

ABSTRAK

Latar Belakang: Kuliah Kerja Nyata-Pembelajaran Pemberdayaan Masyarakat (KKN-PPM) adalah kegiatan akademika yang dilakukan oleh seluruh mahasiswa Universitas Gadjah Mada setelah mencapai 96 SKS dan juga untuk mendukung pencapaian program *Sustainable Development Goals* (SDGs). Kegiatan KKN-PPM bersifat multidisiplin untuk mengatasi persoalan yang terjadi di masyarakat. Gizi buruk atau malnutrisi merupakan masalah kesehatan yang terjadi di masyarakat karena berbagai faktor dan tepat ditangani secara multidisiplin. Penyebab gizi buruk adalah asupan gizi yang tidak seimbang dengan kebutuhan, adanya penyakit kronis pada anak balita, atau adanya gangguan pada sistem pencernaannya. Asupan gizi yang kurang dapat disebabkan oleh kemiskinan dan pendapatan yang kurang mencukupi kebutuhan rumah tangganya, atau karena ketidaktahuan pemberian gizi pada anaknya. Sedangkan jika terjadi penyakit atau gangguan pencernaan, dapat ditelusuri penyakit yang mendasarinya. Selama ini belum pernah dilakukan evaluasi terhadap kegiatan KKN-PPM yang dilaksanakan. Berdasarkan uraian di atas, timbul masalah bagaimana pelaksanaan program penanganan gizi buruk atau malnutrisi melalui program KKN-PPM.

Tujuan: Tujuan penelitian ini adalah untuk mengevaluasi pelaksanaan program KKN-PPM dalam penanganan malnutrisi atau gizi buruk.

Metode: Penelitian ini menggunakan metode deskriptif dari laporan kegiatan KKN-PPM UGM Periode 1 yang dilakukan pada tahun 2022 di Kabupaten Sleman, D.I. Yogyakarta. Parameter yang diteliti adalah jenis kegiatan KKN-PPM, jumlah kegiatan KKN-PPM dan pelaksanaan kegiatan KKN-PPM.

Hasil: Ditemukan sebanyak satu kelompok yang melakukan KKN-PPM pada periode I tahun 2022 di Kabupaten Sleman, Daerah Istimewa Yogyakarta. Kegiatan dilaksanakan di Kapanewon Pakem, Kabupaten Sleman, Provinsi Daerah Istimewa Yogyakarta dengan mengangkat tema besar “Pengembangan Berkelanjutan berbasis Pembangunan Desa Wisata Penyembuhan (Healing Tourism) di Desa Pakembinangun dan sekitarnya”. Berdasarkan laporan KKN-PPM yang dilaksanakan di Kapanewon Pakem, tidak ditemukan data terkait persentase gizi buruk di DIY. Pelaksanaan program KKN-PPM dibagi menjadi program kerja kelompok dan program kerja individu. Program kelompok yang dilakukan adalah mengembangkan “Wijayakusuma Healing Park” yang dipilih dengan tujuan meningkatkan pertumbuhan ekonomi dan memberdayakan masyarakat dengan menyediakan lapangan pekerjaan bagi masyarakat. Berdasarkan seluruh data laporan individu KKN-PPM UGM dari mahasiswa klaster medika, terdapat 35 kegiatan individu yang berperan dalam penanganan gizi buruk yang terdiri dari 7 kegiatan edukasi hipertensi dengan 4 kegiatan disertai dengan pemeriksaan tekanan darah. Ditemukan 3 kegiatan terkait pemeriksaan dan edukasi dislipidemia, 5 kegiatan terkait edukasi dan pemeriksaan gula darah, 4 kegiatan terkait edukasi PHBS disertai demo mencuci tangan dan edukasi pembuangan limbah bagi anak-

anak, 1 kegiatan skrining dan edukasi ISPA, 2 kegiatan terkait edukasi dan pelaksanaan imunisasi, 3 kegiatan terkait edukasi gizi seimbang dan tumbuh kembang anak, 1 kegiatan terkait edukasi kesehatan gigi anak dan demo menyikat gigi, 3 kegiatan terkait edukasi kesehatan reproduksi remaja, 1 kegiatan terkait edukasi anemia yang disertai pemeriksaan Hb, 4 kegiatan terkait edukasi dan demo pengolahan TOGA sebagai makanan bergizi, dan 1 kegiatan pelatihan pengelolaan yoghurt.

