

# Pendampingan dan Pemberdayaan Keluarga sebagai Intervensi Keperawatan dalam Penanggulangan Stunting pada Balita di Kelurahan Jatijajar Kota Depok = Assistance and Empowerment of Family as a Nursing Intervention in Management of Stunting in Under-Fives in Jatijajar Village, Depok City

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## Abstrak

Stunting merupakan bentuk tubuh pendek bahkan sangat pendek dari standar usia yang disebabkan oleh kekurangan gizi dalam kurun waktu yang lama dengan faktor determinannya ialah status sosioekonomi rendah, asupan nutrisi dan kesehatan ibu yang buruk, riwayat sakit berulang dan praktik pemberian makan pada bayi dan anak yang tidak tepat (Kemenkes RI, 2022). Upaya penanggulangan stunting perlu dimodifikasi dengan pendampingan dan pemberdayaan keluarga serta dukungan sosial sehingga residen mengemas intervensi keperawatan berupa inovasi Sikanda untuk menanggulangi stunting pada balita di Kelurahan Jatijajar yang dilakukan selama 2 bulan. Tujuan dari penulisan ini adalah mengetahui gambaran penerapan inovasi Sikanda (Skrining gizi, konsultasi dan pemberdayaan keluarga) dalam menanggulangi stunting pada balita. Metode yang digunakan adalah Mixed method, yakni menggabungkan pendekatan kuantitatif dan kualitatif. Populasi implementasi inovasi Sikanda adalah seluruh balita stunting di Kelurahan Jatijajar dengan jumlah sampel 42 balita. Hasil intervensi inovasi Sikanda pada komunitas balita stunting menunjukkan bahwa setelah dilakukan intervensi keperawatan kepada komunitas balita stunting di kelurahan Jatijajar, maka terdapat adanya perubahan status gizi yang dinilai berdasarkan indeks TB/U diperoleh kategori sangat pendek berkurang sebesar 19,1%, kategori pendek naik sebesar 14,3% dan kategori normal naik sebesar 4,8%. Sedangkan pada perubahan perilaku ibu balita yaitu pengetahuan baik meningkat sebanyak 16,9%. Sikap orang tua yaitu sikap baik meningkat sebesar 40,5% dan keterampilan baik meningkat sebesar 23,8%. Dengan demikian, dapat disimpulkan bahwa intervensi keperawatan Sikanda dapat meningkatkan status gizi balita dan perilaku ibu balita stunting.

.....Stunting is a form of short stature or even very short compared to age standards caused by malnutrition over a long period of time with the determinant factors being low socioeconomic status, poor nutrition and maternal health, history of recurrent illness and feeding practices to infants and children who are not healthy. right (Ministry of Health RI, 2022). Efforts to tackle stunting need to be modified with family assistance and empowerment as well as social support so that residents package nursing interventions in the form of Sikanda's innovation to tackle stunting in toddlers in the Jatijajar Village which is carried out for 2 months. The purpose of this paper is to describe the application of Sikanda's innovation (nutrition screening, consultation and family empowerment) in tackling stunting in toddlers. The method used is Mixmethod, which combines quantitative and qualitative approaches. The population of Sikanda's innovation implementation is all stunted toddlers in the Jatijajar Village with a total sample of 42 toddlers. The results of Sikanda's innovation intervention in the stunting toddler community showed that after nursing intervention was carried out for the stunting toddler community in the Jatijajar sub-district, there was a change in nutritional status assessed based on the height/age index, the very short category decreased by 19.1%, the short category increased by 14.3% and the normal category increased by 4.8%. Meanwhile,

changes in the behavior of toddler mothers, namely good knowledge, increased by 16.9%. Parents' attitude, namely good attitude, increased by 40.5% and good skills increased by 23.8%. Thus, it can be concluded that Sikanda's nursing interventions can improve the nutritional status of toddlers and the behavior of stunting mothers.