

## **Implementation of a Program for Improving Nutrition for Toddler in Sei Kasih Village, Bilah Hilir District, Labuhan Batu District**

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### **Abstract**

This research was conducted in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency, to determine the implementation of a nutrition improvement program for toddlers in the area. The implementation of the nutritional improvement program for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency is still not optimal. This is because there are still several problems, namely the provision of additional food (PMT) which is charged, there are still posyandu cadres who do not understand about providing additional food and the facilities are inadequate. Village budget funds amount to Rp. 7,800,000 per year is used to pay salaries for toddler posyandu cadres and additional food consumption. However, these funds are still insufficient because toddlers' visits to posyandu are erratic. This research uses qualitative methods with data collection techniques including observation, interviews and documentation. The data analysis techniques include data reduction, data presentation and drawing conclusions. The results of the research show that there are still children who are malnourished, and other problems are the lack of guidance and lack of communication between posyandu cadres and parents of toddlers. There are 2 nutrition improvement programs implemented, namely toddler health service activities and providing additional food. This research hopes to contribute to improving the nutritional quality of children under five in the region.

**Keywords:** Program Implementation, Nutrition Improvement, Toddlers, Health Services, Providing Additional Food

### **Abstrak**

Penelitian ini dilakukan di Desa Sei Kasih Kecamatan Bilah Hilir Kabupaten Labuhan Batu untuk mengetahui pelaksanaan program peningkatan gizi balita di daerah tersebut. Pelaksanaan program peningkatan gizi balita di Desa Sei Kasih Kecamatan Bilah Hilir Kabupaten Labuhan Batu masih belum optimal. Hal ini dikarenakan masih terdapat beberapa permasalahan yaitu pemberian Makanan Tambahan (PMT) yang dibebankan, masih adanya kader posyandu yang belum memahami tentang pemberian makanan tambahan dan sarana prasarana yang belum memadai. Dana APBDes sebesar Rp. 7.800.000,- per tahun digunakan untuk membayar gaji kader posyandu balita dan konsumsi makanan tambahan. Namun dana tersebut masih kurang karena kunjungan balita ke posyandu tidak menentu. Penelitian ini menggunakan metode kualitatif dengan teknik pengumpulan data meliputi observasi, wawancara dan dokumentasi. Teknik analisis data meliputi reduksi data, penyajian data dan penarikan simpulan. Hasil penelitian menunjukkan bahwa masih terdapat anak balita yang mengalami gizi buruk, dan permasalahan lainnya yaitu kurangnya pembinaan dan kurangnya komunikasi antara kader posyandu dengan orang tua balita. Program peningkatan gizi yang dilaksanakan ada 2 yaitu kegiatan pelayanan kesehatan balita dan pemberian makanan tambahan. Penelitian ini diharapkan dapat memberikan kontribusi dalam peningkatan kualitas gizi balita di wilayah tersebut.

**Kata Kunci:** Pelaksanaan Program, Peningkatan Gizi, Balita, Pelayanan Kesehatan, Pemberian Makanan Tambahan

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## **INTRODUCTION**

One of the main programs of the Health Service Community Health Center is a nutrition improvement program. The program includes improving educational nutrition, preventing energy and

protein deficiencies, iron deficiency anemia, calcium deficiency disorders (IDD), vitamin A deficiency, increasing nutritional sources and efforts to improve nutrition for the community and children under five.

According to Health Law Number 36 of 2009 concerning Nutrition, the aim of efforts to improve nutrition is to improve the nutritional quality of individuals or society as a whole. This goal can be achieved through improving food consumption patterns, better nutritional awareness behavior, as well as increasing access and quality of nutrition and health services in line with advances in technology and science.

The nutrition improvement program regulated in Law Number 36 of 2009 concerning Health is one of the programs intended to achieve the above goals and objectives. The aim of this program is to improve the nutritional quality of society and individuals. Meeting nutritional needs will be achieved through the provision of high quality and professional health services in every health facility in Indonesia. Apart from that, Presidential Regulation of the Republic of Indonesia Number 83 of 2017 concerning Strategic Food and Nutrition Chapter II Article 8 regulates programs to improve community nutrition. This policy includes improving food nutrition, establishing special requirements regarding food composition to increase the nutritional content of certain foods in question and improving nutrition for pregnant women, toddlers, teenagers and groups vulnerable to nutritional problems.

In improving the nutrition of toddlers who experience malnutrition, reducing the death rate on duty and responsibility to the Regency/City government. Therefore, the implementation of the nutrition improvement program for malnourished toddlers was carried out in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency. Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency has implemented a nutrition improvement program from 2020 until now. So it needs to be done/supported by the role of parents in accompanying children who experience malnutrition every month.

