

INTISARI

Berdasarkan hasil Survei Status Gizi Indonesia (SSGI) tahun 2022, Provinsi Bali menduduki posisi pertama sebagai wilayah yang memiliki prevalensi stunting terendah di Indonesia dengan angka 8%. Menariknya, terdapat salah satu desa di Buleleng yang menyumbang rendahnya kasus stunting untuk Provinsi Bali dengan prevalensi 3% atau ditemukan 9 balita stunting dari 300 balita. Desa ini bernama Desa Pedawa, sebuah desa adat Bali Aga yang terletak di pegunungan Bali Utara. Desa Pedawa memiliki keunikan pada corak budaya masyarakat yang masih kental dengan adat. Berangkat dari potensi tersebut, penelitian ini bertujuan mengetahui peran budaya sebagai salah satu komponen yang memiliki keterkaitan dengan perilaku pengasuhan balita.

Penelitian ini dilakukan pada bulan Juni, Agustus, dan September 2023. Melalui pendekatan etnografi, dilakukan observasi partisipasi dan wawancara terhadap penduduk Desa Pedawa. Observasi partisipasi dilakukan dengan mengamati kegiatan sehari-hari keluarga balita, meliputi aktivitas rumah tangga, pemberian makan, perawatan kesehatan, dan pelaksanaan Posyandu. Sementara wawancara dilakukan terhadap 20 informan yang meliputi tokoh agama, pemuka adat, ketua lingkungan, ibu-ibu Balita, kader kesehatan, dan bidan desa. Analisis data dilakukan dengan pendekatan sosial budaya guna memahami fungsi yang mendukung gaya hidup sehat khususnya ibu dan balita sehingga mampu mencegah pertumbuhan stunting di Desa Pedawa, Bali.

Temuan penelitian ini menunjukkan bahwa pengasuhan balita di Desa Pedawa didasarkan atas sistem budaya yang memiliki andil dalam mencegah tumbuhnya stunting. Akar dari sistem budaya ini bersumber dari kekuatan adat yang dipegang teguh oleh masyarakat. Bentuk peran budaya dalam pengasuhan balita tercermin dalam beberapa perilaku, seperti mengikuti rangkaian upacara kelahiran, menggunakan bahan lokal sebagai sumber pangan utama balita, dan praktik mengasuh balita yang dilakukan bersama. Suksesnya penanganan stunting di Desa Pedawa juga didukung oleh pionir terdepan dalam menunjang kesehatan ibu dan balita, meliputi peran dari keluarga, agensi bidan, dan kuatnya pemberdayaan kader kesehatan.

Kata kunci: Bali Aga, Pedawa, Adat, Balita Stunting, Pengasuhan.

ABSTRACT

Based on the results of the Indonesian Nutrition Status Survey (SSGI) in 2022, Bali Province occupies the first position as the region with the lowest stunting prevalence in Indonesia with 8%. Interestingly, there is one village in Buleleng that contributes to the low stunting cases for Bali Province with a prevalence of 3% or found 9 stunted children out of 300 toddlers. This is called Desa Pedawa, a traditional Bali Aga village located in the mountains of North Bali. Pedawa Village has the unique cultural style of the community that is still thick with customs. Departing from this potential, this study aims to determine the role of culture as one of the components that has a relation to the parenting behavior of toddlers.

This research was conducted in June, August, and September 2023. Through an ethnographic approach, participant observation and interviews were conducted with Pedawa villagers. Participatory observation was conducted by observing the daily activities of families of toddlers, including household activities, feeding, health care, and the implementation of Posyandu. Meanwhile, interviews were conducted with 20 informants including religious leaders, traditional leaders, neighborhood leaders, mothers of toddlers, health cadres, and village midwives. Data analysis was conducted using a socio-cultural approach to understand the functions that support a healthy lifestyle, especially for mothers and toddlers, to prevent stunting in Pedawa Village, Bali.

The research shows that the parenting of toddlers in Pedawa Village is based on a cultural system that contributes to preventing stunting. The roots of this cultural system come from the power of customs that are strongly held by the community. The role of culture in the parenting of toddlers is reflected in several behaviors, such as participating in a sequence of birth ceremonies, using local ingredients as the main food source for toddlers, and the practice of parenting toddlers together. The successful prevention of stunting in Pedawa Village is also supported by the leading pioneers in supporting the health of mothers and toddlers, including the role of the family, the agency of midwives, and the strong empowerment of health cadres.

Keywords: Bali Aga, Pedawa, Customs, Stunting toddlers, Parenting.