

## Pengalaman Kader Kesehatan Melakukan Pendampingan Balita Stunting di Kota Depok = Experience of Health Cadres Providing Stunting Assistance in Depok City

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### Abstrak

Prevalensi stunting di Indonesia masih cukup tinggi. Indonesia telah menerapkan berbagai upaya dalam pencegahan dan penurunan stunting namun belum optimal. Kota Depok merupakan kota yang berhasil menurunkan angka stunting. Salah satu intervensi penanganan stunting adalah pemberian pelayanan gizi berbasis masyarakat dan promosi kesehatan. Kader kesehatan berperan dalam upaya pendampingan balita stunting. Penelitian ini bertujuan untuk mengeksplorasi pengalaman kader kesehatan dalam melakukan pendampingan stunting di Kota Depok. Penelitian ini merupakan penelitian kualitatif dengan pendekatan fenomenologi. Partisipan yang terlibat di dalam penelitian ini yaitu 10 kader kesehatan. Metode analisis penelitian ini menggunakan analisis tematik. Berdasarkan data analisis yang dilakukan diperoleh 7 tema yaitu alasan menjadi kader, pemahaman kader terhadap stunting, tugas kader pendamping balita stunting, hambatan dan kendala kader dalam pendampingan stunting, respon kader dalam pendampingan balita stunting, manfaat pendampingan balita stunting, dan dukungan kader pendamping balita stunting. Kader kesehatan perlu mendapatkan peningkatan kapasitas melalui bimbingan dan pemantauan perawat untuk melakukan pendampingan balita stunting di komunitas.

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The prevalence of stunting in Indonesia is still quite high. Indonesia has implemented various efforts to prevent and reduce stunting, but not optimal. Depok city is a city that has succeeded in reducing stunting rates. One intervention to handle stunting is the provision of community-based nutrition services and health promotion. Health cadres play a role in efforts to assist stunting toddlers. This research aims to explore the experiences of health cadres in providing stunting assistance in Depok City. This research is qualitative research with a phenomenological approach. The participants involved in this research were 10 health cadres. This research's analytical method uses thematic analysis. Based on the data analysis carried out, 7 themes were obtained, namely the reasons for becoming a cadre, the cadre's understanding of assisting stunting toddlers, the duties of cadres accompanying stunting toddlers, obstacles and obstacles for cadres in assisting stunting, cadre responses in assisting stunting toddlers, the benefits of assisting stunting toddlers, and cadre support in companion for stunting toddlers. Health cadres need to increase their capacity through guidance and monitoring of nurses to assist stunting toddlers in the community.