The hypotheses tested in this model are as follows: H1—Expressed commitment has a positive effect on the attitudes of students as Free Nutritious Meals Program beneficiaries; H2—Institutional commitment has a positive effect on the attitudes of students as Free Nutritious Meals Program beneficiaries.

The study uses two dimensions to measure political commitment, following the theoretical framework by Fox et al. (2015), which are expressed commitment and institutional commitment. Expressed commitment involves public statements and official support that political leaders give through their words and actions.

The theoretical framework explains that

this commitment functions as a political communication method that shapes public understanding of governmental authority and program success. The commitment is only rhetorical when it lacks both actual implementation through policies and necessary funding through budgetary resources. Political leaders who provide ongoing vocal support to a cause will create a substantial impact on public confidence and public perceptions of the matter (Baker et al., 2018).

Institutional commitment requires organizations to create binding policies and regulatory frameworks and establish operational systems that will help them address their commitments. It requires practical commitment and substantial resources, and becomes harder to overlook than verbal commitments. The institutional commitment of an organization includes both skilled personnel and research programs that develop its initiatives into actual sustainable programs (Fox et al., 2015).

In this study, attitude describes an evaluative pattern that includes three components: feelings, thoughts, and conative behavior toward an object in the surrounding environment. Theoretical frameworks establish that attitudes develop through cognitive processes, which involve individual belief systems and their assessment of perceived results and personal life experience.

Public policy research demonstrates that individuals' perceptions of government political commitment lead to specific emotional and cognitive responses that develop into established attitudes. Beneficiaries who directly experience the program's benefits through MBG nutritional support will develop stronger support for the policy. The study of student attitudes demonstrates how effectively national policies are implemented in educational settings across the country.

RESEARCH METHOD

This study was conducted to examine students who are beneficiaries of the Free Nutritious Meals Program in rural and small urban areas through explanatory quantitative survey. Data collection involved students at the junior high school and senior high school/ equivalent levels who have been beneficiaries of the program in Central Java Province.

This population was chosen because they were well-positioned to directly assess the impact of one of the national policies through their personal experience with the

Free Nutritious Meals Program. In addition, students' school location reflects contexts that are often overlooked in policy evaluations. The students' experiences provide a concrete picture for assessing the Free Nutritious Meals Program in reaching all levels of society beyond urban areas.

A cluster random sampling technique was used in this study because it provided a cost-effective method and a good precision of population proportions for sample selection (Djennad & Djellouli, 2025; Hemming & Taljaard, 2023). The target population for this study has been determined, the existing sampling frame identified, and the sample size from the target population established. Based on data from various media, several schools receiving this program included SMAN 4 Semarang, SMK IT Maarif Magelang, SMAN 1 Ngemplak Boyolali, SMAN 1 Ambarawa, SMPN 2 Temanggung, and SMPN 6 Temanggung (Kompas.com, 2025; Media, 2024; Tempo, 2025).

Based on the data from the Elementary and Secondary Education Office (Dapo Dikdasmen), the total number of students from these schools is 4,803. The sample size for this study refers to the Yamane formula with a sampling error rate of 5% and a confidence level of 95%. Based on the formula, the minimum sample size is 369. The sample size was then increased to 430 to anticipate errors in questionnaire completion and non-returned questionnaires.

Measurements were adapted from the instruments developed by Fox et al. (2011) and

Fox et al. (2015), which originally consisted of three dimensions: 1) expressed commitment, 2) institutional commitment, and 3) budgetary commitment. During the reliability testing process, budgetary commitment was found to be insufficiently reliable and therefore excluded from this study. Consequently, the analysis focuses only on the two dimensions that meet the reliability criteria. Furthermore, the measurement instrument was modified by employing a Likert scale to enhance the consistency of quantitative data. The questionnaire items were also revised to ensure contextual clarity and comprehensibility for respondents, without altering the substantive meaning of the construct being measured.

To measure expressed commitment, 16 items are assessed on a 5-point Likert scale ranging from strongly agree to strongly disagree. The expressed commitment instrument obtained a reliability of $\alpha = .694$, and the institutional commitment instrument obtained a reliability of $\alpha = .759$, which are considered acceptable. Meanwhile, students' attitudes were measured using items developed by Prawira W et al. (2022). This instrument consists of 11 items rated on a 5-point Likert scale (i.e., 1 = strongly disagree to 5 = strongly agree). The reliability value for this measurement is $\alpha = .903$. The questionnaire was also used to collect socio-demographic variables, including gender, age, and educational level.

The questionnaire was distributed to students of SMPN 2 Temanggung and SMK IT Maarif Magelang, as schools' beneficiaries

of the Free Nutritious Meals Program. Prior to completing questionnaire, students obtain explicit information concerning the research purpose and their right as respondents. The term informed consent signifies that involvement is voluntary, data will not be exposed, and individual possess the opportunity to decline or withdraw at every time without any consequences.

Of the 430 questionnaires distributed, the researchers successfully retrieved all. The quality and completeness of the questionnaires were first visually screened before entering the raw data into an SPSS 27.0 file. After the screening process, the usable dataset consisted of 413 questionnaires. IBM SPSS was the statistical software used for data analysis. Regression analysis was applied to verify the effects of variables related to the attitudes of students as Free Nutritious Meal beneficiaries.

