

## ABSTRAK

**SITI KARINA, NPM: 2022497.** Judul “**EFEKTIVITAS PROGRAM PENCEGAHAN STUNTING DI DESA MURUNG JAMBU KECAMATAN PARINGIN SELATAN KABUPATEN BALANGAN**”. Dibimbing oleh Ibu **Ni Made Musiyani Anjasmari, M.A.P** sebagai pembimbing I, Ibu **Ratna Sari, S.Sos. M.A** sebagai pembimbing II

Stunting merupakan salah satu permasalahan gizi kronis yang masih menjadi perhatian utama, permasalahannya adalah kurangnya kesadaran orang tua balita dalam menindaklanjuti hasil pemeriksaan kesehatan anak, kurangnya pemantauan konsumsi PMT oleh kader dan masih tingginya cakupan anak balita yang terkena stunting. Tujuan penelitian ini untuk mengetahui Efektivitas Program Pencegahan Stunting di Desa Murung Jambu Kecamatan Paringin Selatan Kabupaten Balangan dan faktor yang mempengaruhinya.

Metode Penelitian ini menggunakan pendekatan kualitatif, sumber data diambil melalui penarikan secara *purposive sampling* berjumlah 12 orang dengan teknik pengumpulan data wawancara, observasi dan dokumentasi. Setelah data terkumpul kemudian dianalisis meliputi reduksi data, penyajian data, dan verifikasi penarikan kesimpulan. Uji kredibilitas data meliputi perpanjangan pengamatan, meningkatkan ketekunan, triangulasi, analisis kasus negatif dan mengadakan membercheck.

Hasil dari penelitian Efektivitas Program Pencegahan Stunting di Desa Murung Jambu Kecamatan Paringin Selatan Kabupaten Balangan cukup efektif, hal ini dapat dilihat dari indikator: *pertama* pada Pemahaman Program dengan indikator tingkat pemahaman orang tua kurang efektif karena orang tua berpendidikan SLTA dan SLTP. Indikator pemahaman kader posyandu cukup efektif yang mana kader memperoleh pelatihan. *Kedua* pada Ketepatan Sasaran dengan indikator ketepatan identifikasi anak balita stunting yang dilaksanakan oleh kader cukup efektif yang mana kader sudah menjalankan tugas pemantauan. Indikator kesesuaian program dengan kelompok sasaran cukup efektif karena anak balita normal dan anak balita stunting mendapat penanganan yang berbeda. *Ketiga* pada Ketepatan Waktu dengan indikator efektivitas program pencegahan stunting dalam ketepatan pelaksanaan posyandu sudah efektif yang mana pelaksanaan posyandu sudah berjalan rutin. Indikator kecepatan tindak lanjut orang tua kurang efektif yang mana rendahnya kesadaran orang tua. *Keempat*, pada penurunan angka stunting kurang efektif karena kurangnya kesadaran orang tua mengenai pemenuhan pola makan berdasarkan kebutuhan gizi anak. Indikator peningkatan status gizi balita kurang efektif, karena perbaikan status gizi terjadi pada beberapa anak. *Kelima* pada Perubahan Nyata dengan indikator perubahan perilaku masyarakat dalam pola makan dan pola asuh kurang efektif karena hanya beberapa orang tua yang benar-benar menerapkan anjuran mengurangi makanan kurang sehat. Indikator perbaikan kondisi kesehatan dan pertumbuhan balita cukup efektif, dikarenakan dengan adanya program pencegahan stunting memberikan perubahan pada kondisi kesehatan. Faktor pendukung waktu pelaksanaan posyandu yang sudah tepat, anak balita normal dan anak balita stunting mendapat penanganan yang berbeda dan melakukan identifikasi pada anak balita stunting. faktor penghambat adalah rendahnya pendidikan orang tua (masyarakat), isi piringku tidak sesuai SOP gizi, terputusnya intervensi pada anak balita yang melewati batas usia posyandu dan kurangnya respon orang tua terhadap hasil pemantauan pertumbuhan anak.

