

## ABSTRAK

**Hairina Ulfah, 2022460, Judul "EFEKTIVITAS POS PEMBINAAN TERPADU (POSBINDU) DI DESA MURUNG JAMBU KECAMATAN PARINGIN SELATAN KABUPATEN BALANGAN"** dibawah bimbingan Bapak Muhammad Arsyad, S.pd.I, M.AP sebagai pembimbing I dan Ibu Puteri Anggraini Oktavianty, S.sos., M.AP sebagai dosen pembimbing II.

Berdasarkan dari latar belakang terdapat permasalahan yaitu, sebagian masyarakat belum memahami tentang Posbindu, kurangnya partisipasi laki-laki usia produktif dan masih terdapat masyarakat penderita hipertensi setiap pemeriksaan satu bulan sekali. Tujuan penelitian ini untuk mengetahui bagaimana efektivitas Pos Pembinaan Terpadu (Posbindu) di Desa Murung Jambu Kecamatan Paringin Selatan Kabupaten Balangan serta faktor-faktor yang mempengaruhi.

Penelitian ini memakai metode deskriptif kualitatif dengan teknik pengumpulan data melalui observasi, wawancara, dan dokumentasi. Informan dalam penelitian ini berjumlah 13 orang. Teknik analisis data yang digunakan yaitu pengumpulan data, reduksi data, penyajian data, serta pembuatan kesimpulan. Uji kredibilitas data menggunakan perpanjangan pengamatan, meningkatkan kecermatan, triangulasi dan mengecek data.

Hasil penelitian menunjukkan bahwa efektivitas program Posbindu di Desa Murung Jambu Kecamatan Paringin Selatan Kabupaten Balangan cukup efektif. Indikator tingkat pemahaman kurang efektif karena hanya sebagian masyarakat yang memahami program Posbindu. Indikator kejelasan informasi cukup efektif karena informasi jadwal dan hasil pemeriksaan sudah tersampaikan. Indikator kesesuaian sasaran cukup efektif karena menysasar yang berisiko PTM. Akurasi sasaran cukup efektif karena menysasar usia produktif 18-59 tahun. Indikator waktu pelaksanaan sudah efektif karena sesuai dengan aktivitas masyarakat. Indikator kesesuaian jadwal yang ditentukan sudah efektif karena sudah disetujui oleh masyarakat. Indikator persentase capaian target cukup efektif karena capaian mencapai 100% dari Puskesmas dan 40% dari seluruh sasaran. Indikator kesesuaian pencapaian hasil kurang efektif karena belum menggambarkan hasil deteksi dini pada seluruh sasaran. Indikator perubahan signifikan kurang efektif karena perubahan yang dihasilkan belum signifikan. Indikator dampak positif cukup efektif karena meningkatkan kesadaran dan memudahkan deteksi dini PTM. Faktor-faktor yang mempengaruhi yaitu, faktor pendukung berupa sarana dan prasarana yang memadai, dukungan dari pemerintah desa, layanan kesehatan gratis serta mendapat konsumsi setelah periksa. Faktor penghambat dari masyarakat masih ada yang enggan datang/takut pemeriksaan, lingkungan kurang nyaman, kendala teknis alat tensi digital terkadang eror, tempat tunggu kurang ideal dan kurang fasilitas penerangan ruangan.

Pemerintah Desa diharapkan meningkatkan sosialisasi Posbindu, memperhatikan alat cek kesehatan dan tempat Posbindu. Masyarakat diharapkan lebih aktif berpartisipasi dalam kegiatan Posbindu. Kader Posbindu dan petugas Puskesmas diharapkan memberikan edukasi berkelanjutan, serta membuat strategi untuk menjangkau sasaran peserta Posbindu yang kurang berpartisipasi.

## ABSTRACT

Hairina Ulfah, 2022460, Title: "EFFECTIVENESS OF INTEGRATED COUNSELING POS (POSBINDU) IN MURUNG JAMBU VILLAGE, SOUTH PARINGIN DISTRICT, BALANGAN REGENCY" under the guidance of Mr. Muhammad Arsyad, S.pd.I, M.AP as the first supervisor and Ms. Puteri Anggraini Oktavianity, S.sos., M.AP as the second supervisor.

Based on the background, there are problems, namely, some residents do not understand Posbindu, the lack of participation of men of productive age, and the persistence of hypertension in the community who undergo monthly check-ups. The purpose of this study was to determine the effectiveness of the Integrated Guidance Post (Posbindu) in Murung Jambu Village, South Paringin District, Balangan Regency and the influencing factors.

This study used a descriptive qualitative method with data collection techniques through observation, interviews, and documentation. Thirteen informants participated in this study. The data analysis techniques used included data collection, data reduction, data presentation, and drawing conclusions. Data credibility was tested using extended observations, increased accuracy, triangulation, and data checking.

The results of the study indicate that the effectiveness of the Posbindu program in Murung Jambu Village, Paringin Selatan District, Balangan Regency is quite effective. The level of understanding indicator is less effective because only a portion of the community understands the Posbindu program. The information clarity indicator is quite effective because information on schedules and examination results has been conveyed. The target suitability indicator is quite effective because it targets those at risk of NCDs. Target accuracy is quite effective because it targets the productive age group of 18-59 years. The implementation time indicator is effective because it is in accordance with community activities. The schedule suitability indicator is effective because it has been approved by the community. The target achievement percentage indicator is quite effective because it reaches 100% from the Community Health Center and 40% of all the targets. The result achievement suitability indicator is less effective because it does not reflect the results of early detection in all targets. The significant change indicator is less effective because the resulting changes are not yet significant. The positive impact indicator is quite effective because it increases awareness and facilitates early detection of NCDs. Influencing factors include supporting factors such as adequate facilities and infrastructure, support from the village government, free health services, and receiving refreshments after the examination. Inhibiting factors include community reluctance to attend or fear of examinations, an uncomfortable environment, technical issues with digital blood pressure monitors, suboptimal waiting areas, and inadequate lighting.

The village government is expected to increase Posbindu outreach, improve health screening equipment and Posbindu locations. The community is expected to participate more actively in Posbindu activities. Posbindu cadres and Community Health Center staff are expected to provide ongoing education and develop strategies to reach less-participating Posbindu participants.