

INTISARI

POLA ASUH BADUTA *STUNTING* DI WILAYAH KERJA UPTD PUSKESMAS PENFUI KOTA KUPANG

Latar belakang: UPTD Puskesmas Penfui mengalami peningkatan jumlah *stunting*, meskipun intervensi gizi telah dilakukan. Fenomena yang sering terjadi di Kota Kupang menjadi indikasi yang dapat memengaruhi pola asuh baduta *stunting*. Tujuan penelitian untuk mengetahui gambaran pola asuh baduta *stunting* di wilayah kerja UPTD Puskesmas Penfui Kota Kupang.

Metode penelitian: Penelitian menggunakan rancangan fenomenologi yang dilakukan dengan wawancara mendalam dan observasi. Partisipan terdiri dari partisipan utama (ibu atau pengasuh baduta *stunting*) dan partisipan pendukung (ibu atau pengasuh baduta tidak *stunting*, petugas kesehatan, dan kader posyandu), yang dipilih menggunakan *purposive sampling*. Analisis data menggunakan analisis tematik lalu dideskripsikan.

Hasil Penelitian: Informan utama sering mendengar informasi tentang *stunting*, namun pengetahuannya masih kurang. Pola asuh terkait pemberian makan masih dipengaruhi oleh tradisi budaya pantangan terhadap makanan tertentu serta adanya budaya “makan enak” saat pesta atau kedukaan. Adanya persepsi anak sakit, tradisi budaya terkait anak kejang, dan budaya panggang pada ibu dan bayi dapat mempengaruhi pola asuh terkait kebiasaan pengasuhan atau perawatan pada baduta *stunting*. Pola terkait kebiasaan menjaga kebersihan masih sangat rendah karena masih adanya tradisi budaya yang dapat menjadi salah satu faktor penyebab *stunting* pada baduta. Fenomena manfaat posyandu sebagai tempat berkumpul para ibu bercengkerama dapat berdampak baik dan berdampak buruk.

Kesimpulan: Pola asuh baduta *stunting* yang meliputi kebiasaan pemberian makan, pengasuhan atau perawatan, menjaga kebersihan, dan pemanfaatan fasyankes di wilayah kerja UPTD Puskesmas Penfui masih dipengaruhi oleh pengetahuan yang kurang dan fenomena atau tradisi budaya yang masih dipercaya dan dilakukan dalam kehidupan sehari-hari.

Kata kunci: fenomenologi, pola asuh, baduta, *stunting*, tradisi

ABSTRACT

PARENTING PATTERNS OF STUNTING BABY UNDER TWO YEARS OLD IN THE WORK AREA OF UPTD PENFUI HEALTH CENTER, KUPANG CITY

Backgrounds: UPTD Penfui Health Center has experienced an increase in the number of stunted children, despite nutritional interventions being carried out. Phenomena frequently observed in Kupang City indicate factors that may influence the parenting patterns of stunted infants. The research aims to provide an overview of the parenting patterns of stunted baby under two years old in the working area of UPTD Penfui Health Center, Kupang City.

Methods: The study employed a phenomenological design, using in-depth interviews and observations. Participants consisted of primary participants (mothers or caregivers of stunted baby under two years old) and supporting participants (mothers or caregivers of non-stunted baby under two years old, healthcare workers, and integrated healthcare post (posyandu) cadres), selected through purposive sampling. Data analysis utilized thematic analysis, followed by description.

Results: Primary informants often hear about stunting but their knowledge remains limited. Parenting patterns related to feeding are still influenced by cultural taboos on certain foods and the cultural practice of indulgent eating during celebrations or mourning. The perception of children being ill, cultural traditions related to child convulsions, and the cultural tradition roasted of mothers and babies can affect parenting patterns related to childcare or nurturing habits in stunted baby under two years old. Parenting patterns related to maintaining cleanliness are still very low due to the persistence of cultural traditions, which can be one of the contributing factors to stunting in baby under two years old. The phenomenon of the benefits of Posyandu as a gathering place for mothers can have both positive and negative impacts.

Conclusions: Parenting patterns for stunted baby under two years old, encompassing feeding habits, childcare or nurturing practices, hygiene habits, and the utilization of healthcare services in the working area of UPTD Penfui Health Center, are still influenced by a lack of knowledge and deeply ingrained cultural phenomena or traditions practiced in daily life.

Keywords: phenomenology, parenting patterns, baby under two years old, stunting, traditions.