

Study of Community Participation in Overcoming Stunting Problems Based on Community Empowerment

Dzaki Thaffan Nugraha
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: dzakithaffan50@gmail.com

ABSTRACT

Background: *Stunting remains one of the chronic nutritional issues that affects children's growth and development, including in Sidomulyo Village, Bambanglipuro Sub-district, Bantul Regency. To address this issue effectively, active community involvement is essential. However, the extent to which the community truly participates in stunting prevention programs still needs to be explored in depth.*

Method: *This study employed a qualitative approach with data collection techniques including field observations and in-depth interviews with informants such as mothers of toddlers, posyandu (integrated health post) cadres, hamlet heads, and nutrition officers from the local health center. The data were analyzed thematically to identify the forms of community participation, the parties involved, and their respective roles in stunting prevention efforts.*

Results: *The findings show that the community participates in various ways, such as providing nutritious food to children, regularly attending posyandu activities, and taking part in counseling sessions organized by health cadres. Social initiatives like egg collection by the Family Welfare Empowerment (PKK) group are also part of the collective effort. The involved stakeholders range from mothers of toddlers, cadres, PKK, Family Assistance Teams, hamlet heads, to the health center. Each plays a crucial role, from providing education and assisting families to coordinating between institutions. However, community involvement is still predominantly found in the implementation stage, while participation in planning and evaluation remains limited.*

Conclusion: *Community participation in Sidomulyo Village is already quite active in implementing stunting prevention programs. Nevertheless, their involvement in planning and evaluation stages needs to be improved to ensure the programs run more effectively and sustainably. Therefore, it is important to create participatory spaces and enhance community capacity.*

Keywords: *Community, empowerment, participation, stunting, Sidomulyo Village.*

Kajian Partisipasi Masyarakat Dalam Penanggulangan Masalah *Stunting* Berbasis Pemberdayaan Masyarakat

Dzaki Thaffan Nugraha
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: dzakithaffan50@gmail.com

ABSTRAK

Latar Belakang: *Stunting* masih menjadi salah satu persoalan gizi kronis yang berdampak pada pertumbuhan dan perkembangan anak, termasuk di Kalurahan Sidomulyo, Kapanewon Bambanglipuro, Kabupaten Bantul. Dalam upaya mengatasi masalah ini, peran aktif masyarakat sangat dibutuhkan. Namun, sejauh mana masyarakat benar-benar terlibat dalam program penanggulangan *stunting* masih perlu ditelusuri lebih dalam.

Metode: Penelitian ini menggunakan metode kualitatif dengan teknik pengumpulan data melalui observasi lapangan dan wawancara mendalam kepada beberapa informan, seperti ibu balita, kader posyandu, kepala dukuh, dan petugas gizi dari puskesmas. Data yang diperoleh kemudian dianalisis secara tematik untuk mengetahui bentuk-bentuk partisipasi, pihak-pihak yang terlibat, dan peran mereka dalam kegiatan penanggulangan *stunting*.

Hasil: Dari hasil penelitian, diketahui bahwa masyarakat berpartisipasi dalam berbagai bentuk, seperti memberikan makanan bergizi kepada anak, rutin datang ke posyandu, serta mengikuti penyuluhan dari kader. Kegiatan sosial seperti pengumpulan telur oleh PKK juga menjadi bagian dari upaya bersama. Pihak yang terlibat cukup beragam, mulai dari ibu balita, kader, PKK, Tim Pendamping Keluarga, kepala dukuh, hingga puskesmas. Masing-masing memiliki peran penting, seperti memberi edukasi, mendampingi warga, hingga menjembatani antar lembaga. Namun, keterlibatan masyarakat masih lebih banyak pada tahap pelaksanaan, sedangkan dalam perencanaan dan evaluasi program masih tergolong minim.

Kesimpulan: Partisipasi masyarakat di Kalurahan Sidomulyo sudah cukup aktif dalam pelaksanaan program *stunting*. Meski begitu, keterlibatan mereka dalam tahap perencanaan dan evaluasi masih perlu ditingkatkan agar program bisa berjalan lebih efektif dan berkelanjutan. Maka dari itu, penting untuk membuka ruang partisipatif dan meningkatkan kapasitas masyarakat.

Kata Kunci: Kalurahan Sidomulyo, *stunting*, partisipasi masyarakat, pemberdayaan, *stunting*