



UNIVERSITAS ANDALAS

**EVALUASI PROGRAM POS GIZI
DI WILAYAH KERJA PUSKESMAS SULIKI**

Oleh :

GEMA RAMADHANI

No. BP. 1911223021

Pembimbing I : Dr. Idral Purnakarya, SKM, MKM

Pembimbing II : Firdaus, SP, MSi

**Sebagai Salah Satu Syarat Untuk Mendapatkan
Gelar Sarjana Gizi**

PRODI GIZI

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2023

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

Skripsi, Agustus 2023

GEMA RAMADHANI, No. BP. 1911223021

**EVALUASI PROGRAM POS GIZI DI WILAYAH KERJA PUSKESMAS
SULIKI**

xi + 107 halaman, 16 tabel, 4 gambar, 10 lampiran

ABSTRAK

Tujuan Penelitian

Program Pos Gizi di wilayah kerja Puskesmas Suliki pada tahun 2022 diselenggarakan di Nagari Sungai Rimbang dengan jumlah peserta 18 balita yang dikategorikan *stunted* dan *underweight*. Peserta yang lulus dalam program tersebut berjumlah 12 balita, empat berasal dari Pos Gizi Sibadar Sehati dan delapan peserta dari Pos Gizi Bunda Peduli. Tujuan penelitian ini adalah untuk mengevaluasi pelaksanaan program Pos Gizi di wilayah kerja Puskesmas Suliki agar mencapai tujuan utama pos gizi yaitu memulihkan anak-anak *stunted* dan *underweight* yang diidentifikasi dalam masyarakat dengan cepat.

Metode

Jenis penelitian kualitatif dengan pendekatan sistem. Data dikumpulkan melalui wawancara mendalam, diskusi terarah, observasi, dan telaah dokumen. Dipilih 23 informan berdasarkan *purposive sampling* di wilayah kerja Puskesmas Suliki. Pengolahan data menggunakan triangulasi sumber dan teknik. Rekaman hasil wawancara mendalam dan diskusi terarah dibuat dalam bentuk transkrip dan dianalisis serta diinterpretasikan dalam bentuk hasil penelitian.

Hasil

Tenaga pelaksana kegiatan Pos Gizi di Nagari Sungai Rimbang sudah cukup dan pembagian kerja lebih efektif dan efisien dengan sistem piket. Dana sudah cukup yang berasal dari BOK Puskesmas Suliki dan BDD Nagari Sungai Rimbang. Sarana dan prasarana tidak memadai. Perencanaan Pos gizi di Nagari Sungai Rimbang telah menerapkan protokol pos gizi tanpa penyelidikan perilaku *positive deviance*. Alur kegiatan tidak melibatkan ibu dalam memasak atau memberikan kontribusi makanan. Pelaksanaan kegiatan menghadapi hambatan dari kehadiran ibu dan balita. Tindak lanjut pemantauan pos gizi dilakukan di posyandu, tetapi tidak ada kunjungan rumah.. Seluruh anak yang terdaftar dalam program pos gizi mengalami peningkatan berat badan, namun belum bisa meningkatkan status gizi anak. Tingkat kehadiran ibu balita dan anak-anak di Pos Gizi Sibadar Sehati dinilai rendah, sementara di Pos Gizi Bunda Peduli partisipasi hampir seluruhnya.

Kesimpulan

Pelaksanaan program Pos Gizi di wilayah kerja Puskesmas Suliki masih terkendala terutama pada komponen input dan proses yang berdampak pada output kegiatan.

Sehingga perlu diperbaiki dari segi pemahaman terhadap alur kegiatan, pelaksanaan tindak lanjut kegiatan Pos Gizi, dan meningkatkan promosi kegiatan Pos Gizi kepada masyarakat sekitar. Selain itu, penggunaan sistem piket kader setiap harinya dapat mengurangi beban kerja akibat keterbatasan SDM. Penggunaan bahan pangan lokal juga menjadi praktik baik yang telah diterapkan.

Daftar Pustaka : 37 (2003-2023)

Kata Kunci : Evaluasi, Pos Gizi, Balita



**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Thesis, August 2023

GEMA RAMADHANI, No. BP. 1911223021

**EVALUATION OF THE HEARTH PROGRAM IN SULIKI HEALTH CENTER
AREA**

xi + 107 pages, 16 tables, 4 figures, 10 attachments

ABSTRACT

Research purposes

The Hearth Program in the working area of the Suliki Health Center in 2022 will be held in Nagari Sungai Rimbang with a total of 18 participants under five who are categorized stunted and underweight. There were 12 children under five who passed the program, four from the Sibadar Sehati Hearth Center and eight participants from the Bunda Peduli Hearth Center. The purpose of this study was to evaluate the implementation of the Hearth program in the working area of the Suliki Community Health Center in order to achieve the main goal of the Hearth program, which is to restore children stunted and underweight quickly identified in society.

Method

This type of qualitative research with a systems approach. Data was collected through in-depth interviews, focused group discussions, observation and document review. 23 informants were selected based on purposive sampling in the working area of the Suliki Health Center. Data processing uses triangulation of sources and techniques. Records of the results of in-depth interviews and focused discussions were made in the form of transcripts and analyzed and interpreted in the form of research results.

Results

There are enough staff to implement Hearth sessions in Nagari Sungai Rimbang and the division of labor is more effective and efficient with a picket system. There are enough funds coming from BOK Suliki Health Center and BDD Nagari Sungai Rimbang. Facilities and infrastructure not sufficient. Planning The Hearth program in Nagari Sungai Rimbang has implemented the Hearth protocol without any behavioral investigations positive deviance. The activity flow does not involve the mother in cooking or contributing food. The implementation of activities faced obstacles from the presence of mothers and toddlers. Follow-up monitoring of the nutrition post was carried out at the Posyandu, but there were no home visits. All children enrolled in the nutrition post program experienced an increase in body weight, but the nutritional status of the children had not been improved. The attendance rate of mothers under five and children at the Sibadar Sehati Hearth Center was assessed as low, while at the Bunda Peduli Hearth the participation was almost entirely.

Conclusion

The implementation of the Hearth program in the working area of the Suliki Health Center is still constrained, especially in the input and process components that have

an impact on the output program. So that needs to be improved in terms of understanding the flow of activities, implementing follow-up Hearth activities, and increasing the promotion of Hearth activities to the surrounding community. In addition, using the cadre picket system every day can reduce workload due to limited human resources. The use of local food ingredients is also a good practice that has been implemented.

Bibliography : 37 (2003-2023)

Keywords : Evaluation, Hearth, Toddlers

