

Abstrak

Stunting merupakan salah satu masalah gizi kronis yang masih menjadi prioritas kesehatan di Indonesia karena berdampak terhadap pertumbuhan dan perkembangan anak. Penelitian ini bertujuan untuk mengetahui pelaksanaan program stunting di Puskesmas Balai Jaya, meliputi keterlibatan tenaga kesehatan, pelaksanaan program, dampak program terhadap status gizi balita, serta faktor pendukung dan penghambat program stunting.

Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan deskriptif. Pengumpulan data dilakukan melalui wawancara mendalam dan observasi terhadap 16 informan yang terdiri dari 8 tenaga kesehatan, 5 orang tua/wali balita, dan 3 tokoh masyarakat di wilayah kerja Puskesmas Balai Jaya. Data dianalisis secara deskriptif berdasarkan tema-tema yang ditemukan selama penelitian.

Hasil penelitian menunjukkan bahwa tenaga kesehatan memiliki pemahaman yang baik mengenai stunting dan terlibat aktif dalam pelaksanaan program melalui kegiatan posyandu, penyuluhan kesehatan, pemantauan pertumbuhan balita, pemberian makanan tambahan, serta pendampingan kepada masyarakat. Program stunting dinilai memberikan dampak positif terhadap peningkatan pengetahuan masyarakat mengenai gizi dan kesehatan anak serta membantu pemantauan status gizi balita secara rutin. Faktor pendukung program meliputi keterlibatan tenaga kesehatan, dukungan kader posyandu, kerja sama pemerintah desa, dan partisipasi masyarakat. Sementara itu, hambatan yang ditemukan meliputi rendahnya partisipasi sebagian masyarakat, keterbatasan ekonomi keluarga, dan kurang optimalnya sarana pendukung program.

Kesimpulan penelitian ini menunjukkan bahwa pelaksanaan program stunting di Puskesmas Balai Jaya telah berjalan cukup baik, namun masih diperlukan peningkatan edukasi, partisipasi masyarakat, dukungan sarana prasarana, dan kerja sama lintas sektor agar program pencegahan dan penanganan stunting dapat berjalan lebih optimal dan berkelanjutan.

Kata Kunci: Stunting, Program Kesehatan, Puskesmas, Balita, Pencegahan Stunting

ABSTRACT

Stunting is one of the chronic nutritional problems that remains a health priority in Indonesia because it affects children's growth and development. This study aimed to determine the implementation of the stunting prevention program at Balai Jaya Public Health Center, including the involvement of health workers, program implementation, the impact of the program on the nutritional status of toddlers, and the supporting and inhibiting factors of the stunting program.

This study used a qualitative research method with a descriptive approach. Data were collected through in-depth interviews and observations involving 16 informants consisting of 8 health workers, 5 parents/guardians of toddlers, and 3 community leaders in the working area of Balai Jaya Public Health Center. The data were analyzed descriptively based on the themes found during the research process.

The results showed that health workers had a good understanding of stunting and were actively involved in implementing the program through posyandu activities, health education, growth monitoring of toddlers, supplementary feeding, and community assistance. The stunting program was considered to have a positive impact on increasing public knowledge regarding child nutrition and health, as well as supporting routine monitoring of toddlers' nutritional status. Supporting factors included the involvement of health workers, support from posyandu cadres, cooperation with village authorities, and community participation. Meanwhile, the obstacles found included low participation from some community members, family economic limitations, and inadequate supporting facilities.

The conclusion of this study indicates that the implementation of the stunting program at Balai Jaya Public Health Center has been running quite well. However, improvements are still needed in health education, community participation, supporting facilities, and cross-sector collaboration to optimize and sustain stunting prevention and management programs.

Keywords: Stunting, Health Program, Public Health Center, Toddlers, Stunting Prevention