

**POS SERVICES COMBINED (POSYANDU) EFFICIENCY IN
STUNTING PROTECTION IN PURWANEGARA DANGER
PURWOKERTO NORTH BANYUMAS**

¹Rifdah Luthfitah, ²Andri Trianfano, ³Johar Ma'muri

^{1,2,3} Department of Public Administration, Faculty of Social and Political Sciences
Universitas Wijayakusuma Purwokerto

¹luthfitahrifdah@gmail.com

ABSTRACT

Stunting is a nutritional health problem that must be addressed immediately because the impacts are not only short-term but also long-term. The long-term impact or stunting can threaten the quality of human resources in the future. One area that has a fairly high stunting rate is Purwanegara Village, Purwokerto Utara District. The steps taken by the government to deal with stunting are optimizing the role of posyandu. One of the roles that is considered to be able to help deal with stunting in Purwanegara Village is the role of posyandu in providing health counseling and counseling nutrition whose goal is to increase awareness and knowledge of mothers under five so that there is a change in behavior for the better (;).

Keywords; Stunting, Posyandu, Efektivitas,

A. INTRODUCTION

Posyandu (Pos Service Integrated) is one of the forms of Community Health Service (UKBM) implemented by, from, and with the community to empower and facilitate the community to obtain health services for mothers, babies, and children. To improve the status of the community, Posyandu provides basic services, one of which is the service of nutrition. Some types of nutritional services provided include weight loss and early detection of growth disorders. The incident of shortening, commonly called stunting, is one of the problems of hygiene experienced by the Balita in the world today. Stunting is a condition of growth failure in children (body and brain growth) due to long-term malnutrition. Thus, the child is shorter than a normal child of his age and has a delay in thinking.

Usually due to eating foods that do not meet nutritional needs (Sakti, 2018:74). Thus, Posyandu plays a role in taking preventive measures to prevent stunting. Preventive action is characterized by performing anthropometric measurements that

include measuring the height of the body, body weight, and circumference of the head of the baby to know the status of the baby's nutrition.

Banyumas district is a district or city that is included in one hundred regions with the highest stunting numbers in Indonesia. (Banyumas health office, 2019). Even the stunting rate in Banyumas reached 24% of the sample of 300 babies in Banyumas, while the maximum WHO standard is 20%. The Department of Health of Banyumas district summarized in 2019 that stunting cases in the Northern Purwokerto district are quite high, reaching 261 cases. Stunting problems have quite serious impacts, among other things: short-term related to morbidity and mortality in infants; medium-term associated with low intellectual and cognitive abilities; and long-term linked to the quality of human resources and degenerative disease problems in adulthood.

The purpose of this research is to analyze and describe the Effectiveness of the Integrated Service Post (POSYANDU) in preventing stunting in the Northern Purwokerto district of Banyumas.

B. METHODS

The research in this article uses qualitative descriptive methodology. To collect all the data that is important for this research, a variety of data collection strategies are used. (Morgan, 2017). Key informants are those who have the ability to provide information, and informants were selected for this research using special sampling techniques. Schneider (2008); Nathan & Scobell (2013; Schneider (2012) The government of the Banyumas district health center, Purwanegara Kelurahan, Posyandu, and other stakeholders are some of the main informants. The data analysis method in this study uses an interactive model with an explanatory design (B. Miles et al., 2014; Creswell & Creswell, 2018). The triangulation method of data sources and documents is used to assess the validity of research data (B. Miles et al., 2014; Creswell & Creswell).

C. RESULTS AND DISCUSSION

1. Accuracy of the Program Target

- a. The accuracy of the program targets aimed at the participants of the activity has been achieved with the benefits felt by the community from the activities of the posyandu seen in the development of their children's health that increases every month. However, their understanding of stunting and how to prevent it is still limited because most of them only know about the term stunting without understanding it more deeply.

- b. The accuracy of the program targets aimed at Posyandu cadres has been demonstrated by the presence of active roles of cadres who carry out activities with full responsibility and their efforts in motivating participants to follow the routine activities of Posyandu.
- c. The exact objectives of the program aimed at the government have begun to be achieved. With the efforts of the basic level of health services carried out by the posyandu cadres, the stunting cases that occurred began to decrease, so the efforts to reduce the stopping cases in the Purwanegara Kelurahan were already in line with the targets.

2. Aspects of the Socialization Program

- a. Communication carried out by Kader Posyandu as perpetrators of activities has already been done, but there are still some obstacles, namely, socialization carried on by Kader Posyandu using language that is difficult to understand by society so that they cannot easily understand the information given by the Kader to them.
- b. The government has actively undertaken efforts to reduce the number of stunts through posyandu activities. Posyandu's cadres have actively played their roles to the maximum. Various efforts are made so that the posyandu participants can understand the danger of stunting and how to prevent it; in addition, they also actively encourage the activity participants to be present in every activity. Other efforts they make include providing immunizations, vitamins, and PMT (Supplementary Food) according to the prescribed dosage and rules.
- c. The understanding and knowledge of the posyandu kader are sufficient to provide information and education to the participants. The government, through the Bidan Kelurahan, is also actively training cadres so that their understanding and knowledge increase.

