

ABSTRAK

Stunting merupakan masalah kurang gizi kronis yang berdampak serius terhadap pertumbuhan fisik dan perkembangan otak anak. Di Kabupaten Aceh Timur, angka prevalensi stunting mengalami peningkatan dari 29,7% pada tahun 2023 menjadi 36,7% pada tahun 2024, di mana Kecamatan Darul Aman mencatatkan 41 kasus balita stunting. Fenomena ini menunjukkan belum maksimalnya Kualitas Pelayanan Penanganan Stunting di Puskesmas Darul Aman, yang ditandai oleh tidak teraturnya jadwal pelaksanaan posyandu, kurang bervariasinya menu Pemberian Makanan Tambahan (PMT), serta keterlambatan pendistribusian stok gizi. Penelitian ini bertujuan untuk mengetahui dan menganalisis pelayanan penanganan stunting di Puskesmas Darul Aman serta mengidentifikasi hambatan internal dan eksternal yang dihadapi oleh pihak puskesmas. Penelitian ini menggunakan pendekatan kualitatif dengan metode deskriptif. Sumber data terdiri dari data primer dan data sekunder, teknik pengumpulan data dilakukan melalui observasi, wawancara, dan dokumentasi. Hasil penelitian menunjukkan bahwa pelayanan penanganan stunting di Puskesmas Darul Aman dilaksanakan melalui tiga upaya. *Pertama*, penyediaan tenaga kesehatan dilakukan dengan membentuk tim terpadu (ahli gizi, bidan desa, dan kader) serta melakukan kunjungan rumah secara berkala. Langkah ini terbukti meningkatkan kepercayaan masyarakat. *Kedua*, penyuluhan dan pelatihan dilakukan secara berkelanjutan melalui pelatihan dari Dinas Kesehatan Kabupaten Aceh Timur dan diskusi bulanan antar-petugas di puskesmas. *Ketiga*, Pemberian Makanan Tambahan (PMT) berjalan efektif karena petugas dan kader mendatangi langsung rumah warga, didukung alat ukur yang akurat serta ketersediaan stok makanan yang terjaga. Namun, penanganan stunting masih menghadapi beberapa hambatan, yaitu dari faktor internal meliputi keterbatasan sarana dan prasarana, beban kerja petugas yang ganda, dan insentif kader yang masih terbatas. Sementara itu, hambatan dari faktor eksternal berupa masih rendahnya kesadaran dan pola pikir orang tua serta masyarakat mengenai pentingnya penanganan stunting.

Kata kunci: stunting, pelayanan kesehatan, Puskesmas Darul Aman

ABSTRACT

Stunting is a chronic malnutrition problem that severely impacts children's physical growth and brain development. In East Aceh Regency, the stunting prevalence rate increased from 29.7% in 2023 to 36.7% in 2024, with Darul Aman District recording 41 cases of stunted toddlers. This phenomenon indicates that the quality of stunting management services at Darul Aman Community Health Center (Puskesmas Darul Aman) remains optimal, as evidenced by irregular Integrated Healthcare Center (Posyandu) schedules, a lack of variety in Supplementary Feeding (PMT) menus, and delays in the distribution of nutritional supplies. This study aims to examine and analyze stunting management services at Puskesmas Darul Aman, as well as to identify the internal and external obstacles faced by the health center. This study used a qualitative approach with a descriptive method. Data sources consisted of primary and secondary data, while data collection techniques were conducted through observation, interviews, and documentation. The results showed that stunting management services at Puskesmas Darul Aman were implemented through three main efforts. First, the provision of healthcare personnel was carried out by establishing an integrated team (nutritionists, village midwives, and cadres) and conducting regular home visits. This step provenly increased public trust. Second, counseling and training were conducted continuously through training programs provided by the East Aceh District Health Office and monthly internal discussions among health center staff. Third, Supplementary Feeding (PMT) operated effectively through direct home visits by healthcare personnel and cadres, supported by accurate anthropometric measuring tools and well-maintained food inventory. However, stunting management still faces several obstacles: internal factors include limited infrastructure, double workloads for staff, and limited cadre incentives; external factors involve low awareness and traditional mindsets among parents and the community regarding the importance of stunting prevention.

Keywords: *Stunting, Healthcare Services, Puskesmas Darul Aman*