

PENGALAMAN IBU DENGAN BALITA STUNTING
DI WILAYAH KERJA PUSKESMAS SUKASARI
KABUPATEN SUMEDANG

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ABSTRAK

Fenomena stunting masih menjadi masalah serius bagi balita, Di wilayah kerja Puskesmas Sukasari menurut data yang ada masih terdapat sekitar 133 balita stunting. Stunting adalah suatu kondisi dimana balita menderita kekurangan gizi dalam jangka waktu yang lama, yang dapat menyebabkan gagal pertumbuhan dimana tinggi badan lebih pendek dari usia nya. Penelitian ini menggunakan metode penelitian kualitatif, desain fenomenologis dengan pendekatan studi deskriptif kualitatif, pendekatan ini merupakan cara untuk menjelaskan dan memahami pengalaman manusia. Pada penelitian partisipan diberikan pertanyaan kemudian peneliti mencatat jawaban yang diberikan oleh partisipan. Lalu dilakukan analisis, interpretasi, dan penjelasan tergantung pada situasi masalah yang muncul. Penelitian ini dilaksanakan pada bulan Juni 2024 - Agustus 2024 di Wilayah kerja Puskesmas Sukasari. Partisipan dalam penelitian ini berjumlah 8 orang dan proses wawancara dilakukan di rumah partisipan dengan waktu yang telah disepakati. Dari hasil penelitian, didapatkan 5 tema yaitu : 1) kondisi ibu saat hamil, 2) kondisi bayi saat lahir, 3) asupan makanan, 4) PMT (pemberian makanan pendamping ASI), dan 5) PHBS (perilaku hidup bersih dan sehat). Kata Kunci : *BBLR* (Berat Badan Lahir Rendah), *PMT* (Pemberian Makanan Tambahan, Stunting

***MOTHER'S EXPERIENCE WITH A STUNTING TODDLER
IN THE WORKING AREA OF THE SUKASARI HEALTH CENTER
SUMEDANG DISTRICT***

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ABSTRACT

The phenomenon of stunting is still a serious problem for toddlers. In the Sukasari Community Health Center working area, according to existing data, there are still around 133 stunted toddlers. Stunting is a condition where a toddler suffers from malnutrition for a long period of time which can cause growth failure where his height is shorter than his age. This research uses qualitative research methods, phenomenological design with a qualitative descriptive study approach, this approach is a way to explain and understand human experience. In research, participants are asked questions and then the researcher records the answers the participants give. Then analysis, interpretation and explanation are carried out depending on the problem situation that arises. This research was carried out in June 2024 – August 2024 in the work area of the Sukasari Community Health Center. There were 8 participants in this research and the interview process was carried out at the participant's home at the agreed time. From the research results, 5 themes were obtained, namely: 1) mother's condition during pregnancy, 2) baby's condition at birth, 3) food intake, 4) PMT (complementary feeding), and 5) PHBS (clean and healthy living behavior).

Keywords: Low Birth Weight, Supplementary Feeding, Stunting