RESULTS AND DISCUSSION

The sample consisted of junior and senior high school students ($n=413$). The result below shows that male respondents (54.96%) outnumber female respondents (45.04%). The majority of the respondents (97.01%) were in the 14-17 years age group, followed by 18-21 years age group (2.66%) and 10-13 years age group (0.24%). School area distribution between small urban (50.06%) and rural (49.4) areas is nearly identical, with no significant difference.

The proportion of respondents in senior high school was higher (50.61%) than in junior

high school (49.39%). The largest percentage of respondents' parents' occupations was private-sector workers (32.69%). It indicates that the private -sector worker remains the primary source of livelihood for the respondents' parents. Concurrently, seller occupies the second position (16.71%), followed by entrepreneur (15.25%). Conversely, respondents' parents are unemployed (1.45%), while several of the respondents did not disclose their parents' employment (7.75%).

Table 1 also showed that the largest percentage of their parental education level was high school graduate (50.36%). This signifies that high school graduate is the predominant educational attainment among parents' respondent. Furthermore, two educational categories shared second place with identical percentages, junior high school graduate and bachelor's degree and above graduate (18.16%), while some of them don't reveal their parent educational background (0.97%)

Based on the results of the regression analysis, the regression constant was 4.298 with a significance value of $p = 0.039$, indicating that even though the independent variable is 0.0, the attitude still has a positive baseline value. The expressed commitment variable has an Unstandardized Coefficient of 0.740 with a Standardized Beta Coefficient value of 0.364, and a t-value of 8.074 and $p < 0.001$. It indicates that increasing expressed commitment will significantly improve students' attitudes. Therefore, H1 was supported (Table 2).

The institutional commitment variable

showed an unstandardized coefficient of 1.066 with a standardized beta of 0.410, a t-value of 9.087, and a p-value of <0.001 . This finding confirms that institutional commitment has a stronger influence than individually expressed commitment in shaping student attitudes. Thus, H2 was also supported. Furthermore, the results of the regression coefficient analysis show that institutional commitment is the dominant predictor compared to expressed commitment.

Table 3 shows an F-value of 193.037 with a significance level of $p < 0.001$. This significance value, well below the 0.05 threshold, confirms that the regression model is statistically significant. In other words, the independent variables, institutional commitment and expressed commitment, simultaneously influence student attitudes. Specifically, the regression sum of squares, 8,094,915, indicates the substantial variation in student attitudes that the research model explains.

The residual sum of squares, 8,596,558, represents the variation unexplained by the research model. The total sum of squares, 16,691,472, reflects the overall variation in the dependent variable. This finding indicates that both institutional commitment and expressed commitment contribute significantly to the formation of student attitudes.

Table 4 shows a correlation coefficient (R) of 0.696, indicating a fairly strong relationship between institutional commitment, expressed commitment, and attitude. The R-square value of 0.485 indicates that 48.5% of the variance in the attitude variable is influenced by the

Table 1 Demographic Characteristics of Respondents

Variables	Frequency	Percentage
Gender		
Male	227	54.96
Female	186	45.04
Age Group		
10-13 years old	1	0.24
14-17 years old	401	97.09
18-21 years old	11	2.66
School areas		
Small urban	209	50.61
Rural	204	49.39
Educational Level		
Junior high school	204	49.39
Senior high school	209	50.61
Parents' Occupation		
Private-sector worker	135	32.69
Seller	69	16.71
Entrepreneur	63	15.25
Farmer	54	13.08
Civil Servant	37	8.96
Educators	17	4.12
No Working	6	1.45
No Response	32	7.75
Parental Education Level		
Elementary school	46	11.14
Junior high school	75	18.16
Senior High school	208	50.36
Diploma	5	1.21
Bachelor's degree and above	75	18.16
No Response	4	0.97

Source: Data processing results, 2025

Tabel 2 Coefficient Regression

Variable	B	β	t	Sig.
Constant	4.298	-	2.071	0.039
Expressed Commitment	0.740	0.364	8.074	0.000
Institutional Commitment	1.066	0.410	9.087	0.000

a. Dependent Variable: Attitude

Source: Data processing results, 2025

Table 3 ANOVA Results

Source	Sum of Squares	F	Sig.
Regression	8,094.915	193.037	0.000
Residual	8,596.558	-	-
Total	16,691.472	-	-

a. Dependent Variable: Attitude

b. Predictors: (Constant), Institutional_commitment, Expressed_commitment

Source: Data processing results, 2025

Table 4 Model Summary

Model	R	R Square	Adjusted R Square
1	0.696	0.485	0.482

Predictors: (Constant), Institutional commitment, Expressed commitment

Source: Data processing results, 2025

two variables in this study. Furthermore, the adjusted R-square value of 0.482 indicates that after adjusting for the number of predictors and samples, the model continues to explain a relatively large proportion of the variance.

As mentioned earlier, the objective of the study is to examine how students perceived political commitment to the Free Nutritious Meals Program. The respondents evaluated the political commitment positively. These results can be interpreted as follows. First, they see that the government has demonstrated a significant commitment to the Free Nutritious Meals Program.

Political commitment exists when political actors demonstrate their commitment through their active work to achieve particular objectives while they accept the expenses that may arise during a defined time period (Baker et al., 2018; Christine & Paskarina, 2021; Liu et al., 2018).

