

# Mutu program gerakan masyarakat hidup sehat di Kabupaten Soppeng dan Kabupaten Luwu Utara tahun 2019 = Quality of the healthy community movement program in Soppeng and North Luwu Districts in 2019

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## Abstrak

Program Germas telah disosialisasikan sejak tahun 2017, namun pelaksanaannya belum optimal. Penelitian ini bertujuan untuk menganalisis mutu program Germas di tinjau dari peranan komponen input, proses, output di Kabupaten Soppeng dan Kabupaten Luwu Utara Tahun 2019. Penelitian ini menggunakan metode kualitatif dengan disain RAP. Pengumpulan data dilakukan dengan wawancara mendalam kepada pengambil kebijakan kemudian FGD dengan pelaksana program dan masyarakat, observasi terhadap sarana dan prasarana serta telaah dokumen. Informan dalam penelitian ini berjumlah 38 orang. Analisis data yang digunakan adalah analisis tematik. Hasil penelitian menunjukkan bahwa mutu program Germas di Kabupaten Soppeng belum baik sedangkan di Kabupaten Luwu Utara sebagian besar komponen sudah baik. Namun demikian untuk kedua kabupaten, sumber daya manusia belum memadai, ketersediaan sarana dan prasarana belum mencukupi, ketersediaan dana sudah cukup, dan sudah ada Surat Edaran tentang Germas di Kabupaten Soppeng dan Kabupaten Luwu Utara. Perencanaan dan pengorganisasian dalam pelaksanaan Germas belum berjalan dengan optimal di Kabupaten Soppeng. Pelaksanaan Germas berupa aktivitas fisik senam telah dilaksanakan baik, namun kegiatan peregangan di tempat kerja pelaksanaannya belum konsisten dan konsumsi buah sayur belum maksimal pada kedua kabupaten. Khusus untuk cek kesehatan belum dilaksanakan secara rutin di Kabupaten Soppeng sementara di Kabupaten Luwu Utara sudah ada jadwal pemeriksaan kesehatan untuk seluruh SKPD. Pemantauan dan evaluasi program Germas belum efektif di Kabupaten Soppeng maupun di Kabupaten Luwu Utara. Kabupaten Soppeng perlu melakukan pertemuan untuk membentuk forum koordinasi pelaksanaan program Germas. Diharapkan kedua kabupaten mengalokasikan sumber daya manusia sesuai kebutuhan. Melakukan sosialisasi kebijakan Germas kepada lintas program dan lintas sektor. Menyusun perencanaan kegiatan Germas yang disesuaikan dengan sasaran dan target pelaksanaan serta mengkoordinasikan dengan lintas program dan lintas sektor terkait. Memantau pelaksanaan kegiatan Germas secara rutin dan berkala setiap enam bulan. Mengevaluasi kegiatan Germas secara rutin dan berkala setiap tahunnya untuk menjamin peningkatan mutu penyelenggaraan program Germas.

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The Germas program has been socialized since 2017, but the implementation has not been optimal. This study aims to analyze the quality of the Germas program in terms of the role of input, process, output components in Soppeng and North Luwu Districts in 2019. This study uses a qualitative method with the RAP design. Data collection is done by in-depth interviews with policy makers then FGD with program implementers and the community, observing the facilities and infrastructure and document review. The informants in this study were 38 people. Analysis of the data used is thematic analysis. The results showed that the quality of the Germas program in Soppeng District was not good, while in North Luwu District most of the components were good. However, for both districts, human resources have not been adequate, the

availability of facilities and infrastructure is insufficient, the availability of funds is sufficient, and there have been Circular Letters about Germas in Soppeng and North Luwu Districts. Planning and organizing in the implementation of Germas has not run optimally in Soppeng District. The implementation of Germas in the form of physical activity in gymnastics has been carried out well, but the stretching activities in the workplace have not been consistent and vegetable fruit consumption has not been maximized in the two districts. Especially for health checks it has not been routinely implemented in Soppeng District while in North Luwu Regency there is already a schedule of health checks for all SKPD. Monitoring and evaluation of the Germas program has not been effective in Soppeng or in North Luwu Districts. Soppeng District needs to hold a meeting to form a forum for coordinating the implementation of the Germas program. It is expected that the two districts will allocate human resources as needed. Disseminating Germas policy to cross programs and across sectors. Arrange planning of Germas activities that are tailored to the targets and targets of implementation as well as coordinate with cross-program and across related sectors. Monitor the implementation of Germas activities regularly and periodically every six months. Evaluate regular and periodic Germas activities every year to ensure the quality improvement of the Germas program.