

KAJIAN TINGKAT PARTISIPASI MASYARAKAT DALAM UPAYA PENANGGULANGAN STUNTING DI POSYANDU DESA GERBOSARI

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ABSTRAK

Latar Belakang : Stunting adalah kurang gizi kronis yang disebabkan karena asupan gizi yang kurang dalam waktu yang cukup lama yang diakibatkan oleh pemberian makanan yang tidak sesuai dengan kebutuhan gizi. Kurangnya asupan gizi bayi pada 1000 Hari Pertama Kehidupan (HPK) dapat menjadi salah satu penyebab stunting, dimana hal ini juga bisa menyebabkan kematian pada janin.

Tujuan Penelitian : Mengkaji tingkat partisipasi masyarakat dalam upaya penanggulangan stunting di Posyandu Desa Gerbosari, Kapanewon Samigaluh, Kabupaten Kulon Progo, Daerah Istimewa Yogyakarta.

Metode Penelitian : penelitian ini menggunakan metode penelitian yang bersifat deskriptif dengan desain penelitian *cross sectional*. Populasi penelitian adalah seluruh balita di Desa Gerbosari dengan sampel adalah balita yang diasuh oleh ibu dan atau anggota keluarga lainnya, serta bertempat tinggal di Desa Gerbosari, Kapanewon Samigaluh, Kabupaten Kulon Progo, DI Yogyakarta.

Hasil Penelitian : Usia balita dengan status gizi pendek di Desa Gerbosari didominasi pada usia 37 – 48 bulan sebanyak 10 balita (12,5%). Hasil wawancara dengan KPM Desa Gerbosari diketahui bahwa terdapat kelas ibu hamil, senam ibu hamil, konseling ibu hamil, kegiatan pemberian PMT setiap pelaksanaan posyandu dan PMT khusus untuk balita dan anak yang membutuhkan asupan tambahan. Balita di Desa Gerbosari hampir seluruhnya rajin melakukan penimbangan dan pengukuran tinggi badan di posyandu dalam 3 bulan terakhir dengan status gizi normal ada 52 balita (65%) dan status gizi pendek 27 orang (33,75%). Berdasarkan pemenuhan asupan makan terdapat 40 balita dengan pemberian menu makan lengkap memiliki status gizi normal (50%), 16 balita dengan pemberian menu makan lengkap yang memiliki status gizi pendek (20%),

Kesimpulan : Partisipasi masyarakat dan keluarga di Desa Gerbosari dalam upaya penanggulangan stunting sudah baik.

Kata Kunci : Status Gizi, Stunting, Partisipasi Masyarakat, Partisipasi Keluarga, Upaya Penanggulangan Stunting

STUDY OF THE LEVEL OF COMMUNITY PARTICIPATION IN STUNTING REDUCTION EFFORTS AT POSYANDU GERBOSARI VILLAGE

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ABSTRACT

Background: Stunting is chronic malnutrition caused by insufficient nutritional intake for a long time caused by feeding that is not in accordance with nutritional needs. Lack of infant nutrition in the First 1000 Days of Life (HPK) can be one of the causes of stunting, which can also cause death in the fetus.

Research Objective: Assessing the level of community participation in stunting reduction efforts at the Gerbosari Village Posyandu, Kapanewon Samigaluh, Kulon Progo Regency, Yogyakarta Special Region.

Research Method: this study uses descriptive research methods with a *cross-sectional* research design. The study population was all toddlers in Gerbosari Village with samples were toddlers who were cared for by mothers and or other family members, and located in Gerbosari Village, Kapanewon Samigaluh, Kulon Progo Regency, Yogyakarta.

Research Results: The age of toddlers with short nutritional status in Gerbosari Village is dominated by 10 toddlers aged 37-48 months (12.5%). The results of interviews with KPM Gerbosari Village found that there are classes for pregnant women, pregnant women's gymnastics, counseling for pregnant women, PMT activities for each posyandu implementation and special PMT for toddlers and children who need additional intake. Toddlers in Gerbosari Village are almost all diligent in weighing and measuring height at posyandu in the last 3 months with normal nutritional status there are 52 toddlers (65%) and short nutritional status 27 people (33.75%). Based on the fulfillment of food intake, there are 40 toddlers with a complete diet who have normal nutritional status (50%), 16 toddlers with a complete diet who have short nutritional status (20%),

Conclusion: The participation of the community and families in Gerbosari Village in efforts to overcome stunting has been good.

Keywords: Nutritional Status, Stunting, Community Participation, Family Participation, Stunting Reduction Efforts