AN OVERVIEW OF THE ACHIEVEMENT OF THE NUTRITION PROGRAM IN THE POSYANDU OF THE PASIE RAYA HEALTH CENTER WORKING AREA

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Abstract

This research aims to evaluate the achievements of the Nutrition program in the Posyandu within the Pasie Raya Puskesmas working area. The program is implemented through guidance and counseling provided during Posyandu activities in the villages under the Pasie Raya Puskesmas jurisdiction. The study was conducted from September 2023 to January 2024 across all villages in the Pasie Raya sub-district/Pasie Raya Health Center area. The target population includes all Posyandu participants in the 14 villages of the Pasie Raya sub-district/Pasie Raya Community Health Center area, totaling 6,006 toddlers during the period from January to November 2023. The research employs a descriptive qualitative method, utilizing documentation data collected from the Pasie Raya Community Health Center. During the January-November 2023 period, 5,684 toddlers were weighed at the Posyandu within the Pasie Raya Community Health Center working area, out of the total 6,006 toddlers. This indicates that 358 toddlers did not undergo weighing during Posyandu sessions. Based on this data comparison, it can be concluded that the Nutrition coaching and counseling program at the Posyandu within the Pasie Raya Community Health Center area in Pasie Raya District, Aceh Jaya Regency, achieved a success rate of 95%, meeting the specified objectives.

Keywords: Nutrition, Public Health Center, Toddlers

1. INTRODUCTION

The goal of Health Development as one of the efforts in fulfilling the basic rights of the people is to facilitate the community in gaining access to health service needs. This is considering that health development is a long-term investment in relation to supporting the improvement of the quality of human resources and competitive economic development as well as improving social welfare which ultimately becomes an effort to reduce poverty.

Posyandu plays an important role in preventing the risk of stunting in children. Nutrition services at posyandu include weight and height measurement, early detection of growth disorders, nutrition counseling, and supplementation. Infant nutrition is the state of the body that is the result of food consumption and the use of nutrients with 4 classifications, namely poor nutrition status, less status, good nutrition status, and more nutrition status. The quality of the baby born depends on the mother's condition before and during pregnancy (Supariasa & Hardinsyah, 2016).

The development of nutritional problems in Indonesia is an issue that must be taken seriously. Based on data in Indonesia, there has not been a decrease in nutritional status problems in infants, according to data from the Indonesian Health Profile (2018) the percentage of infants aged 0-59 months based on nutritional status with the BB / U index in Indonesia is 3.90% malnutrition, 13.80% malnutrition, 79.20% good nutrition, 3.10%

more nutrition. Meanwhile, according to the Indonesian Health Profile (2018), the percentage of toddlers aged 0-59 months based on nutritional status with the BB/U index in NTT is malnourished 7.30%, undernourished 22.20%, well-nourished 69.30%, overnourished 1.10.

Nutrition is a process of using food consumed normally through the process of digestion, absorption, transportation, storage, metabolism and expenditure of substances that are not used to sustain life, growth and normal functioning of organs and produce energy. Nutritional status is a state resulting from the balance between the consumption and absorption of nutrients and the use of these nutrients or the form of certain nutriture variables (Supariasa & Hardinsyah, 2016). Nutritional status is a state in which the expression of this state creates a balance in the form of certain variables or can be.

It is said that nutritional status is an indicator factor of good or bad daily food intake (Rismayanthi, 2012). According to Almatsier (2001), nutritional status is the state of the body as a result of consuming food and using nutritious substances. Factors that affect nutritional status according to Simarmata (2009) re two factors that affect a person's nutritional status, namely: 1) Factors that affect directly, including food intake and infection 2) Factors that influence indirectly, food security in the family, parenting patterns and the right health environment including access to health services.

The nutrition program is one of the essential programs available at Health Center. Nutrition programs aim to overcome individual nutritional problems and improve the nutritional status of the community in accordance with available resources. Nutrition services at Puskesmas consist of nutrition service activities inside the building and outside the building. Nutrition services in the building are generally individualized, can be in the form of promotive, preventive, curative, and rehabilitative services. Activities inside the building also include planning nutrition service programs that will be carried out outside the building (Juniar et al., 2019).

The purpose of this study is to see the description of the achievement of the Nutrition program in the posyandu of the Pasie Raya puskesma work area, the nutrition program is implemented by conducting guidance / counseling on the implementation of posyandu in the village of Pasie Raya puskesma work area.

2. RESEARCH METHODS

The research was conducted in the Pasie Raya sub-district / Pasie Raya Health Center working area. The target of this study was all posyandu participants in each village in the Pasie Raya sub-district / Pasie Raya Health Center working area consisting of 14 villages. Posyandu data collection and nutritional results were taken at the Pasie Raya Health Center located in Pasie Raya sub-district, Aceh jaya district. The data taken is documentation data. Documentation according to Sugiyono (2015) is a method used to obtain data and information in the form of books, archives, documents, written figures and images in the form of reports and information that can support research. Documentation is used to collect data and then reviewed. The method used in this research is Descriptive qualitative method.