This concept serves as the essential base that

enables different public matters to be resolved because it transforms election promises into real government policies while establishing public confidence and promoting cooperation among different government bodies. Baker et al. (2018) demonstrate that political commitment includes the continuous efforts and goals that stakeholders maintain throughout their activities.

Recognizing political commitment as an individual fundamental orientation toward specifies value or objectives, it is essential to understand how this political commitment in expressed in practice. Expressed commitment refers to verbal declarations of support for an issue by high-level political leaders and other influential leaders (Fox et al., 2015).

In this study, expressed commitment refers to the verbal commitment expressed by political and influential leaders regarding the free nutritious meal program either in official forums, digital campaigns, or news. The expressed

commitment through verbal support from these parties, indicates that the government is serious about implementing the program (Krishna & Roche, 2020; Wong & van der Heijden, 2022).

In other words, expressed commitment given in public statement through multiple media conveyed that free nutrition meals program is a prioritized program. It seizes the opportunity to be long term program implemented. Research by Lee et al. (2022) claimed that expressed political commitment is the primary facilitators of long-term public health nutrition improvement.

As elaborated by Bor (2007) and Castanho et al. (2019) that political commitment is determined by the actor networks and leadership. The political leaders and actors of free nutritious meal program refer to the president, vice president, and relevant national-level ministers, as well as governors, mayors, and regents at the provincial level.

Expressed commitment from relevant political leaders and actors promote coordination across sectors (Suryana et al., 2024). The Nepal case illustrates that high-level commitment resulted in cross sectoral collaboration to improve face public nutrition issues (Webb et al., 2016). Additionally, the commitment expressed by these individuals serves as a political communication channel that influences the attitudes of students as Free Nutritious Meals Program beneficiaries.

The reason is that the commitment is expressed by parties who indeed have the authority related to the free nutritious meal

program. It has been suggested by Prawira et al. (2024), Rimkutè & Mazepus (2025), and Scaramuzzino (2020) that individuals with authority inspire positive perceptions in others. When they openly state their support and commitment to the program, beneficiaries tend to make assessments that enhance perceptions in a more positive direction. Nowak et al. (2023), Offerman (2007), and Pillai & Fazio (2024) also stated that repeated and consistent statements from political elites affect the public level of trust and attitudes, including students as the beneficiaries of the program.

As has been pointed out, consistent and repeated messages can alter and strengthen individual attitudes (Johnson & Watkins, 1971; Prawira W et al., 2022; Verplanken & Orbell, 2022). It is due to the nature of attitude, which is dynamic, that enable to change at any moment (Umniyati et al., 2017) depending on the several factors such as subjective values obtained from experiences (Logan & Hodges, 2012), social environment (Brousmiche et al., 2016), cognitive and emotional input (Kendrick & Olson, 2012), trust and institutional factors (Sööt & Rootalu, 2012), and implicit conditioning (Alves et al., 2020).

The results of this study reinforce previous research, which states that improving food and nutrition requires verbal commitment from political leaders (Fox et al., 2015). Thus, the hypothesis of this study is accepted. It indicates that expressed commitment influences the attitudes of student beneficiaries of the free nutritious meal program in Central Java.

The research proves that political leaders use both verbal and symbolic methods to support their political work at national and regional levels and to control student behavior in rural and small urban communities. The finding that expressed commitment has a significant influence confirms that continuous official political communication through official channels and digital platforms functions as the primary factor that establishes public trust. The literature has concentrated on how policies affect large systems because this study shows that student beneficiaries base their evaluations of government commitment on official statements.

The study introduces theoretical innovation by treating students as active evaluators who use information validation to assess authority commitment. Political leaders' supportive messages provide critical psychological support to residents of rural areas and small towns who experience special logistical difficulties, which helps to establish the legitimacy of the Free Nutritional Meals Program. The study provides a new approach for policymakers because a national program requires both technical implementation and political storytelling power to turn campaign commitments into public trust that keeps the program running at the community level.

Second, institutional commitment affects the attitudes of students as beneficiaries of the Free Nutritious Meals Program. Institutional commitment refers to the commitment of specific policies and organizational

infrastructure to addressing problems (Fox et al., 2015). Commitments by political elites to the free nutritious meal program remain rhetorical unless backed by institutional commitment. Gillespie & van den Bold (2017) explained that verbal political commitment is important, but institutional commitment is necessary to take actions that can drive meaningful outcomes and resolve the problems.

Institutional commitment includes a national policy established as a priority program, set out in carefully designed regulations, supported by relevant studies, and the presence of human resources assigned to implement the intended program. The presence of these elements makes a program more concrete, not just rhetorical or only on paper. Political commitment needs to be built and strengthened with strategic actions. This series of actions is intended to increase trust.

Building trust in a program requires time. A transitional process is necessary to foster more positive perceptions and attitudes towards its benefits (McKelvie-Sebileau et al., 2023). Trust will grow when there is something tangible to access, allowing beneficiaries to directly experience the advantages. Institutional commitment affirms that a program initiated is not merely temporary but will become sustainable (Baker et al., 2018; Iruhiriye, 2020). The experience of receiving satisfying benefits reinforces a supportive attitude toward a policy.