In the implementation of improving malnutrition in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency, there are still children with malnutrition status. In 2021, there will be 10 toddlers experiencing malnutrition, in 2022 there will be 5 people experiencing malnutrition and in 2023 there will be 15 toddlers experiencing malnutrition.

Sei Kasih Village is one of the villages that provides health services to toddlers, known as toddler posyandu, which aims to monitor the growth and development of toddlers and overcome health problems in toddlers, which is carried out once a month by toddler posyandu cadres and community health center officers.

The implementation of the nutrition improvement program for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency, has been conceptually implemented well if seen from the ongoing nutrition improvement program. There are several things that make the implementation of the nutritional improvement program for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu

Regency not optimal, due to several inhibiting factors, including the provision of additional food (PMT) which is free of charge, there are still posyandu cadres who do not understand about the provision of additional food. (PMT), low levels of guidance and lack of communication between posyandu cadres and parents of toddlers as well as inadequate facilities.

Another problem is the lack of guidance and lack of communication between posyandu cadres and parents of toddlers, additional food given by posyandu cadres must be purchased at a price of IDR 3,000/plastic, additional food given by posyandu cadres should be free of charge or free. The additional food provided by posyandu cadres is very varied, such as green bean porridge, watermelon, pudding and others, however the food provided by posyandu cadres does not comply with the guidebook for Providing Supplementary Food (PMT) and there are still posyandu cadres who still do not understand the problem. Providing quality supplementary food (PMT).

## **METHODS**

### ***Research Location***

Researchers took the location in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency as the research location, because based on initial observations it was found that there were still children who experienced malnutrition every year.

### ***Research Approach***

In this research, the author used a descriptive qualitative approach. Qualitative research is data that can be presented and produces descriptive data in the form of written or spoken words from people and behavior that has been observed.

### ***Data Collection Technique***

#### **Observation**

Observation is a data collection technique that can be carried out through systematic observation and recording of symptoms that appear on the research object (Mukhatazar, 2012: 46).

Observation is looking at the elements that are visible in the symptoms of research subjects systematically. Researchers make observations by looking at and recording research objects (Widoyoko, 2014: 46).

Researchers use this observation technique to observe and record natural events. There are three types of observation, namely: participant observation, system observation and experimental observation. This observation method allows researchers to gain an accurate understanding of how nutrition improvement programs are implemented.

In general, observation is a technique that is not based on a pre-arranged plan but rather is an observation process that occurs when going directly to the research location. In this research, what was

observed was the implementation of a nutritional improvement program for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency.

### **Interview**

An interview is a type of two-way communication that occurs between two people, namely the person who asks questions and the person who answers them. An interview is a meeting between two or more people conducted through questions and answers to exchange ideas and information that can provide meaning on a particular topic. Researchers used interviews with reliable informants or sources to collect data for this research. Sugiyono (2012).

In this research, of course, the researcher will go directly to the research location, namely in Sei Kasih Village, the researcher will conduct direct question and answer questions based on several questions that have been prepared for informants by participating in elderly posyandu activities or visiting them directly. as well as community health center officers and cadres and apparatus who work in the Keuchik's office and who are related to the issues raised in this research. Usually the informants selected are people who have direct experience of this problem, namely Keuchik, Village Midwives, Cadres, Health Officers from Community Health Centers and the community.

### **Documentation**

Documentation is a method of collecting qualitative data by viewing or analyzing documents created by the subject himself or others about the subject. According to Sugioyono (2020:329) documents are records of events that have passed. These documents can be in the form of writing, images or scientific works. The documents are in the form of written diaries, life stories, stories, biographies, regulations and policies. Apart from that, documents are in the form of images such as photos, live drawings, sketches. In this research, the documentation that researchers use includes photos of activities, drawings, activity notes, regulations and data needed by researchers.

### ***Data Analysis Techniques***

Data analysis techniques are the process of systematically searching and compiling data that has been obtained from interviews, observations and documentation by organizing the data into categories, describing it in units, synthesizing it, arranging it in patterns, choosing what is important and what is not. need to be studied (Sugiyono, 2013). The following are the data analysis techniques used in this research, namely:

### **Data Reduction Stage**

In connection with the fact that the data collected from field observations is very large, Sugiyono (2012:247) suggests that notes should be carried out thoroughly. How long researchers stay in the field determines the amount of data they obtain. Therefore, data must be reduced to make it clearer and easier to understand. This means selecting and summarizing important information and focusing on the most

important information according to themes, titles and patterns. Data reduction will make it easier to collect subsequent data and search for data when needed.

### **Data Presentation Stage (Data Display)**

After the data has been reduced, the data presentation stage is carried out. In qualitative research, data presentation must be concise, clear, graphic and show relationships between categories and the like. Narrative texts are most often used in qualitative research. According to Milles and Huberman (Sugiyono, 2012:249).

