

EVALUASI PROGRAM PENILAIAN STATUS GIZI DAN PENGELOLAAN UKS SEBAGAI LAYANAN GIZI PADA SEKOLAH MENENGAH PERTAMA DI KECAMATAN GONDOMANAN, KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Tingginya obesitas pada remaja SMP di Kecamatan Gondomanan diperlukan dukungan UKS, namun pelaksanaannya berbeda-beda antar sekolah, maka diperlukan pengoptimalan fungsi dan pencapaian tujuan melalui evaluasi UKS.

Tujuan Penelitian: Mengetahui monitoring dan evaluasi program penilaian status gizi dan pengelolaan UKS sebagai layanan gizi pada sekolah menengah pertama di Kecamatan Gondomanan, Kota Yogyakarta.

Metode Penelitian: Penelitian kualitatif deskriptif dengan metode wawancara mendalam, studi dokumentasi, dan observasi. Responden sebanyak 12 orang terdiri dari 6 siswa kelas VIII, 3 guru pengelola UKS, dan 3 tenaga kesehatan dari SMP N 2 Yogyakarta, SMP Immaculata dan Puskesmas Gondomanan dengan *purposive sampling*.

Hasil: (1) Penilaian status gizi hanya dilakukan satu kali saat kelas 7 dan belum ada pemeriksaan status gizi berkala tiap 6 bulan oleh puskesmas. (2) Edukasi gizi seimbang secara umum sudah disampaikan melalui pelajaran namun belum menggunakan Pedoman Gizi Seimbang (PGS) (3) Pembinaan kantin sehat sudah dilakukan di kantin kedua sekolah namun tidak melibatkan guru UKS dalam pengawasan dan pembinaan kantin di sekolah.

Kesimpulan: Pelaksanaan program penilaian status gizi, edukasi gizi seimbang dan pembinaan kantin sehat sudah dilakukan pada kedua sekolah namun pelaksanaannya belum optimal.

Kata Kunci: UKS, penilaian status gizi, edukasi gizi seimbang, pembinaan kantin sehat

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EVALUATION OF NUTRITIONAL STATUS ASSESSMENT PROGRAM AND UKS MANAGEMENT AS A NUTRITIONAL SERVICE IN JUNIOR HIGH SCHOOL IN GONDOMANAN DISTRICT, YOGYAKARTA CITY

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ABSTRACT

Background: The high obesity rate among junior high school adolescents in Gondomanan District requires UKS support, but the implementation varies between schools, so it is necessary to optimize functions and achieve goals through the UKS evaluation.

Objectives: Knowing the monitoring and evaluation of nutritional status assessment programs and management of UKS as nutritional services in junior high schools in Gondomanan District, Yogyakarta City.

Research Methods: Descriptive qualitative research using in-depth interviews, documentation study, and observation. There were 12 respondents consisting of 6 grade VIII students, 3 teachers managing UKS, and 3 health workers from SMP N 2 Yogyakarta, SMP Immaculata and Puskesmas Gondomanan with purposive sampling.

Results: (1) Assessment of nutritional status was only carried out once during grade 7 and there was no routine nutritional status check every 6 months by puskesmas. (2) Education on balanced nutrition in general has been given through lessons but has not used Pedoman Gizi Seimbang (PGS). (3) Development of healthy canteens has been carried out in the canteens of both schools but does not involve UKS teachers in supervising and fostering canteens in schools.

Conclusion: The implementation program of the nutrition status assessment, balanced nutrition education and healthy canteen development have been carried out in both schools but the implementation has not been optimal.

Keywords: UKS, nutritional status assessment, balanced nutrition education, healthy canteen development

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