This research also reinforces studies by Chopra (2019) and Ren (2019) that strong and coordinated actions by various parties toward

a political commitment are necessary for a program's success. Thus, the hypothesis of this study is accepted, indicating that institutional commitment influences the attitudes of students as beneficiaries of the Free Nutritious Meals Program in Central Java. Among the two types of political commitment, institutional commitment has the dominant influence. Institutional commitment provides a driving force embodied in binding regulations.

The research shows that institutional commitment affects student attitudes because this relationship establishes the legal and policy framework as the main elements that determine public support for a specific cause. The study shows that students from rural and small urban communities need to have both binding rules and institutional capacity to succeed more than they need political assurances. The Free Nutritional Meals Program operates as a permanent solution because an established system maintains its operation through structured guidelines that create a measurable and efficient basis for its mission. The study provides a theoretical framework that establishes student interactions with bureaucratic processes as the main factor that determines their level of trust.

The research shows that national policies succeed at the local level when governments convert their public statements into concrete actions that bring actual benefits to their citizens. The results of this study demonstrate that previous research on political will at the national level should concentrate on developing administrative skills that help young people see

policies as legitimate.

CONCLUSION

The free nutritious melas program (MBG) is one of President Prabowo Subianto's campaign pledges that has been executed. This initiative seeks to solve public health issues, such as malnutrition and stunting, while simultaneously enhancing social welfare and socioeconomic development. It focuses on school-aged children, toddlers, pregnant women and other at-risk groups. It is aligned with long-term national goals, Golden Indonesia, 2045, and Sustainable Development Goals (SDGs) of zero hunger, good health and good education

Research finding shows that the government shows its commitment to either expressed or institutional commitment. The Free Nutritious Meals Program through its permanent commitment, which makes students more likely to support it. The commitment creates a binding obligation, which, through its actual implementation, creates specific program management policies and regulations to be followed in the program.

The institutional commitment shows a greater effect on the program. The organization shows its full commitment to the Free Nutritious Meals Program by following established legal requirements. The program enables students to build trust because their direct experiences with the program give them advantages. The program development leads to positive perceptions of the Free Nutritious Meals Program among students.

The conclusion provides a basis for

developing multiple recommendations. First, the government should continue its outreach programs to demonstrate its ongoing political will to its established commitment. The goal is to enhance public knowledge while building their confidence in the implemented programs. The organization needs to strengthen its commitment to fulfillment so that people will trust the program's benefits and effective operations. The organization requires ongoing evaluations to deliver successful programs that meet their specific needs.

The limitation of the study is the employment of a cluster sampling in school of rural areas, which cannot be universally applied to both school in rural and urban settings. It is due to differing features such as economic conditions, literacy rates, and exposure to information regarding MBG program.

Second, students' attitude may be significantly shaped by their families and communities. Third, the response given by students may not accurately represent their genuine sentiments toward the program, but instead reflect those that are more socially acceptable or beneficial.

Future research is recommended to augment the sample size and ensuring that the chosen schools clusters accurately reflect the diversity of rural school, considering socioeconomic background and students' understanding on the program. The purpose is to enhance the generalizability of the findings.

The subsequent research could adopt qualitative methods is suggested to collect

students' personal experiences of benefiting from the Free Nutritious Meals Program. These subjective insights are anticipated to enhance the public understanding of the program policy. Mixed-methods approach that incorporates interview and focus group discussion is also suggested enhance the quantitative data. It provides a comprehensive and depth understanding of students' attitude as MBG beneficiaries and the factors contributing of those attitudes.

In light of public skepticism over MBG stemming from many negative events such as food quality, mass food poisoning, financial fraud, corruption, research on crisis communication using case study needs to be explored. It is crucial to evaluate how the effectiveness of crises communication strategies designed in order to tailored a new communication model that promote public trust and positive opinion on MBG program.

Author Contributions: Conceptualization, R.Y.P.; methodology, R.Y.P.; software, R.A.W.; validation, W.E.P. and B.V.S.; formal analysis, R.Y.P. and R.A.W.; investigation, R.Y.P., R.A.W., and W.E.P.; resources, R.Y.P.; data curation, W.E.P. and B.V.S.; writing—original draft preparation, R.Y.P.; writing—review and editing, R.A.W., W.E.P., and B.V.S.; visualization, R.A.W.; supervision, R.Y.P.; project administration, R.A.W. and W.E.P.; funding acquisition, R.Y.P. All authors have read and agreed to the published version of the manuscript.

Data Availability Statement: The data are available by request to the author.

AI Declaration: During the preparation of this manuscript, the authors used Paperpal to assist with language improvement. All outputs were reviewed, verified, and integrated by the authors to ensure the manuscript reflects their expertise, voice, and originality. The authors take full responsibility for all content

presented herein.

Ethical Clearance: Ethical approval was not sought for this study because it involved a non-interventional, anonymous survey where participants provided informed consent and data were analyzed anonymously. No sensitive or personally identifiable information was collected.

Conflicts of Interest: The authors declare no conflict of interest. The funders had no role in the design of the study; in the collection, analyses, or interpretation of data; in the writing of the manuscript, or in the decision to publish the results

Funding: This research was funded by the Institute for Research and Community Service, Universitas Tidar.