3. Achievement of Program Objectives

- a. The level of awareness possessed by the community in Purwanegara is already high enough for the importance of posyandu activities in preventing stunting and in the development of their child's health. This awareness makes them have a role and be quite active in posyandu activities. This is demonstrated by the results of informant interviews, which show that they have been regularly following activities when there are no barriers or obstacles.

- b. Cucumbers Zucchini Summer Squash and Carrots Kale-Radished Broccoli Rosemary Basil Pole Beans Peas Arugula and Bibb Lettuce Cutting Lettuces Potatoes However, society as the recipient of the information is still not able to receive information easily and clearly, due to the language used by the performers of activities, which still uses terms that are difficult to understand by society.

4. Aspects of Program Monitoring

- a. The government has responded responsively to the action. Bidan Kelurahan, who is in charge of monitoring, has done his job well; this is demonstrated by his presence at the time of the activity of Posyandu and his reactive attitude when the participant consulted him. The community, as a participant in the activity, also receives good responses from the questions they ask the medical staff and personnel in charge. There are still obstacles to the implementation of posyandu activities, starting with the problem of funds and unrenovated facilities, then the problems of children who regress because of fear.
- b. Monitoring of the health of babies and children in Purwanegara can be done easily through the Healthy Guide Card (KMS) that the participants have. With this card, the community and parents can monitor the health of their child every month. In addition, the Posyandu card can also guarantee the overall health of the Posyandu participant because of the presence of a healthy card (KMS). At the time of a health assessment, the public can actively consult with the medical staff in charge.

D. CONCLUSION

Based on the results of research and discussion, the conclusion about the Effectiveness of the Integrated Service (Posyandu) Post in Preventing Stunting in the Northern Purwokerto district of Banyumas is as follows:

The effectiveness of the Integrated Service Position (Posyandu) in preventing stunting in the Purwanegara Purwokerto Section of the North Banyumas district has been carried out well in accordance with the rules and regulations applicable, but in its implementation, there are still factors that hinder the course of activity, namely:

1. Accuracy of the Program Target

In this aspect, it consists of three targets are used: parents of babies, babies, and children (participants in activities), posyandu cadres, and the

government of old age very effective. This can be seen from the participants of Posyandu, who have already benefited from the activities of Posyandu, the Kader of PosYandu, who has actively given motivation to the participants to follow the activities, as well as the government of Purwanegara, which slowly begins to meet the target of reducing the number of stunting cases that occur.

2. Aspects of the Socialization Program

In the aspect of socialization of the program, the communication carried out between the executive and the recipient of the activity has been accomplished. The operator has made every effort to provide information clearly and in detail, but the information received by the participants has not been fully understood. This is because the language used in the transmission of information is still difficult to understand by society as the recipient of information.

Order to carry out activities in reducing the number of stunting cases, it has been done well through the administration of vitamins, immunization, and Supplementary Food (PMT) periodically according to the dosage and rules in force. Understanding and knowledge of caders as performers of activities are sufficient; this is because Bidan Kelurahan performs routine training for caders of posyandu so that they get the latest information and their knowledge and understanding increase.

3. Achievement of Program Objectives

In this aspect, from the results of research and discussion, it can be seen that the objectives of the activity have been achieved, as demonstrated by the decrease in the number of stunting cases that occur in the Early State. The role and society are also said to be active because the awareness that they have about the importance of posyandu activities in preventing stunting and in the development of child health is already high enough. However, because the language of delivery of frames on stunting prevention uses a language that is difficult to understand by the public, it causes a lack of information obtained by the participants of the activity.

4. Aspects of Program Monitoring

In this aspect, the Government of Purwanegara has already carried out monitoring through the Bidan Kelurahan assigned and assisted by the Kader Posyandu as the executor of activities. When the activity takes place, the executive also has a good response to the participants' activities. However, in

its implementation, there are still barriers to overcome. These barriers include funds for PMT, facilities that need to be renovated, and children's problems that arise during activities.

Health assessments performed by individuals are also very helpful to parents in understanding their child's health. In addition to the KMS (Healthy Guide Card) that they have, it also helps them monitor the growth of their child every month. Likewise with the performers of activities, with the presence of this KMS (Healthy Guide Card), they can easily deal with the overall health of babies and children in the Purwore State. This is the data that is used as the material for its evaluation.

