

ABSTRAK

HELDA, NPM: 20.22.349, Judul Skripsi "EFEKTIVITAS PROGRAM POSYANDU BALITA DALAM MENCEGAH STUNTING DI DESA PANAWAKAN KECAMATAN HAUR GADING KABUPATEN HULU SUNGAI UTARA" dibawah bimbingan **Ibu Ramona Handayani, S.Pd. M.A.** sebagai Pembimbing I dan **Ibu Siti Paulina, M.Pd.** sebagai Pembimbing II.

Posyandu Balita sebagai program pelayanan kesehatan berbasis masyarakat memiliki peran penting dalam upaya pencegahan stunting sejak dini. Stunting merupakan permasalahan gizi kronis yang berdampak pada terhambatnya pertumbuhan dan perkembangan anak, khususnya pada masa balita. Dari hasil observasi ada terdapat permasalahan, yaitu Kurangnya Penyuluhan Gizi, kurangnya partisipasi ibu hamil dan balita, dan Ketidakakuratan alat timbangan yang digunakan di posyandu sehingga dapat terjadi kesalahan dalam pencatatan hasil penimbangan anak. Tujuan peneliti ini untuk mengetahui Efektivitas Program Posyandu Balita dalam mencegah Stunting Di Desa Panawakan Kecamatan Haur Gading Kabupaten Hulu Sungai Utara dan faktor- faktor yang mempengaruhi.

Penelitian ini menggunakan pendekatan kualitatif dengan tipe deskriptif kualitatif. Teknik pengumpulan data yang digunakan adalah wawancara, observasi dan dokumentasi. Sumber data diambil melalui penarikan sampel secara *Purposive Sampling* berjumlah 14 orang. Setelah data terkumpul kemudian dianalisis dengan teknik meliputi perpanjangan waktu penelitian, meningkatkan ketekunan pengamatan, trigulasi, analisis kasus negatif, menggunakan bahan referensi dan *memberchek*.

Efektivitas Program Posyandu Balita dalam mencegah stunting di Desa Panawakan Kecamatan Haur Gading Kabupaten Hulu Sungai Utara tersebut masih kurang efektif dilihat dari indikator *pertama*, dari Sub Variabel Pemahaman Program dengan indikator pemahaman masyarakat belum efektif dan informasi terkait jadwal kegiatan posyandu sudah efektif. *Kedua*, Sub Variabel Tepat Sasaran dengan indikator ketepatan sasaran kurang efektif dan kesesuaian program cukup efektif. *Ketiga*, Sub Variabel Tepat Waktu dengan indikator kesesuaian waktu cukup efektif dan target waktu pelaksanaan sudah efektif. *Keempat*, Sub Variabel Tercapainya Tujuan dengan indikator keberhasilan program belum efektif. *Kelima*, Sub Variabel Perubahan Nyata dengan indikator perubahan perilaku masyarakat belum efektif dan manfaat nyata sudah efektif. Faktor Pendukung antara lain: rutinnnya pemantauan tumbuh kembang balita dan manfaat nyata yang dirasakan masyarakat. Faktor Penghambat yaitu: rendahnya partisipasi masyarakat, keterbatasan sarana prasarana, dan kurangnya penyuluhan gizi.

Disarankan Kepada Kepala Desa Panawakan diharapkan dapat membuat perencanaan lebih matang terkait pencegahan stunting dan memaksimalkan anggaran desa untuk penyediaan sarana dan prasarana Posyandu, Kepada Tim Posyandu terutama pada Kader agar lebih semangat dalam membina ibu balita dan ibu hamil, Kepada Tim Pendukung seperti Tenaga Kesehatan agar lebih sering memberikan sosialisasi atau penyuluhan gizi, dan Kepada masyarakat Desa Panawakan agar Lebih rajin ikut berpartisipasi dalam kegiatan Posyandu Balita.

ABSTRACT

HELDA, NPM: 20.22.349, Title Skripsi " THE EFFECTIVENESS OF THE TODDLER INTEGRATED HEALTH SERVICE PROGRAM IN PREVENTING STUNTING IN PANAWAKAN VILLAGE, HAUR GADING DISTRICT, HULU SUNGAI UTARA REGENCY", conducted under the supervision of **Mrs. Ramona Handayani, S.Pd., M.A.** as the First Supervisor and **Mrs. Siti Paulina, M.Pd.** as the Second Supervisor.

The Toddler Integrated Health Service (Posyandu Balita), as a community-based health service program, plays an important role in efforts to prevent stunting from an early age. Stunting is a chronic nutritional problem that has an impact on impaired growth and development of children, especially during the toddler period. Based on observations, several problems were identified, namely the lack of nutrition education, low participation of pregnant women and mothers of toddlers, and the inaccuracy of weighing scales used at the Posyandu, which may lead to errors in recording children's weight measurement results. The purpose of this study was to determine the effectiveness of the Toddler Posyandu Program in preventing stunting in Panawakan Village, Haur Gading District, Hulu Sungai Utara Regency, as well as the factors influencing it.

This research employed a qualitative approach with a descriptive qualitative type. Data collection techniques included interviews, observations, and documentation. The data sources were obtained through snowball sampling involving 14 informants. After the data were collected, they were analyzed using several techniques, including prolonged engagement, increased observational persistence, triangulation, negative case analysis, the use of reference materials, and member checking.

The effectiveness of the Toddler Posyandu Program in preventing stunting in Panawakan Village, Haur Gading District, Hulu Sungai Utara Regency was found to be less effective. This can be seen from the first indicator, namely the Program Understanding sub-variable, where community understanding was not yet effective, while information related to the Posyandu activity schedule was effective. Second, the Target Accuracy sub-variable showed that target accuracy was less effective, while program suitability was moderately effective. Third, the Timeliness sub-variable indicated that time suitability was moderately effective, and the implementation time target was effective. Fourth, the Goal Achievement sub-variable revealed that program success had not yet been effective. Fifth, the Real Change sub-variable showed that changes in community behavior were not yet effective, although the tangible benefits were already effective. Supporting factors included routine monitoring of toddlers' growth and development and the tangible benefits perceived by the community. Inhibiting factors consisted of low community participation, limited facilities and infrastructure, and the lack of nutrition education.

It is recommended that the Head of Panawakan Village prepare more comprehensive planning related to stunting prevention and maximize the village budget for providing Posyandu facilities and infrastructure. The Posyandu team, especially the cadres, is expected to be more enthusiastic in guiding mothers of toddlers and pregnant women. Supporting teams, such as health workers, are encouraged to provide nutrition socialization or education more frequently. In addition, the community of Panawakan Village is expected to participate more actively in Toddler Posyandu activities