

INTISARI

Latar belakang : Praktik pemberian makan pada bayi dan anak yang optimal merupakan intervensi efektif dalam upaya peningkatan status kesehatan dan penurunan angka kematian anak. Pelatihan PMBA bertujuan membekali para tenaga kesehatan dan kader dengan pengetahuan, ketrampilan dan alat untuk mendukung ibu, ayah, dan pengasuh dalam meningkatkan praktik pemberian makan kepada bayi dan anak mereka secara optimal. Hasil pemantauan status gizi balita di Kabupaten Sleman tahun 2015 diperoleh 12,86% *stunting*, 7,53% *underweight*, 6,14% *overweight* dan 3,57% *wasting*. Untuk itu perlu upaya pencegahan dan perbaikan masalah gizi balita, salah satunya yang dilakukan dengan meningkatkan peran kader posyandu dalam pemantauan pertumbuhan dan konseling pemberian makanan bayi dan anak melalui pelatihan PMBA. Suatu program pelatihan memerlukan evaluasi, sehingga bisa diketahui apakah program pelatihan mempunyai pengaruh pada tujuan yang ingin dicapai; apakah program pelatihan perlu dilanjutkan atau tidak; dan bagaimana cara meningkatkan mutu pelatihan di masa mendatang.

Tujuan : Untuk mempelajari proses pelatihan PMBA bagi kader Posyandu di Kabupaten Sleman.

Metode Penelitian : Rancangan penelitian adalah studi kasus dengan pendekatan kualitatif dan kuantitatif. Pendekatan kualitatif untuk mengetahui proses pelatihan dan sikap stakeholder pada pelaksanaan pelatihan PMBA untuk kader posyandu. Pendekatan kuantitatif untuk mengukur output pelatihan, yang meliputi pemahaman materi, ketrampilan pemantauan pertumbuhan dan ketrampilan konseling PMBA peserta pelatihan. Lokasi penelitian di Puskesmas Pakem dan Puskesmas Depok 2 Kabupaten Sleman. Pengumpulan data dilakukan dengan observasi, kuesioner, dan wawancara mendalam. Pengolahan data kuantitatif dengan analisis deskriptif dan uji statistik *paired t-test*, sedangkan data kualitatif dilakukan transkripsi, koding dan disajikan dalam bentuk teks secara naratif.

Hasil : Metode pembelajaran yang paling banyak dipakai adalah kerja kelompok dan diskusi, dengan metode pelatihan partisipasi aktif, belajar berdasarkan masalah, gabungan kelas dan belajar di lapangan, pembelajaran orang dewasa, belajar dengan praktek. Terdapat perbedaan bermakna pemahaman materi, ketrampilan pemantauan pertumbuhan, ketrampilan konseling PMBA peserta sebelum dan sesudah pelatihan.

Kesimpulan : Pelatihan konseling PMBA dapat meningkatkan pengetahuan dan ketrampilan kader dalam pemantauan pertumbuhan dan konseling PMBA.

Kata kunci : Evaluasi, pelatihan konseling PMBA, kader posyandu.

ABSTRACT

Background : Infant and young child optimal feeding practices is an effective intervention in improving the health status and to reducing the child mortality. Infant and young child feeding (IYCF) training aimsto equip health workers and cadre with knowledge, skills and tools to support mothers, fathers, and caregivers to improve feeding practices for infants and children optimally. The results of monitoring of nutritional status in Sleman2015 obtainedthe prevalence of stunting, underweight, overweight, and wasting were 12.86%, 7.53%, 6.14% and 3.57%. It was necessary for the prevention and improvement of nutritional problems, one of which is done by increasing the role of Posyandu's cadre in growth monitoring and counseling of infant and children feeding through IYCFtraining. A training program requires evaluation, so it can determine whether training programs have any effect on the objectives to be achieved; whether the training program should be continued or not; and how to improve the quality of training in the future.

Objective: To study the process of IYCF training for Posyandu's cadre in Sleman.

Method: The study design was a case study with qualitative and quantitative approaches. A qualitative approach to determine the training process and the attitude of stakeholders in the implementation of the IYCF counseling training for Posyandu's cadre. A quantitative approach to measure the output of the training include understanding the material, growth monitoring skills and IYCF counseling skills participant. The location of research in health centers Pakem and Depok 2 Sleman. The data collection was done by observation, questionnaire, and interview. The quantitative data was analyzed with descriptive and paired t-test, while the qualitative data was conducted transcription, coding and presented in the form of a narrative text.

Result : The learning method most widely used were group work, discussions with the training method were active participation, problem-based learning, combined classroom and learning in the field, adult learning, learning by practice. There were significant differences in the understanding of material, growth monitoring skills, IYCF counseling skills participant before and after training.

Conclusion: IYCF counseling training improved the knowledge and skills of cadre in growth monitoring and IYCF counseling.

Keywords: evaluation, IYCFcounseling training, Posyandu's cadre