3. RESULTS AND DISCUSSION
3.1. Research Results

Table 1. Number of Toddlers

No	Village Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Total
1	Pulo Tinggi	28	28	28	28	28	28	28	28	28	34	32	318
2	Alue Krueng	38	38	38	38	38	38	38	38	38	41	40	423
3	Pasie Teube	71	71	71	71	71	71	71	71	71	72	72	783
4	Timpleung	27	27	27	27	27	27	27	27	27	32	34	309
5	Krueng Beukah	28	28	28	28	28	28	28	28	28	26	28	306
6	Tuwi Kareung	57	57	57	57	57	57	57	57	57	69	67	649
7	Lhok Guci	34	34	34	34	34	34	34	34	34	33	31	370
8	Tuwi Priya	62	62	62	62	62	62	62	62	62	57	59	674
9	Bintah	50	50	50	50	50	50	50	50	50	54	53	557
10	Alue Punti	24	24	24	24	24	24	24	24	24	22	22	260
11	Ceurace	23	3	23	23	23	23	23	23	23	25	25	257
12	Alue Jang	43	43	43	43	43	43	43	43	43	42	42	471
13	Buket Kemuneng	18	18	18	18	18	18	18	18	18	28	26	216
14	Sarah Raya	36	36	36	36	34	34	34	34	34	35	37	386
15	Total	539	539	539	539	537	537	537	537	537	570	495	5906

Table 2. Number of Toddlers Who Have KMS / KIA Book

No	Village Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Total
1	Pulo Tinggi	26	28	28	28	28	28	28	28	28	34	32	316
2	Alue Krueng	39	38	38	38	38	38	38	38	38	41	40	424
3	Pasie Teube	105	71	71	71	71	71	71	71	71	72	72	817
4	Timpleung	25	27	27	27	27	27	27	27	27	32	34	307
5	Krueng Beukah	28	28	28	28	28	28	28	28	28	26	28	306
6	Tuwi Kareung	50	57	57	57	57	57	57	57	57	69	67	642
7	Lhok Guci	35	34	34	34	34	34	34	34	34	33	31	371
8	Tuwi Priya	65	62	62	62	62	62	62	62	62	57	59	677
9	Bintah	44	50	50	50	50	50	50	50	50	54	53	551
10	Alue Punti	21	24	24	24	24	24	24	24	24	22	22	257
11	Ceurace	21	23	23	23	23	23	23	23	23	25	25	255
12	Alue Jang	54	43	43	43	43	43	43	43	43	42	42	482
13	Buket Kemuneng	18	18	18	18	18	18	18	18	18	28	26	216
14	Sarah Raya	35	36	36	36	34	34	34	34	34	35	37	385
	Total	539	539	539	539	537	537	537	537	537	570	495	5906

Table 3. Weighing of Toddlers

No	Village Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Total
1	Pulo Tinggi	26	28	28	28	28	28	28	28	28	29	29	308
2	Alue Krueng	39	31	31	31	31	31	31	31	31	23	39	349
3	Pasie Teube	105	59	59	59	59	59	59	59	59	59	59	695
4	Timpleung	25	27	27	27	27	27	27	27	27	29	32	302
5	Krueng Beukah	28	28	28	28	28	28	28	28	28	24	28	304
6	Tuwi Kareung	50	57	57	57	57	57	57	57	57	68	66	640
7	Lhok Guci	35	33	33	33	33	33	33	33	33	32	30	361
8	Tuwi Priya	65	62	62	62	62	62	62	62	62	57	59	677
9	Bintah	44	46	46	46	46	46	46	46	46	44	44	500
10	Alue Punti	21	24	24	24	24	24	24	24	24	22	22	257
11	Ceurace	21	23	23	23	23	23	23	23	23	22	25	252
12	Alue Jang	54	42	42	42	42	42	42	42	42	42	41	473
13	Buket Kemuneng	18	18	18	18	18	18	18	18	18	0	36	198
14	Sarah Raya	35	33	33	33	33	33	33	33	33	33	36	368
	Total	566	511	511	511	511	511	511	511	511	484	546	5684

3.2. Discussion

The number of children under five years of age who were targeted in nutrition guidance/nutrition counseling in the posyandu/work area of Pasie Raya Health Center during the period January-November 2023 was 6,006 spread over 14 villages in the Pasie Raya sub-district, Aceh Jaya District. While the number of toddlers who have KMS / KIA books in the posyandu / Pasie Raya Puskesma work area during the period January-November 2023 is .6006.

While the number of toddlers who were weighed at the posyandu / work area of Pasie Raya Puskesma during the period January-November 2023 was 5,684 out of a total of 6,006 toddlers. These results indicate that there were 358 toddlers who did not weigh at the time of the posyandu. I will show the comparison in the following table:

Table 4. Comparison of Data on the Results of Nutrition Coaching/Counseling

No	Component	Total
1	Number of Toddlers	6.006
2	Has KMS / KIA book	6.006
3	Weighed toddlers	5684

$$P = \frac{Toddlers\ weighed}{Total\ number\ of\ Toodler} x100$$

$$P = \frac{5684}{6006} x10$$

$$= 95\%$$

From the results of the data comparison, it can be concluded that the achievement of the nutritional guidance / counseling program at the posyandu of the Pasie Raya Health

Center working area located in Pasie Raya District, Aceh Jaya Regency is 95% successful and in accordance with the specified description.

4. CONCLUSION

Based on the results of class action research that has been carried out, it can be concluded as follows, the number of toddlers targeted in nutrition coaching / nutrition counseling in posyandu / Pasie Raya Health Center working area during the January-November 2023 period is 6,006 spread over 14 villages in Pasie Raya sub-district, Aceh Jaya Regency, and the achievement of the nutrition coaching / counseling program in the posyandu of the Pasie Raya Health Center working area located in Pasie Raya District, Aceh Jaya Regency 95% has been successful and in accordance with the specified picture.

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