Based on the above conclusions, the researchers suggest some of the following implications:

1. As a result, the awareness of the community is sufficient. However, the present rate at the time of the activity is only 50–80%. Seeing this need to increase the awareness of the public, for example, by going door to door to communicate when this activity will be held, parents were also informed about the importance of this activity for the growth of their children.
2. In conducting the socialization of the program, it is preferable to conduct activities using a language easily understood by the community so that the information provided can be well accepted by the recipient of the information.
3. One of the main obstacles to this is the problem of funding. Operators rely only on funds from donors who give voluntary money and do not determine the amount. From this minimum fund, they manage independently to provide additional food to babies and children. Additional food is given as well. Therefore, the government can provide a small amount of funding to support the course of activity.
4. The facilities in the posyandu also need to be renovated, ranging from weight measurement, height measurement, arm measurement, and others. These devices are used to support the course of the activity so that it can run smoothly and the measurement process can be done accurately.
5. Another disruptive factor is the presence of young children at the time of the activity. Therefore, it requires extra patience from the executor of the activity in the face of the participants. To facilitate the child's relaxation, the room can also be decorated with simple toys, such as dolls, cars, and so on. It can also be decorated with simple playgrounds, such as swings, joints, and other games that

can entertain the child.

REFERENCESS

- Creswell, J. W., & Creswell, J. D. (2017). *Research design: Qualitative, quantitative, and mixed methods approaches*. Sage publications.
- Destiadi, A., Triska, S.N., Sri, S. (2015). Frekuensi Kunjungan Posyandu dan Riwayat Kenaikan Berat Badan sebagai Faktor Risiko Kejadian *Stunting* pada Anak Usia 3-5 Tahun. *Jurnal Media Gizi Indonesia*, 10(1), 71-75.
- SAGE handbook of qualitative business and management research methods: Methods and challenges*, 219-236.
- Miles, M. B., Huberman, A. M., & Saldaña, J. (2014). *Qualitative data analysis: A methods sourcebook*. 3rd.
- Nathan, A. J., & Scobell, A. (2015). *China's search for security*. Columbia University Press.
- Sakti, E.S., et all. (2018). *Situasi Balita Pendek (Stunting) di Indonesia*. Jakarta: Kementerian Kesehatan RI
- Schneider, B. (2008). *Review of Experience sampling method: Measuring the quality of everyday life*.
- Sejathi. (2011). *Faktor-Faktor Penentu Efektivitas Pembelajaran*. Artikel Pendidikan. Diakses pada 20 Juli 2022 melalui <https://faktorfactoryangmempengaruhiefektivitaspembelajaran.co.id>
- Sugiyono. (2008). *Manajemen Penelitian Kualitatif*. Bandung: Alfabeta
- Utama, B.S., et all. (2008). *Warta Kesmas (Cegah Stunting Itu Penting)*. Jakarta: Kementrian Kesehatan RI.
- Peraturan :**
- Dinas Kesehatan Aceh. (2020). *Apa Itu Posyandu*. Diakses pada 20 Juli 2022 melalui <https://dinkes.acehprov.go.id/news/read/2020/01/09/109/apaitu-posyandu.html>
- Direktorat Bina Gizi. (2011). *Dirjen Bina Gizi dan KIA*. Diakses pada 20 Juli 2022 melalui <https://sehatnegeriku.kemendes.go.id/baca/rilis-media/20110111/40763/dirjen-bina-gizi-kesehatan-ibu-dan-anak/>
- Kementerian Kesesehatan RI. (2012). *Ayo ke Posyandu Setiap Bulan*. Jakarta: Pusat Promosi Kesehatan Departemen Kesehatan.
- Kementerian Kesesehatan RI. (2016). *Perbaikan Gizi Untuk Generasi Agar Mampu Menangkan Persaingan*. Diakses pada 20 Juli 2022, melalui <https://www.kemkes.go.id/article/print/16122100005/perbaikan-gizi-untuk-generasi-agar-mampu-menangkan-persaingan.html>

Kementerian Kesehatan. (2018). *Dimana Provinsi Dengan Stunting Tertinggi 2017?*

Diakses pada 20 Juli 2022, dari
<https://databoks.katadata.co.id/datapublish/%202018/04/08/di-mana-provinsi-dengan-stunting-tertinggi-2017>

Kementerian Kesehatan RI. (2018). *Mengenal Stunting dan Gizi Buruk. Penyebab,*

Gejala, dan Mencegah. Diakses pada 20 Juli 2022, melalui
<https://promkes.kemkes.go.id/?p=8486>

Kementerian Kesehatan RI. (2019). *Pencegahan Stunting Pada Anak.* Diakses pada 20

Juli 2022, melalui <https://promkes.kemkes.go.id/pencegahan-stunting>