REFERENCES

- Abadi, M. N. P., Basrowi, R. W., Gunawan, W. Ben, Arasy, M. P., Nurjihan, F., Sundjaya, T., Pratiwi, D., Hardinsyah, H., Astuti Taslim, N., & Nurkolis, F. (2025). Unraveling future trends in free school lunch and nutrition: global insights for indonesia from bibliometric approach and critical review. *Nutrients*, *17*(17), 2777. <https://doi.org/10.3390/nu17172777>
- Agbemafle, I., & Zotor, F. B. (2024). Budgetary tracking of food and nutrition security funding in selected Sahel and West Africa regions from 2017 to 2019. *Proceedings of the Nutrition Society*, 1–9. <https://doi.org/10.1017/S0029665124007572>
- Alves, H., Högden, F., Gast, A., Aust, F., & Unkelbach, C. (2020). Attitudes from mere co-occurrences are guided by differentiation. *Journal of Personality and Social Psychology*, *119*(3), 560–581. <https://doi.org/10.1037/pspa0000193>
- Amril, A., & Sazali, H. (2025). Formulasi regulasi dan kebijakan komunikasi dalam pelaksanaan program pembangunan: studi pada program makan bergizi gratis. *Jurnal Indonesia : Manajemen Informatika Dan Komunikasi*, *6*(3), 1670–1679. <https://doi.org/10.63447/JIMIK.V6I3.1566>
- Andin, A., Risti, D., Latifah, I., Panuntun, M., Nur, M., Selviani, R., & Saptatiningsih, R. I. (2025). Penerapan nilai pancasila melalui program makan bergizi gratis. *Indonesian Journal of Education and Development Research*, *3*(1), 370–383. <https://rayyanjournal.com/index.php/IJEDR/article/view/4684>
- Azwar, S. (2013). *Sikap manusia: Teori dan pengukurannya*. Pustaka Pelajar.
- Baker, P., Brown, A. D., Wingrove, K., Allender, S., Walls, H., Cullerton, K., Lee, A., Demaio, A., & Lawrence, M. (2019). Generating political commitment for ending malnutrition in all its forms: A system dynamics approach for strengthening nutrition actor networks. *Obesity Reviews : An Official Journal of the International Association for the Study of Obesity*, *20 Suppl 2*(S2), 30–44. <https://doi.org/10.1111/OBR.12871>
- Baker, P., Hawkes, C., Wingrove, K., Demaio, A. R., Parkhurst, J., Thow, A. M., & Walls, H. (2018). What drives political commitment for nutrition? A review and framework synthesis to inform the United

- Nations Decade of Action on Nutrition. *BMJ Global Health*, 3(1), 485. <https://doi.org/10.1136/BMJGH-2017-000485>
- Batara, A. surahman., & Andayani, E. (2025). Measuring the mayor's political commitment and opportunities for developing tuberculosis elimination policies in Makassar City. *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, 8(3), 167–176. <https://doi.org/10.56338/mppki.v8i3.6333>
- BBC News Indonesia. (2025, February 6). *Mengapa warga Intan Jaya dan Yahukimo tolak program makan bergizi gratis?* <https://www.bbc.com/indonesia/articles/cy7gj17p0vgo>
- Bizer, G. Y., Barden, J. C., & Petty, R. E. (2006). Attitudes. In *Encyclopedia of Cognitive Science*. Wiley. <https://doi.org/10.1002/0470018860.s00483>
- Bor, J. (2007). The political economy of AIDS leadership in developing countries: An exploratory analysis. *Social Science & Medicine*, 64(8), 1585–1599. <https://doi.org/10.1016/j.socscimed.2006.12.005>
- Brousmiche, K.-L., Kant, J.-D., Sabouret, N., & Prenot-Guinard, F. (2016). From beliefs to attitudes: Polias, a model of attitude dynamics based on cognitive modeling and field data. *Journal of Artificial Societies and Social Simulation*, 19(4). <https://doi.org/10.18564/jasss.3161>
- Castanho, R. A., Vulevic, A., Naranjo Gómez, J. M., Cabezas, J., Fernández-Pozo, L., Loures, L., & Kurowska-Pysz, J. (2019). Political commitment and transparency as a critical factor to achieve territorial cohesion and sustainable growth. European cross-border projects and strategies. *Regional Science Policy & Practice*, 11(2), 423–435. <https://doi.org/10.1111/rsp3.12201>
- Chopra, D. (2019). Accounting for success and failure in policy implementation: The role of commitment in India's MGNREGA. *Development Policy Review*, 37(6), 789–811. <https://doi.org/10.1111/dpr.12404>
- Christine, M., & Paskarina, C. (2021). The urgency of political commitment in formulation reproductive health education policy. *Journal of Educational and Social Research*, 11(6), 22. <https://doi.org/10.36941/jesr-2021-0125>
- CNN Indonesia. (2024, December 10). *Prabowo: Rp8 M Akan Beredar di Desa karena Makan Bergizi Gratis*. <https://www.cnnindonesia.com/ekonomi/20241210180845-532-1175923/prabowo-rp8-m-akan-beredar-di-desakarena-makan-bergizi-gratis>
- Djennad, B., & Djellouli, M. (2025). Probabilistic sampling in media and communication studies: Concept, procedures, and applications. *EON*, 6(1), 105–115. <https://doi.org/10.56177/EON.6.1.2025.ART.9>
- Edodi, S., & Ahimbisibwe, F. (2024). Challenges of deepening political commitment and long-term legitimacy in West African

