

**KAPASITAS *SUSTAINABILITY* PROGRAM KEBUN GIZI MANDIRI
MELALUI PEMBERDAYAAN MASYARAKAT BERSAMA CITA SEHAT
FOUNDATION DI DUSUN KARET, DESA PLERET, BANTUL,
YOGYAKARTA**

INTISARI

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Latar Belakang : Keberhasilan program kesehatan untuk dapat berlangsung dan memberi manfaat dalam jangka panjang masih menjadi tantangan. Demikian halnya dengan studi mengenai kapasitas *sustainability* pada program kesehatan di Indonesia yang masih minim diketahui. Cita Sehat Foundation sebagai salah satu LSM lokal Indonesia yang bergerak di bidang kesehatan berupaya untuk memastikan program yang diberikan dapat diimplementasikan dalam jangka panjang dan bermanfaat secara berkelanjutan, salah satunya melalui program Kebun Gizi Mandiri. Program ini dikelola bersama masyarakat Dusun Karet, Pleret, Bantul, Yogyakarta melalui proses pemberdayaan dan telah berjalan selama 5 tahun.

Tujuan : Riset ini bertujuan untuk menilai kapasitas *sustainability* pada program Kebun Gizi Mandiri di Dusun Karet, Pleret, Bantul, Yogyakarta.

Metode : Penelitian ini menggunakan pendekatan *mixed-methods* dengan strategi paralel konvergen. Data kuantitatif diperoleh dari pengisian instrumen PSAT (*Program Sustainability Assessment Tool*). Data Kualitatif didapatkan melalui *in-depth interview* dan *focus group discussion* dari informan terpilih yang melibatkan para penerima manfaat, pengelola program di lapangan dan LSM pengembang program.

Hasil : *Sustainability* program Kebun Gizi Mandiri didukung baik dari ketersediaan dukungan dari tim kader sebagai pengelola utama, masyarakat dan *stakeholder* setempat. Ketersediaan informasi dan keterlibatan dukungan lintas *stakeholder* terhadap program juga mendukung keberlanjutan program Kebun Gizi Mandiri. Penguatan kapasitas tim kader, inovasi dalam pengembangan program, ketersediaan bentuk evaluasi yang mampu merekam perkembangan program dan mejadi dasar bagi perbaikan, serta ketersediaan alokasi dari berbagai sumber pendanaan untuk menjamin keberlanjutan program menjadi komponen dari kapasitas *sustainability* yang masih membutuhkan perbaikan demi keberlanjutan program Kebun Gizi Mandiri.

Kesimpulan : Penyusunan rencana aksi *sustainability* dilakukan sebagai bentuk tindak lanjut berdasarkan pada kajian domain *sustainability* yang masih memerlukan perhatian khusus untuk perbaikan.

Kata kunci : *Program Sustainability, Community based Program, Food Security*

SUSTAINABILITY CAPACITY OF KEBUN GIZI MANDIRI (COMMUNITY NUTRITION GARDEN) THROUGH COMMUNITY EMPOWERMENT IN KARET, PLERET, BANTUL, YOGYAKARTA

ABSTRACT

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Background : The success of health program to provide long-term benefits remains a challenge. Similarly, the study of sustainability capacity in health programs in Indonesia is still limited. Cita Sehat Foundation strives to support the achievement of SDGs by ensuring that the program has sustainability capacity so that it can run and be beneficial in the long periods. One of the programs delivered by Cita Sehat Foundation is implementation of Kebun Gizi Mandiri (Community Nutrition Garden) in Karet, Pleret, Bantul, Yogyakarta. The existence of Kebun Gizi Mandiri (Community Nutrition Garden) has lasted for five years with and provide benefits and pride through several awards until now.

Objective : The aim of the research is to assess the sustainability capacity of Kebun Gizi Mandiri (Community Nutrition Garden) in Karet, Pleret, Bantul, Yogyakarta

Methods : This research uses mixed-methods approach with convergent parallel strategy, where qualitative and quantitative data are collected, analyzed separately, and then compared to see the findings. Quantitative data was obtained from PSAT (Program Sustainability Assessment Tool). Qualitative data were obtained through indepth-interviews and focus group discussions from selected informants involving beneficiaries, program managers and development program NGOs with maximum total variation sampling.

Result : The sustainability of the program is well supported by the availability of support from the cadre team as the main manager, community and local stakeholders. The availability of information and involvement of cross-stakeholder support the sustainability of program. Strengthening cadre team capacity, innovation in program development, availability of evaluation forms capable of recording program progress and becoming the basis for improvement, as well as availability of allocations from various funding sources to ensure program sustainability are components of sustainability capacity that still needs improvement.

Conclusion : There are several domains of sustainability capacity that still need improvement. Therefore, the formulation of a sustainability action plan can be undertaken to follow-up the result based on a sustainability domain review that still needs special attention for improvement.

Keywords : *Program Sustainability, Community based Program, Food Security*