

Abstrak

Indonesia memiliki prevalensi stunting yang tinggi yang berdampak serius pada kualitas sumber daya manusia. Stunting juga menghambat keuntungan demografis Indonesia dimana rasio penduduk non usia kerja terhadap penduduk usia kerja akan menurun. Namun, stunting dapat dicegah dengan memantau tumbuh kembang anak secara rutin di posyandu. Posyandu cocok untuk menilai skala stunting di masyarakat dan untuk mengatasi banyak faktor penyebab langsung stunting, seperti praktik pengasuhan dan pola makan ibu dan anak. Selain itu, anak yang sering berkunjung ke posyandu lebih kecil kemungkinannya untuk mengalami stunting. Namun, partisipasi ibu di posyandu masih rendah, terutama di posyandu di wilayah kerja Puskesmas Panarung Kota Palangka Raya.

Penelitian ini bertujuan untuk mengetahui penyebab rendahnya partisipasi ibu di posyandu. Metode studi kasus dengan wawancara online digunakan untuk menilai partisipasi ibu. Berdasarkan kerangka konseptual yang diambil dari teori *Behavioral Model* Andersen, temuan menunjukkan bahwa ibu tidak mengetahui lokasi posyandu, merasa bosan dengan kegiatan yang berulang-ulang, tidak sempat membawa anaknya karena bekerja, dan tidak menyadari pentingnya mengunjungi posyandu secara teratur. Partisipasi ibu merupakan hasil interaksi beberapa faktor, baik dalam konteks kontekstual maupun karakteristik individu: ketersediaan posyandu di lingkungan masyarakat, ketersediaan fasilitas kesehatan lain yang memberikan pelayanan yang sama dengan posyandu, dan kepercayaan ibu tentang kesehatan terhadap pemanfaatan posyandu. Temuan menunjukkan bahwa perencanaan kebijakan kesehatan yang memadai harus mempertimbangkan pengaturan posyandu untuk mempromosikan partisipasi ibu.

Kata kunci: stunting, partisipasi ibu, anak balita, posyandu

Abstract

Indonesia has a high stunting prevalence that causes serious impacts on the quality of human resources. Stunting also impedes the demographic advantage of Indonesia in which the ratio of non-working-age population to working-age population will decrease. However, stunting can be prevented by regularly monitoring children's growth in integrated health service posts. The posts are suitable for assessing the scale of stunting in communities and for addressing many of the most immediate determinants of stunting, such as maternal and child diets and care practices. Moreover, children who frequently visited integrated health service posts are less likely to experience stunting. However, participation by mothers at integrated health service posts is low, especially at the posts in the operational area of Panarung Primary Health-Care Centre in Palangka Raya City.

This study aims to discover the reasons for low participation by mothers in integrated health service posts. A case-study method with online interview was used to assess mothers' participation. Based on a conceptual framework drawn from Andersen's Behavioral Model, the findings indicate that mothers do not know the location of the posts, are bored by the repeated activities, do not have time to bring their children due to work, and do not realize the importance of visiting the posts regularly. Mothers' participation is the result of the interaction of several factors, both in the contextual and individual characteristics: availability of the posts within the community, availability of other health facilities that provide the same services as at the posts, and mothers' health beliefs towards the utilization of the posts. The findings suggest that adequate health policy planning should take into consideration the arrangement of the posts to promote mothers' participation.

Keywords: stunting, mothers' participation, children under five, integrated health service posts