- integration and the future of ECOWAS. *Cogent Social Sciences*, 10(1), 2420465. <https://doi.org/10.1080/23311886.2024.2420465>
- Fernández-I-Marín, X., Hinterleitner, M., Knill, C., & Steinebach, Y. (2025). Do governments put their money where their mouth is? Policy adoption and administrative resource provision in 15 OECD Countries. *Perspectives on Politics*, 1–19. <https://doi.org/10.1017/S1537592724001944>
- Fishman, J., Yang, C., & Mandell, D. (2021). Attitude theory and measurement in implementation science: a secondary review of empirical studies and opportunities for advancement. *Implementation Science : IS*, 16(1). <https://doi.org/10.1186/S13012-021-01153-9>
- Fox, A. M., Balarajan, Y., Cheng, C., & Reich, M. R. (2015). Measuring political commitment and opportunities to advance food and nutrition security: piloting a rapid assessment tool. *Health Policy and Planning*, 30(5), 566–578. <https://doi.org/10.1093/heapol/czu035>
- Gillespie, S., Haddad, L., Mannar, V., Menon, P., & Nisbett, N. (2013). The politics of reducing malnutrition: building commitment and accelerating progress. *The Lancet*, 382(9891), 552–569. [https://doi.org/10.1016/S0140-6736\(13\)60842-9](https://doi.org/10.1016/S0140-6736(13)60842-9)
- Gillespie, S., & van den Bold, M. (2017). Stories of change in nutrition: An overview. *Global Food Security*, 13, 1–11. <https://doi.org/10.1016/J.GFS.2017.02.004>
- Habibah, N., Aradytia, M. T., Izzah, K. N., Hawarie, K. A., & Maheswara, M. (2025). Reviewing the effectiveness of the free nutritious meals (mbg) policy in promoting nutritional equity among school children. *Journal of Social, Policy and Development Studies*, 2(2), 18–26. <https://doi.org/10.65119/JSPDS.V2I2.32>
- Harfst, P., & Wiesner, C. (2024). Measuring political legitimacy in two dimensions: internal and external measures. *Frontiers in Political Science*, 6, 999743. <https://doi.org/10.3389/FPOS.2024.999743/BIBTEX>
- Harris, J., Drimie, S., Roopnaraine, T., & Covic, N. (2017). From coherence towards commitment: Changes and challenges in Zambia's nutrition policy environment. *Global Food Security*, 13, 49–56. <https://doi.org/10.1016/J.GFS.2017.02.006>
- Hemming, K., & Taljaard, M. (2023). Key considerations for designing, conducting and analysing a cluster randomized trial. *International Journal of Epidemiology*, 52(5), 1648–1658. <https://doi.org/10.1093/IJE/DYAD064>
- Herwawan, J. H., Tasijawa, F. A., Rehena, Z., & Nindatu, M. (2026). Impact and implementation issues of the free nutritious meal program in the Maluku Islands: Perspectives from students, teachers, and implementers. *Journal of Hunger & Environmental Nutrition*, 1–20. <https://doi.org/10.1016/J.GFS.2017.02.004>

- org/10.1080/19320248.2026.2630180
- Hoey, L., & Pelletier, D. L. (2011). Bolivia's multisectoral zero malnutrition program: insights on commitment, collaboration, and capacities. *Food and Nutrition Bulletin*, 32(2 Suppl). <https://doi.org/10.1177/15648265110322S204>
- Iruhiriye, E. (2020). Understanding the role of political commitment and coherence across sectors and across national and sub-national levels in enabling improvements in nutrition in Rwanda. *Theses and Dissertations*. <https://scholarcommons.sc.edu/etd/6031>
- Johnson, H. H., & Watkins, T. A. (1971). The effects of message repetitions on immediate and delayed attitude change. *Psychonomic Science*, 22(2), 101–103. <https://doi.org/10.3758/BF03332515>
- Kendrick, R. V., & Olson, M. A. (2012). When feeling right leads to being right in the reporting of implicitly-formed attitudes, or how I learned to stop worrying and trust my gut. *Journal of Experimental Social Psychology*, 48(6), 1316–1321. <https://doi.org/10.1016/j.jesp.2012.05.008>
- Kompas.com. (2025, January 6). 4 SMA di Yogyakarta Jadi "Pilot Project" Makan Bergizi Gratis, Mana Saja? <https://yogyakarta.kompas.com/read/2025/01/06/202054178/4-sma-di-yogyakarta-jadi-pilot-project-makan-bergizi-gratis-mana-saja>
- Korir, J., Oldewage-Theron, W., Samuel, A., & Gichohi-Wainaina, W. (2024). Multisectoral approaches for sustainable food and nutrition security actions in Ethiopia. *African Journal of Food, Agriculture, Nutrition and Development*, 24(5), 26351–26376. <https://doi.org/10.18697/ajfand.130.24180>
- Krishna, U., & Roche, C. (2020). Locating leadership and political will in social policy: the story of India's MGNREGA. *Politics and Governance*, 8(4), 168–179. <https://doi.org/10.17645/PAG.V8I4.3342>
- Lee, A., Stubbs, C., Leonard, D., Vidgen, H., Minniecon, D., Dick, M., Cullerton, K., & Herron, L. (2022). Rise and demise: a case study of public health nutrition in Queensland, Australia, over three decades. *Health Promotion International*, 37(2). <https://doi.org/10.1093/heapro/daab117>
- Lerman, A. E., & McCabe, K. T. (2017). Personal experience and public opinion: A theory and test of conditional policy feedback. *The Journal of Politics* 79(2), 624–641. <https://doi.org/10.1086/689286>
- Liu, N., Tang, S. Y., Zhan, X., & Lo, C. W. H. (2018). Political commitment, policy ambiguity, and corporate environmental practices. *Policy Studies Journal*, 46(1), 190–214. <https://doi.org/10.1111/J.12130;REQUESTEDJOURNAL:JOURNAL:15410072;WGROU:STRING:PUBLICATION>
- Logan, C. D., & Hodges, M. I. (2012). *Psychology of attitudes*. Nova Science

