

Gambaran Pola Asuh Ibu Berstatus Ekonomi Menengah Ke Atas Pada Balita (25-59 Bulan) Stunting Di Wilayah Kerja UPTD Puskesmas Depok Jaya Tahun 2023

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Abstrak

Stunting sering kali dikaitkan dengan ketidakmampuan daya beli karena kondisi ekonomi yang kurang mampu. Namun menurut data yang ditemukan oleh peneliti, sebesar 46 balita dari 50 balita yang mengalami stunting di Kelurahan Depok Jaya berasal dari keluarga dengan tingkat ekonomi menengah ke atas. Tujuan penelitian yakni mengetahui gambaran pola asuh ibu berstatus ekonomi menengah ke atas pada balita stunting di Puskesmas Depok Jaya. Penelitian ini menggunakan pendekatan kualitatif. Teknik pengumpulan data wawancara mendalam kepada informan utama, yakni 10 ibu balita, informan kunci yakni TPG, bidan, ketua kader dan kader, informan keluarga yakni 10 pengasuh/keluarga terdekat ibu balita. Pengambilan data secara luring. Hasil penelitian yaitu beberapa tidak IMD dan ASI eksklusif 6 bulan. Beberapa memberikan MPASI pertama kepada anak dalam bentuk bubur instan pabrikan, frekuensi pemberian sumber protein hewani hanya sebanyak 1-2 kali seminggu dengan porsi yang tidak sesuai dengan anjuran WHO, belum memperkenalkan karbohidrat atau protein hewani pada balita saat pertama kali MPASI, anak tidak menyukai sayuran berwarna hijau, dan jadwal pemberian MPASI yang tidak teratur setiap harinya. Beberapa balita diberikan cemilan tanpa mempertimbangkan kandungan nutrisi dan bahaya gula. Beberapa kondisi yang mengalihkan perhatian anak saat makan adalah ajakan main dari kakaknya atau diajak main oleh anak tetangga secara tiba-tiba, suara gawai, dan kedatangan tamu atau kehadiran orang asing. Beberapa tidak mengukur berat dan tinggi badan anak ke posyandu saat masa pandemi Covid-19, hingga dengan sengaja tidak datang ke posyandu secara rutin karena malas dan denial dengan kondisi anaknya yang dinyatakan stunting. Beberapa jarang berinteraksi dengan anak karena sibuk bekerja dan merawat anaknya paling kecil, jarang membawa anak main dan bersosialisasi keluar rumah, dan jarang membelikan mainan. Saran yaitu puskesmas dapat membuat sasaran promosi yang difokuskan kepada keluarga terdekat ibu balita agar dapat berperan aktif dalam mendukung pemberian makan dan pemeliharaan kesehatan balita, meningkatkan pengetahuan kader posyandu dengan recall info stunting untuk mencegah pemberian informasi yang kurang tepat pada ibu balita saat kegiatan posyandu selanjutnya, merancang penyuluhan rutin stunting pada ibu balita tanpa memandang status kesehatan balita.

Stunting is often associated with a lack of purchasing power due to poor economic conditions. However, according to data found by researchers, 46 of the 50 toddlers who experienced stunting in Depok Jaya Village came from families with a middle to upper economic level. The aim of the research is to find out the description of the parenting patterns of mothers with middle to upper economic status for stunted toddlers at the Depok Jaya Community Health Center. This research uses a qualitative approach. Data collection techniques were in-depth interviews with main informants, namely 10 mothers of toddlers, key informants namely TPG, midwives, cadre heads and cadres, family informants namely 10 caregivers/closest family of mothers of toddlers. Offline data collection. The results of the study were that some did not have IMD and exclusive breastfeeding for 6 months. Some give their first MPASI to children in the form of manufactured instant

porridge, the frequency of giving animal protein sources is only 1-2 times a week with portions that are not in accordance with WHO recommendations, they have not introduced carbohydrates or animal protein to toddlers when they first give MPASI, children do not like vegetables green, and an irregular MPASI feeding schedule every day. Some toddlers are given snacks without considering the nutritional content and dangers of sugar. Some conditions that divert a child's attention while eating are an invitation to play from an older sibling or a neighbor's child suddenly inviting him to play, the sound of a device, and the arrival of guests or the presence of strangers. Some did not measure their children's weight and height at the posyandu during the Covid-19 pandemic, and deliberately did not come to the posyandu regularly because they were lazy and in denial about their child's condition being declared stunted. Some rarely interact with their children because they are busy working and looking after their youngest children, rarely take their children to play and socialize outside the house, and rarely buy them toys. Suggestions are that community health centers can create promotional targets that are focused on the closest families of mothers of toddlers so that they can play an active role in supporting the feeding and health care of toddlers, increase the knowledge of posyandu cadres by recalling stunting information to prevent providing inappropriate information to mothers of toddlers at the next posyandu, design routine stunting education for mothers of toddlers regardless of the toddler's health status.