

## Faktor-faktor yang berhubungan dengan cakupan penimbangan balita di Posyandu Kabupaten Aceh Timur September - Desember 1999

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### Abstrak

Cakupan penimbangan balita di posyandu dari tahun 1994 -1998 provinsi Daerah Istimewa Aceh berkisar antara 45,70% sampai 54,10%. Sementara itu di Kabupaten Aceh Timur angka cakupan penimbangan sebesar 49,06% (Profil Kesehatan D.I Aceh, 1998).

Untuk meningkatkan angka cakupan penimbangan balita pemerintah melaksanakan program revitalisasi Posyandu di setiap desa. Program ini diharapkan mampu memperluas pemantauan status gizi balita sekaligus meningkatkan cakupan program gizi.

Penelitian ini bertujuan untuk memperoleh gambaran cakupan penimbangan balita di posyandu dan faktor-faktor yang berhubungan. Selain itu penelitian ini juga bertujuan untuk melihat faktor yang paling dominan. Penelitian dilaksanakan di Kabupaten Aceh Timur.

Rancangan penelitian yang digunakan adalah cross sectional. Sampel penelitian adalah Posyandu yang terdapat di Kabupaten Aceh Timur dan pengambilan sampel dilakukan dengan cara systematic random sampling sebanyak 110 posyandu dengan jumlah responden 110 orang.

Hasil penelitian menunjukkan bahwa 44,4% cakupan penimbangan balita di posyandu Kabupaten Aceh Timur masih rendah (< 60%) dan 55,6% dengan cakupan penimbangan baik (>60%).

Penelitian ini menyimpulkan bahwa posyandu yang mempunyai cakupan penimbangan baik dan rendah di Kabupaten Aceh Timur hampir sama. Faktor kemampuan kader, sarana, supervisi dan pembinaan desa mempunyai hubungan yang bermakna terhadap cakupan penimbangan balita tersebut. Disamping itu faktor kemampuan kader mempunyai hubungan yang dominan dengan cakupan penimbangan balita setelah faktor lain dikontrol.

Penelitian ini menyarankan adanya pelatihan kader yang kontinyu dalam rangka meningkatkan kemampuan, meningkatkan frekuensi supervisi oleh Puskesmas dan Dins Kesehatan Kabupaten, bantuan dana untuk melengkapi sarana dan kerja sama dengan aparat desa di dalam pembinaan guna meningkatkan cakupan penimbangan balita di posyandu.

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Factors Related to Weighing Coverage of Baby Under Five Years of Age at Posyandu In East Aceh District , September- December 1999

The weighing coverage of baby under five years of age in Aceh Province from 1994 - 1998 were only

around 45,70% up to 54,10%. Furthermore, in East Aceh district the coverage is only 49,06% (The Aceh Province Health Profile, 1998).

To improve the program's coverage, the Indonesian Government tries to revitalize posyandu in every village all over the country. This revitalization program is expected to extensify nutrition status monitoring activities and to improve nutrion program's coverage.

The aim of this research was to describe of the program coverage at posyandu and related factors in East Aceh District.

The research design was a cross sectional study\_ Samples were Posyandu units in East Aceh District and sampling method was systematic random sampling with 110 cadres as respondents.

The result of research showed that there were 44,4% posyandu units had low performance (under 60% of under five years visited posyandu). Therefore we conclude that low and high performances are similar in East Aceh District.

This study also concluded that cadres ability/skills, completeness of posyandu equipments, supervision of Health Center and village leaders are significantly related to the posyandu performance. Further, it is shown that cadres' skill is the most important among these significant factors.

This study recommend that (1) District or Health Center should strengthen their training program to improve the cadres' skills ; (2) Strengthen supervision activities by District or Health Center ; (3) Facilitate the posyandu with standard equipments ; and (4) Strengthen partnership and village empowerment to supervise the posyandu units.