- Publishers.
- McKelvie-Sebileau, P., Swinburn, B., Glassey, R., Tipene-Leach, D., & Gerritsen, S. (2023). Health, wellbeing and nutritional impacts after 2 years of free school meals in New Zealand. *Health Promotion International*, 38(4), 1–13. <https://doi.org/10.1093/HEAPRO/DAAD093>
- Media, B. (2024, January 6). 792 Siswa SMA Negeri 4 Semarang Nikmati Makan Bergizi Gratis. *Berlianmedia.Com*. <https://berlianmedia.com/792-siswa-sma-negeri-4-semarang-nikmati-program-makan-bergizi-gratis/>
- Namugumya, B. S., Candel, J. J. L., Talsma, E. F., & Termeer, C. J. A. M. (2020). Towards concerted government efforts? Assessing nutrition policy integration in Uganda. *Food Security 2020 12:2*, 12(2), 355–368. <https://doi.org/10.1007/S12571-020-01010-5>
- Nowak, A., Biesaga, M., Ziembowicz, K., Baran, T., & Winkielman, P. (2023). Subjective consistency increases trust. *Scientific Reports*, 13(1), 5657–5657. <https://doi.org/10.1038/s41598-023-32034-4>
- Offerman, M. J. (2007). Institutional commitment: what it is and how to get it. *Journal of Veterinary Medical Education*, 34(3), 226–231. <https://doi.org/10.3138/JVME.34.3.226>
- Pelletier, D. L., Frongillo, E. A., Gervais, S., Hoey, L., Menon, P., Ngo, T., Stoltzfus, R. J., Ahmed, A. M. S., & Ahmed, T. (2012). Nutrition agenda setting, policy formulation and implementation: lessons from the Mainstreaming Nutrition Initiative. *Health Policy and Planning*, 27(1), 19–31. <https://doi.org/10.1093/HEAPOL/CZR011>
- Pillai, R. M., & Fazio, L. K. (2024). Repeated by many versus repeated by one: Examining the role of social consensus in the relationship between repetition and belief. *Journal of Applied Research in Memory and Cognition*, 14(2), 154–166. <https://doi.org/10.1037/mac0000166>
- Prawira W, R. Y., Suryana, A., & Arifin, H. S. (2022). Personal branding Ridwan Kamil dalam program Gerakan Pungut Sampah. *Jurnal Manajemen Komunikasi*, 6(2), 163. <https://doi.org/10.24198/jmk.v6i2.31319>
- Prawira, Y., Sumartias, S., Suryana, A., & Damayani, N. A. (2024). The effect of political influencer on online political participation in Twitter/X. *Forum for Linguistic Studies*, 6(2), 304–316.
- Putawara, R., Wildani, Z., Ulmi, N. M., Mutia, A., Merysa, & Yusuf, R. A. (2025). Every tweet counts? Sentiment analysis of public response toward indonesia's free nutritious meal program. *2025 IEEE 12th International Conference on Data Science and Advanced Analytics (DSAA)*, 1–9. <https://doi.org/10.1109/DSAA65442.2025.11248005>
- Rah, J. H., Melse-Boonstra, A., Agustina, R., van Zutphen, K. G., & Kraemer, K. (2021). The triple burden of malnutrition among

