

GAMBARAN DUKUNGAN KELUARGA TERKAIT PENCEGAHAN STUNTING PADA IBU HAMIL DI PUSKESMAS GADANG HANYAR KOTA BANJARMASIN TAHUN 2024

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INTISARI

Latar Belakang: Stunting adalah masalah yang serius dan harus segera ditangani agar angka stunting bisa mengalami penurunan sesuai dengan anjuran dari WHO. Upaya pemerintah dalam penurunan stunting yaitu pelaksanaan program pencegahan stunting dengan intervensi gizi sensitif dan spesifik. Pencegahan stunting harus dilakukan sejak ibu hamil memasuki trimester pertama dan pencegahan stunting ini juga dapat dilakukan melalui dukungan keluarga sebagai *support system* yang diberikan kepada ibu hamil. Dukungan keluarga sangat dibutuhkan karena ketika dalam masa kehamilan seorang ibu hamil mengalami perubahan psikis dan fisik selama menjalani proses kehamilan.

Tujuan: Mendeskripsikan dukungan keluarga terhadap pencegahan stunting pada ibu hamil

Metodologi: Penelitian deskriptif kuantitatif dengan Populasi adalah ibu hamil berjumlah 60 responden dan sampel yang digunakan sebanyak 53 responden. Teknik sampling menggunakan *accidental sampling* dan instrumen penelitian menggunakan kuesioner dukungan keluarga yang berisikan 20 pernyataan yang diukur dengan menggunakan skala *likert*. Analisa data yang digunakan adalah analisis univariat (analisis persentase).

Hasil: Sebanyak 30 responden (57%) mendapatkan dukungan keluarga yang cukup, sebanyak 16 responden (30%) mendapatkan dukungan keluarga yang kurang dan sebanyak 7 responden (13%) mendapatkan dukungan keluarga yang baik.

Kesimpulan: Mayoritas dukungan keluarga terkait pencegahan stunting pada ibu hamil di Puskesmas Gadang Hanyar Kota Banjarmasin adalah kategori cukup.

Kata Kunci: Dukungan Keluarga; Ibu hamil; Pencegahan; Stunting.

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OVERVIEW OF FAMILY SUPPORT REGARDING STUNTING PREVENTION IN PREGNANT WOMEN AT THE GADANG HANYAR HEALTH CENTER, BANJARMASIN CITY, 2024

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ABSTRAK

Background: Stunting is a serious problem and must be addressed immediately so that the stunting rate can decrease in accordance with WHO recommendations. The government's efforts to reduce stunting include implementing a stunting prevention program with sensitive and specific nutritional interventions. Stunting prevention must be carried out since pregnant women enter the first trimester and stunting prevention can also be done through family support as a support system provided to pregnant women. Family support is really needed because during pregnancy a pregnant woman experiences psychological and physical changes during the pregnancy process.

Purpose: To describe family support for preventing stunting in pregnant women.

Methodology: Quantitative descriptive research with a population of 60 pregnant women and a sample of 53 respondents. The sampling technique used accidental sampling and the research instrument used a family support questionnaire which contained 20 statements which were measured using a Likert scale. The data analysis used is univariate analysis (percentage analysis).

Results: As many as 30 respondents (57%) received sufficient family support, as many as 16 respondents (30%) received insufficient family support and as many as 7 respondents (13%) received good family support.

Conclusion: The majority of family support related to preventing stunting in pregnant women at the Gadang Hanyar Community Health Center, Banjarmasin City is in the sufficient category.

Keywords: Family support; Pregnant women; Prevention; Stunting.

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