

Analisis Pelaksanaan Gerakan Aksi Bergizi untuk Pencegahan Anemia di SMPN 6 Depok Tahun 2025

Khairunnisa, Dhiennada Putri

Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=138486&lokasi=lokal>

Abstrak

Anemia pada remaja putri merupakan masalah kesehatan yang prevalensinya meningkat di Kota Depok, termasuk SMPN 6 Depok sebanyak 26% pada 2024. Menanggulangi masalah ini, pemerintah meluncurkan Gerakan Aksi Bergizi melalui senam, sarapan, suplementasi TTD, edukasi kesehatan/gizi. Penelitian kualitatif ini menganalisis pelaksanaan Gerakan Aksi Bergizi menggunakan model Precede-Proceed dengan pendekatan Rapid Assessment Procedures (RAP) dan metode wawancara mendalam kepada Kepala Sekolah, PJ UKS, PJ Promkes Puskesmas, Pembina UKS, dan 3 Guru, FGD kepada 12 siswa PMR, observasi kegiatan, telaah dokumen. Hasil penelitian menunjukkan kebijakan berupa imbauan Kementerian hingga program sekolah. Pengetahuan siswa PMR dan guru cukup baik untuk setiap kegiatan. Namun, implementasinya menghadapi tantangan, pelaksanaan Gerakan Aksi Bergizi terpadu masih bersifat tahunan, tetapi sekolah mengadopsi senam bersama setiap minggu, sarapan bersama setiap bulan, tetapi minum TTD bersama belum konsisten dilakukan. Sikap siswa PMR positif terhadap senam dan edukasi karena merasa penting, tetapi masih terdapat sikap negatif terhadap suplementasi TTD karena kurangnya pemantauan akibat konsumsi mandiri. Dukungan guru kuat dalam logistik senam, tetapi pendampingan konsumsi TTD belum konsisten. Tenaga kesehatan berperan dalam penyediaan TTD dan edukasi, tetapi bersifat tidak langsung pada kegiatan rutin. Oleh karena itu, disarankan penguatan kolaborasi lintas sektor antara Sekolah dan Puskesmas dalam monitoring dan evaluasi untuk optimalisasi program.

Anemia in adolescent girls is a growing concern in Depok City, with a prevalence of 26% at SMPN 6 Depok in 2024. To combat this, the government launched Gerakan Aksi Bergizi, a program encompassing exercise, communal breakfast, iron folic acid (IFA) supplementation, health/nutrition education. This qualitative study analyzed the implementation of Gerakan Aksi Bergizi using the Precede-Proceed model, employing Rapid Assessment Procedure (RAP). Data was collected through in-depth interviews with the Head of School, School Health Unit (UKS) Coordinator, Health Promotion Officer from the Community Health Center, UKS Supervisors, and three teachers. Focus Group Discussion (FGD) were conducted with 12 PMR student, alongside activity observations and document reviews. Findings indicate supportive policies from the Ministry down to school level programs. PMR students and teachers demonstrated good knowledge of the activities. However, implementation faces challenges. The integrated Gerakan Aksi Bergizi is primarily an annual event, though the school independently adopted weekly communal exercise and monthly communal breakfasts. Consistent communal IFA consumptions remains an issue. PMR students showed positive attitudes towards exercise and education due to perceived importance, but negative attitudes persisted towards IFA supplementation, attributed to a lack of monitoring for independent consumption. Teacher support for exercise logistics was strong, but consistent supervision of IFA consumption was lacking. Health personnel provided IFA and education but were not directly involved in routine activities. Therefore, strengthening cross-sectoral collaboration between the school and

Community Health Center for monitoring and evaluation is crucial for program optimization.