- adolescents in Indonesia. *Food and Nutrition Bulletin*, 42(1_suppl), S4–S8. <https://doi.org/10.1177/03795721211007114>
- Raihan A., Hanasi, I.A., Israh, M.W, Cipta, M., Muhajir, R.M. & Alya, P.P. (2026). Implementasi kebijakan program makan bergizi gratis sebagai pendorong dan pembangunan ekonomi Lokal. *Jurnal Manajemen, Bisnis Dan Kewirausahaan*, 6(1), 95–112. <https://doi.org/10.55606/jumbiku.v6i1.6403>
- Ren, M. (2019). Greater political commitment needed to eliminate malaria. *Infectious Diseases of Poverty*, 8(1). <https://doi.org/10.1186/S40249-019-0542-8>
- Rimkutè, D., & Mazepus, H. (2025). Citizens' perceptions of the legitimacy of independent agencies: The effects of expertise-based and reputation-sourced authority. *Public Administration Review*, 85(5), 1495–1511. <https://doi.org/10.1111/puar.13916>
- Scaramuzzino, R. (2020). Perception of societal influence among civil society leaders—an elite perspective. *Journal of Civil Society*, 16(2), 174–190. <https://doi.org/10.1080/17448689.2020.1769326>
- Schwarz, N. (2015). Attitude measurement. in international encyclopedia of the social & behavioral sciences. elsevier, 178–182. <https://doi.org/10.1016/B978-0-08-097086-8.24006-3>
- Shen, S. V. (2025). Political will as a source of policy innovation. *Policy Studies Journal*, 53(1), 185–200. <https://doi.org/10.1111/J.12571;WGROU:STRING:PUBLICATION>
- Sinaga, H. G., & Syarief, M. H. (2025). Impact of free nutritious lunch program on student well-being and learning achievement in Indonesia: Implementation by 2025. *Global Journal of Economic and Finance Research*, 02(01). <https://doi.org/10.55677/GJEFR/09-2025-VOL02E1>
- Sing, F., Mackay, S., Swinburn, B., & Garton, K. (2025). A political economy analysis of the legislative response to unhealthy food and beverage marketing in Chile, Canada and the UK. *Globalization and Health* 2025 21:1, 21(1), 4-. <https://doi.org/10.1186/S12992-024-01093-1>
- Sööt, M., & Rootalu, K. (2012). Institutional trust and opinions of corruption. *Public Administration and Development*, 32(1), 82–95. <https://doi.org/10.1002/pad.616>
- Sugiarto, E. C. (2024, December 18). *Makan bergizi gratis dan sdm unggul*. https://www.setneg.go.id/baca/index/makan_bergizi_gratis_dan_sdm_unggul
- Sujianto, A. E., Mashudi, Asiyah, B. N., Lukman, Asyifyan, M. A., Suselo, D., & Asy'arie, A. A. A. (2026). *Free nutritional meal program in improving regional economy: a study of the implementation of sustainable human resources investment in East Java Province, Indonesia*. 427–441. https://doi.org/10.1007/978-981-95-4200-0_24
- Suprpto, F. A., Praditya, E., Dewi, R.

- M., & Adiyoso, W. (2025). A policy implementation review of the free nutritious meal (mbg) program. *The Journal of Indonesia Sustainable Development Planning*, 6(2), 297–312. <https://doi.org/10.46456/jisdep.v6i2.798>
- Suryana, A., Erlandia, D.R., Suminar, J.R, Koswara, I., & Subekti, P. (2024). The effect of multisector integration communication on empowerment in rural areas. *Jurnal Kajian Komunikasi*, 12(1), 18–31. <https://doi.org/10.24198/JKK.V12I1.53785>
- Tempo. (2025, January 13). *DIY Mulai program makan bergizi gratis hari ini, sebagian daerah undur jadwal*. <https://www.tempo.co/politik/diy-mulai-program-makan-bergizi-gratis-hari-ini-sebagian-daerah-undur-jadwal-1193504>
- Umniyati, N., Hadisiwi, P., & Suminar, J. R. (2017). Pengaruh terpaan informasi riset melalui website www.ppet.lipi.go.id terhadap sikap mahasiswa mengenai penelitian. *Jurnal Kajian Komunikasi*, 5(1), 111–120. <https://jurnal.unpad.ac.id/jkk/article/view/9076>
- Verplanken, B., & Orbell, S. (2022). Attitudes, habits, and behavior change. *Annual Review of Psychology*, 73(Volume 73, 2022), 327–352. <https://doi.org/10.1146/annurev-psych-020821-011744>
- Visser, P. S. (2010). Attitudes. In *The Corsini Encyclopedia of Psychology*, 1–2. Wiley. <https://doi.org/10.1002/9780470479216.corpsy0097>
- Wang, D., Shinde, S., Young, T., & Fawzi, W. W. (2021). Impacts of school feeding on educational and health outcomes of school-age children and adolescents in low- and middle-income countries: A systematic review and meta-analysis. *Journal of Global Health*, 11, 04051. <https://doi.org/10.7189/jogh.11.04051>
- Webb, P., Ghosh, S., Shrestha, R., Namirembe, G., Gurung, S., Sapkota, D., Bell, W. F., Davis, D., Kennedy, E., Neupane, S., Manohar, S., & Baral, K. (2016). Measuring nutrition governance. *Food and Nutrition Bulletin*, 37(4_suppl), S170–S182. <https://doi.org/10.1177/0379572116674856>
- Wikarsa, L., Sitanayah, L., Manginsela, V. E., & Kim, M. (2026). Hybrid bert-knn for emotion detection in social media responses to indonesia's free meal program: Performance and challenge. *ICIC Express Letters, Part B: Applications*, 17(5), 525–532. <https://doi.org/10.24507/ICICELB.17.05.525>
- Wong, R., & van der Heijden, J. (2022). How does symbolic commitment strengthen the resilience of sustainability institutions? Exploring the role of bureaucrats in Germany, Finland, and the UK. *Sustainable Development*, 30(1), 10–22. <https://doi.org/10.1002/sd.2225>
- Ypi, L. (2016). Political commitment and the value of partisanship. *American Political Science Review*, 110(3), 601–613. <https://doi.org/10.1017/S0003055416000319>

- Yusriadi, Y. (2025). The impact of free nutritious meal programs on food security: a systematic review. *Journal of Indonesian Scholars for Social Research*, 5(1), 92–97. <https://doi.org/10.59065/JISSR.V5I1.177>