

ABSTRAK

Stunting masih menjadi salah satu masalah kesehatan yang mendapat perhatian serius di Indonesia, termasuk di Kota Lhokseumawe. Penelitian ini berfokus pada implementasi program penanganan dan pencegahan stunting di Puskesmas Muara Dua. Tujuan penelitian adalah untuk mengetahui pelaksanaan program serta menganalisis faktor-faktor penghambat yang memengaruhi implementasinya. Penelitian ini menggunakan pendekatan kualitatif dengan teknik pengumpulan data melalui observasi, wawancara mendalam, dan dokumentasi. Hasil penelitian menunjukkan bahwa program penanganan dan pencegahan stunting dilaksanakan melalui berbagai kegiatan promotif dan preventif, seperti penyuluhan gizi, pemberian makanan tambahan dan vitamin, pemantauan tumbuh kembang anak di posyandu, kunjungan rumah, serta konseling gizi bagi ibu hamil dan ibu menyusui. Peran tenaga kesehatan, kader posyandu, dan perangkat desa cukup besar dalam mendukung program, yang menunjukkan adanya komitmen dan motivasi tinggi. Edukasi berkelanjutan juga berdampak pada peningkatan pengetahuan masyarakat mengenai pentingnya gizi dan kesehatan anak. Namun demikian, pelaksanaan program masih menghadapi berbagai hambatan, seperti rendahnya kesadaran masyarakat melakukan pemeriksaan rutin, keterbatasan sarana prasarana, partisipasi yang bergantung pada insentif, serta kendala dalam sistem pencatatan data. Faktor budaya dan persepsi keliru mengenai penyebab anak pendek turut memperlambat capaian program. Dengan demikian, diperlukan strategi komunikasi yang lebih efektif, peningkatan sarana prasarana, serta pengelolaan sumber daya yang optimal agar implementasi program dapat berjalan secara maksimal.

Kata kunci: Stunting, Implementasi, Pencegahan, Puskesmas

ABSTRACT

Stunting remains one of the major public health problems that has received serious attention in Indonesia, including in Lhokseumawe City. This study focuses on the implementation of the stunting prevention and management program at Muara Dua Public Health Center. The purpose of this research is to examine the implementation of the program and to analyze the inhibiting factors that affect its execution. This research employs a qualitative approach with data collection techniques consisting of observation, in-depth interviews, and documentation. The results of the study show that the stunting prevention and management program is carried out through various promotive and preventive activities, such as nutrition education, supplementary feeding and vitamin distribution, child growth monitoring at the posyandu, home visits, and nutrition counseling for pregnant and breastfeeding mothers. The roles of health workers, posyandu cadres, and village officials are significant, reflecting high levels of commitment and motivation in supporting the program. Continuous education has also contributed to increasing public awareness of the importance of nutrition and child health. However, the implementation still faces several obstacles, including low community awareness of regular check-ups, limited facilities and infrastructure, participation dependent on incentives, and weaknesses in data recording systems. Cultural factors and misconceptions about the causes of short stature also slow down program achievements. Therefore, more effective communication strategies, improved facilities, and optimal resource management are needed to ensure the successful implementation of the program.

Keywords: Stunting, Implementation, Prevention, Health Center