Disarankan Kader Desa Murung Jambu agar lebih aktif meningkatkan pendampingan kepada keluarga yang terindikasi melalui kerja sama Bidan Desa, Tenaga Kesehatan dan Masyarakat, tenaga kesehatan agar terus meningkatkan edukasi dan pendampingan kepada masyarakat mengenai pentingnya pemenuhan gizi seimbang dan masyarakat Desa Murung

Jambu agar meningkatkan kesadaran dan partisipasi aktif dalam upaya pencegahan stunting melalui keikutsertaan secara rutin pada kegiatan posyandu.

#### **ABSTRACT**

**SITI KARINA, NPM: 2022497.** Title "**EFFECTIVENESS OF THE STUNTING PREVENTION PROGRAM IN MURUNG JAMBU VILLAGE, SOUTH PARINGIN DISTRICT, BALANGAN DISTRICT**". Supervised by Mrs. Ni Made Musiyani Anjasmari, M.A.P as supervisor I, Mrs. Ratna Sari, S.Sos. M.A as supervisor II

Stunting is a chronic nutritional problem that remains a primary concern. The issues identified include a lack of parental awareness in following up on children's health examination results, inadequate monitoring of supplementary feeding consumption by cadres, and the persistently high coverage of stunted children under five. The purpose of this study was to assess the effectiveness of the stunting prevention program in Murung Jambu Village, South Paringin District, Balangan Regency, and the factors that influence it.

This study employed a qualitative approach. Data sources were selected through purposive sampling, totaling 12 participants, with data collected via interviews, observation, and documentation. The data were then analyzed through data reduction, data display, and conclusion drawing and verification. Data credibility was tested through extended observation, increased persistence, triangulation, negative case analysis, and member checking.

The findings indicate that the stunting prevention program in Murung Jambu Village, South Paringin District, Balangan Regency, is fairly effective, as observed through the following indicators. First, Program Understanding: the indicator of parents' level of understanding was less effective because parents predominantly possessed senior high school (SLTA) and junior high school (SLTP) education; the indicator of posyandu cadres' understanding was fairly effective, as the cadres had received training. Second, Target Accuracy: the indicator of accuracy in identifying stunted children under five by cadres was fairly effective, with cadres having carried out monitoring tasks; the indicator of program suitability with the target group was fairly effective because normal and stunted children under five received differentiated handling. Third, Timeliness: the indicator of the program's effectiveness in timely posyandu implementation was effective, as posyandu activities have been conducted regularly; the indicator of parents' speed of follow-up was less effective due to low parental awareness. Fourth, the reduction in stunting rates is less effective due to the lack of awareness among parents regarding fulfilling dietary patterns based on children's nutritional needs; the indicator of improved nutritional status among children under five was less effective, as such improvement only occurred in some children. Fifth, Real Change: the indicator of community behavioral change in dietary and parenting patterns was less effective because only a few parents genuinely implemented recommendations to reduce unhealthy foods; the indicator of improved health conditions and growth of children under five was fairly effective, as the stunting prevention program brought about changes in health conditions. Supporting factors included appropriate timing of posyandu implementation, differentiated handling for normal and stunted children, and the identification of stunted children under five. The inhibiting factors are low parental (community) education, the contents of my plate do not comply with the nutritional SOP, the interruption of intervention for toddlers who have passed the Posyandu age limit and the lack of parental response to the results of child growth monitoring.

It is recommended that the Village Head enhance support for the stunting prevention program through collaboration among the Village Midwife, Posyandu Cadres, and other health workers; that health workers continuously improve education and mentoring for the community regarding the importance of balanced nutrition; and that the residents of

Murung Jambu Village increase their awareness and active participation in stunting prevention efforts by regularly attending posyandu activities.