Kesimpulan: Penelitian ini menemukan bahwa terdapat satu kelompok yang melaksanakan KKN-PPM UGM periode 1 tahun 2022 di Kabupaten Sleman. Kelompok ini mengusung tema "*healing tourism*" untuk mendorong pertumbuhan ekonomi dan pemberdayaan masyarakat. Meskipun laporan tidak mencantumkan data persentase gizi buruk di DIY, kelompok ini melaksanakan program penanganan gizi buruk melalui sektor kesehatan, ekonomi, lingkungan, dan pemberdayaan masyarakat. Meskipun program yang dijalankan bersifat inklusif dan sesuai dengan kondisi masyarakat, namun terdapat beberapa kendala seperti ragam kegiatan yang kebanyakan berfokus di sektor kesehatan, tidak ada informasi mengenai dampak dari program dan keberlanjutan program dalam jangka panjang.

Kata kunci: KKN-PPM, gizi buruk, UGM, mahasiswa, Sleman

ABSTRACT

Background: Community Service Lecture-Community Empowerment Learning (KKN-PPM) is an academic activity carried out by all students of Universitas Gadjah Mada after reaching 96 credits and also to support the achievement of the Sustainable Development Goals (SDGs) program. KKN-PPM activities are multidisciplinary in nature to address problems that occur in society. Malnutrition is a health problem that occurs in society due to various factors and is appropriately handled in a multidisciplinary manner. The cause of malnutrition is nutritional intake that is not balanced with needs, the presence of chronic diseases in toddlers, or disorders of the digestive system. Insufficient nutritional intake can be caused by poverty and income that is not sufficient for household needs, or because of ignorance of providing nutrition to children. Meanwhile, if a disease or digestive disorder occurs, the underlying disease can be traced. So far, there has never been an evaluation of the KKN-PPM activities that have been carried out. Based on the description above, the problem arises of how to implement the program for handling malnutrition through the KKN-PPM program.

Objective: The objective of this study was to evaluate the implementation of the KKN-PPM program in handling malnutrition.

Method: This study uses a descriptive method from the report of UGM KKN-PPM Period 1 activities carried out in 2022 in Sleman Regency, D.I. Yogyakarta. The parameters studied were the type of KKN-PPM activities, the number of KKN-PPM activities and the implementation of KKN-PPM activities.

Results: One group was found to be conducting KKN-PPM in period 1 of 2022 in Sleman Regency, Special Region of Yogyakarta. The activity was carried out in Kapanewon Pakem, Sleman Regency, Yogyakarta with the main theme "Sustainable Development based on Healing Tourism Village Development in Pakembinangun Village and its surroundings". Based on the KKN-PPM report carried out in Kapanewon Pakem, no data was found regarding the percentage of malnutrition in DIY. The implementation of the KKN-PPM program is divided into group work programs and individual work programs. The group program carried out was to develop "Wijayakusuma Healing Park" which was chosen with the aim of increasing economic growth and empowering the community by providing jobs for the community. Based on all data from individual reports of KKN-PPM UGM from medical cluster students, there were 35 individual activities that played a role in handling malnutrition consisting of 7 hypertension education activities with 4 activities accompanied by blood pressure checks. There were 3 activities related to dyslipidemia examination and education, 5 activities related to blood sugar education and examination, 4 activities related to PHBS education accompanied by hand washing demonstrations and waste disposal education for children, 1 ISPA screening and education activity, 2 activities related to immunization education and implementation, 3 activities related to balanced nutrition education and child

growth and development, 1 activity related to children's dental health education, 3 activities related to adolescent reproductive health education, 1 activity related to anemia education accompanied by Hb examination, 4 activities related to education and demonstration of making nutritious food from TOGA, and 1 yoghurt making activity.

Conclusion: This study found that there was one group implementing KKN-PPM UGM period 1 in 2022 in Sleman Regency. This group carries the theme "healing tourism" to encourage economic growth and community empowerment. Although the report does not include data on the percentage of malnutrition in DIY, this group is implementing a malnutrition management program through the health, economic, environmental, and community empowerment sectors. Despite the fact that the program being implemented is inclusive and in accordance with community conditions, there are several obstacles such as the variety of activities that mostly focus on the health sector, there is no information regarding the impact of the program and the sustainability of the program in the long term.

Keywords: KKN-PPM, malnutrition, UGM, student, Sleman