

ABSTRAK

KAJIAN REFLEKTIF KETERLIBATAN AHLI GIZI DALAM IMPLEMENTASI KEBIJAKAN DESAIN BESAR OLAHRAGA NASIONAL (DBON) DI SENTRA OLAHRAGA INDONESIA

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Berdasarkan pada *Sustainable Development Goals*, Menpora berinisiatif menyusun Desain Besar Olahraga Nasional (DBON) sebagai Kebijakan Olahraga Nasional. Penelitian ini bertujuan untuk mengeksplorasi keterlibatan ahli gizi sebagai salah satu pelaksana implementasi kebijakan DBON di Sentra Olahraga Indonesia, serta mengidentifikasi hambatan dan potensi penguatan keterlibatan ahli gizi di sentra DBON. Jenis penelitian yang dilakukan adalah penelitian kualitatif dengan desain *case study* yang menggunakan kerangka *Consolidated Framework for Implementation Research (CFIR)* sebagai panduan dalam pengambilan dan analisis data. Konstruksi CFIR yang dipilih ialah proses implementasi dan karakteristik individu yang diharapkan dapat menjawab pertanyaan penelitian serta mengidentifikasi karakteristik intervensi sebagai gambaran umum kebijakan DBON. Pengambilan data dilakukan dengan metode *In Depth Interview* dan *Focus Group Discussion*. Sampel dipilih menggunakan *purposive sampling* berdasarkan tugas dan jabatan yang relevan dengan topik penelitian. Hasil analisis membahas karakteristik intervensi seperti manfaat relative hingga pembiayaan, karakteristik individu seperti perlunya keyakinan dan dukungan, proses implementasi seperti menilai kebutuhan dalam implementasi. Peluang yang dapat dimanfaatkan berada pada aspek kerjasama tim hingga pelaksanaannya dan hambatan yang ditemukan berada pada aspek keterbatasan fasilitas, SDM, dan anggaran. Secara umum pelibatan ahli gizi dalam implementasi kebijakan DBON telah berhasil dilaksanakan, namun masih perlu perbaikan dan optimalisasi beberapa aspek dalam mencapai tujuan pengembangan olahraga di Indonesia.

Kata Kunci: Ahli Gizi, Implementasi Kebijakan, DBON, CFIR, Olahraga.

ABSTRACT

THE INVOLVEMENT OF NUTRITIONISTS IN THE IMPLEMENTATION OF THE NATIONAL SPORTS GRAND DESIGN (DBON) AT SPORTS CENTERS IN INDONESIA: A REFLECTIVE STUDY

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Based on the *Sustainable Development Goals*, the Minister of Youth and Sports initiated the formulation of the National Sports Grand Design (DBON) as a national sports policy. This study aims to explore the involvement of nutritionists as one of the implementers of the DBON policy at Indonesian Sports Centers, and to identify opportunities and barriers to strengthening the involvement of nutritionists in sports centers. The type of research carried out was qualitative research with a case study design using the Consolidated Framework for Implementation Research (CFIR) framework as a guide in data collection and analysis. The selected CFIR constructs include individual characteristics and implementation process to address research questions and identify intervention characteristics as a general overview of the DBON policy. Data collection was carried out through in depth interviews and focus group discussions. Samples were selected using purposive sampling based on relevance tasks and positions related to the research topic. The results discuss intervention characteristics such as relative benefits to financing, individual characteristics such as the need for belief and support, and implementation processes such as assessing implementation needs. Opportunities that can be utilized in aspects of team collaboration to its execution, while encountering barriers include limitations in facilities, human resources, and funding. In general involvement of nutritionists in DBON policy implementation has been successfully carried out, but improvement and optimization of several aspects are still needed to achieve the goal of sports development in Indonesia.

Kata Kunci: Nutritionist, Policy Implementation, DBON, CFIR, Sports.