

ABSTRAK

AHMAD FAUZAN : 2022003. “EFEKTIVITAS PROGRAM POSYANDU REMAJA DALAM MENINGKATKAN STATUS KESEHATAN REMAJA PUTRI DI DESA PANDAMAAN KECAMATAN DANAU PANGGANG KABUPATEN HULU SUNGAI UTARA”. Di bawah bimbingan Bapak **Arif Budiman, S.Sos., M.AP.** selaku Dosen Pembimbing I dan **Ibu Ratna Sari, S.Sos., M.A** selaku Dosen Pembimbing II

Penelitian ini dilatarbelakangi oleh masih belum optimalnya pelaksanaan Program Posyandu Remaja di Desa Pandamaan, yang ditandai dengan rendahnya kesadaran sebagian remaja putri terhadap pentingnya menjaga kesehatan. Kondisi tersebut terlihat dari perilaku remaja yang kurang disiplin selama kegiatan berlangsung, seperti kurang fokus saat penyuluhan kesehatan dan tidak tertib saat pemeriksaan kesehatan. Padahal, Program Posyandu Remaja merupakan salah satu bentuk upaya kesehatan berbasis masyarakat yang berfokus pada kegiatan promotif dan preventif guna meningkatkan derajat kesehatan remaja sejak usia dini. Tujuan penelitian ini adalah untuk mengetahui efektivitas Program Posyandu Remaja dalam meningkatkan status kesehatan remaja putri di Desa Pandamaan, serta mengidentifikasi faktor pendukung dan faktor penghambat dalam pelaksanaannya.

Penelitian ini menggunakan metode deskriptif kualitatif. Teknik pengumpulan data dilakukan melalui observasi, wawancara, dan dokumentasi. Penentuan informan menggunakan teknik *purposive sampling* dengan jumlah informan sebanyak 12 orang, yang terdiri dari Kepala Desa Pandamaan, staf desa, bidan desa, kader Posyandu Remaja, serta remaja putri sebagai peserta kegiatan Posyandu Remaja. Analisis data dilakukan melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan.

Hasil penelitian menunjukkan bahwa pelaksanaan Program Posyandu Remaja di Desa Pandamaan belum sepenuhnya efektif. Faktor pendukung program meliputi pemanfaatan grup WhatsApp dan media informasi desa sebagai sarana penyampaian informasi kegiatan, serta pemberian apresiasi berupa *doorprize* yang mampu meningkatkan motivasi dan kehadiran remaja. Sementara itu, faktor penghambat meliputi rendahnya tingkat kesadaran remaja dalam menjaga kesehatan serta ketidaksesuaian jadwal pelaksanaan Posyandu Remaja dengan jam sekolah, khususnya bagi remaja tingkat SMP dan SMA.

Berdasarkan hasil penelitian tersebut, disarankan kepada kader Posyandu Remaja dan pihak terkait agar terus aktif memberikan edukasi kesehatan secara berkelanjutan, meningkatkan kedisiplinan peserta melalui pengelolaan kegiatan yang lebih tertib, serta memperkuat koordinasi antara kader, bidan, dan aparat desa dalam penentuan jadwal kegiatan agar pelaksanaan Program Posyandu Remaja dapat berjalan lebih efektif dan berkelanjutan.

ABSTRACT

AHMAD FAUZAN : 2022003. “THE EFFECTIVENESS OF THE ADOLESCENT INTEGRATED HEALTH SERVICE POSYANDU REMAJA PROGRAM IN IMPROVING THE HEALTH STATUS OF ADOLESCENT GIRLS IN PANDAMAAN VILLAGE, DANAU PANGGANG DISTRICT, HULU SUNGAI UTARA REGENCY.” Under the supervision of Mr. **Arif Budiman, S.Sos., M.AP.** as Supervisor I and Mrs. **Ratna Sari, S.Sos., M.A.** as Supervisor II.

This study is motivated by the suboptimal implementation of the Adolescent Posyandu Program in Pandamaan Village, which is indicated by the low level of awareness among adolescent girls regarding the importance of maintaining their health. This condition is reflected in undisciplined behavior during program activities, such as lack of focus during health education sessions and disorderly conduct during health examinations. In fact, the Adolescent Posyandu Program is a community-based health initiative that emphasizes promotive and preventive efforts to improve adolescents' health status from an early age. This study aims to examine the effectiveness of the Adolescent Posyandu Program in improving the health status of adolescent girls in Pandamaan Village, as well as to identify the supporting and inhibiting factors in its implementation.

This research employed a qualitative descriptive method. Data were collected through observation, interviews, and documentation. Informants were selected using a purposive sampling technique, involving a total of 12 informants, consisting of the village head, village staff, village midwife, Adolescent Posyandu cadres, and adolescent girls participating in the program. Data analysis was conducted through data reduction, data presentation, and conclusion drawing.

The results indicate that the implementation of the Adolescent Posyandu Program in Pandamaan Village has not been fully effective. Supporting factors include the use of WhatsApp groups and village information media as channels for disseminating activity information, as well as the provision of incentives such as door prizes, which help increase adolescents' motivation and attendance. Meanwhile, inhibiting factors include the low level of health awareness among adolescents and the incompatibility of the program schedule with school hours, particularly for junior and senior high school students.

Based on these findings, it is recommended that Adolescent Posyandu cadres and related stakeholders continuously provide health education, improve participant discipline through better activity management, and strengthen coordination among cadres, midwives, and village officials in scheduling activities to ensure the program runs more effectively and sustainably.