Data presentation is the arrangement of data or information that has been obtained from a survey in a systematic manner according to the planned discussion. The aim is to make it easier to read and draw conclusions. There are times when using interview techniques, there are open questions (questions whose answers are left to the informant), but the number of questions is not large and they are only treated as complements.

### **Verification And Drawing Conclusions**

According to Milles and Huberman in Sugiyono (2012:252), drawing conclusions is the final step in analyzing qualitative data. After all the data has been collected, the final stage of taking important notes is called the conclusion. Here, researchers must be responsive and understand what is being researched in the field by compiling all the reasons and consequences when data collection is carried out. In conclusion, this is not permanent and can change at any time. Preliminary conclusions can be called if supporting evidence is found at the next stage of data collection. However, if the initial conclusion is accompanied by valid evidence when the researcher returns to collect all the data, then the initial conclusion can be considered credible and valid.

## **RESULTS AND DISCUSSION**

### ***Implementation of the Nutrition Improvement Program for Toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency***

Implementation is a series of steps or actions taken to achieve goals that have been agreed upon by the relevant parties or policy makers and carried out within a certain period of time which can be carried out by individuals, groups, government entities or the private sector.

The implementation of the nutrition improvement program for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency, has been conceptually implemented well if seen from the ongoing nutrition improvement program.

There are several things that make the implementation of the nutritional improvement program for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency not optimal, due to several inhibiting factors, including the provision of additional food (PMT) which is free of charge, there are still

posyandu cadres who do not understand about the provision of additional food. (PMT), low levels of guidance and lack of communication between posyandu cadres and parents of toddlers as well as inadequate facilities.

In describing the phenomena in the field related to the implementation of nutritional improvement programs for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency, namely the Edward III model (in Widodo, 2012: 97) the factors that influence policy implementation, namely Communication, Human Resources, Sumbet Financial Power and Disposition.

Based on findings in the field, the nutrition improvement program for toddlers implemented in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency is:

### **Toddler Health Service Activities**

Posyandu is a government program that provides basic health services for pregnant women and toddlers. Toddler health services through posyandu activities, namely:

#### **1. Toddler Weighing**

One of the very important activities for monitoring the growth and development of children aged 0-59 months in posyandu activities is body weight measurement which is carried out routinely every month by posyandu cadres.

Weighing at the posyandu is very important to determine the growth and development of toddlers, especially the development of toddlers' weight each month. Based on the health center guidebook, it is stated that toddlers' weight should increase by 0.5 kg/month. However, based on findings in the field, the development of toddlers' weight each month is not optimal. Because there are still children who gain excess weight, children who are underweight and children who never gain weight. Based on the number of toddlers who attended the posyandu activities, there were 70 people. 64 children under normal weight (92%), 5 people (7%) were underweight and 1 person (1%) was at risk of.

#### **2. Measuring the Toddler's Height**

One very important health service is measuring the height of toddlers in posyandu activities. This helps monitor the growth and development of toddlers and discover toddler growth problems such as stunting.

Measuring toddler height. This is done to monitor the growth and development of toddlers, especially the development of toddlers' height, whether there is an increase in height or vice versa. The World Health Organization (WHO) says that the ideal toddler height for boys aged 1 year is 72-78cm, girls 70-78cm. However, the results of the researchers' findings say that the increase in toddler height is still not optimal or ideal. Because there are still children who exceed the ideal height and children who do not experience an increase in height. Based on the number of toddlers present, there

were 70 people. There were 66 toddlers with normal height (94%), 2 people with short height (3%) and 2 people with very short height (3%). This results in an imbalance between the height of the toddler and the age of the toddler.

### 3. Giving Vitamin A

Providing Vitamin A to toddlers is an effort made by the government to address nutritional problems. Children who lack vitamin A are susceptible to various diseases and infections. By administering vitamin A, which contains various essential substances, nutrients will complete the nutritional needs required by the body, especially for children. If children do not have adequate nutritional intake, they will be at risk of stunting. Vitamin A is given once every 6 months.

Based on interviews with informants, it shows that vitamin A is only given during posyandu activities. Parents who do not take their children to the posyandu do not get the vitamin A provided by the puskesmas. So they cannot consume vitamin A. If there are children who are not present when giving vitamin A, they should be told to go to the community health center themselves, so that the toddler can get Vitamin A.

### **Providing Supplementary Food (PMT)**

The Supplementary Feeding Program (PMT) is an effort to improve the nutritional status of the community, especially in nutritionally vulnerable groups, such as pregnant women, toddlers and school children. The Supplementary Feeding Program (PMT) aims to meet the nutrition of the target group and prevent stunting and malnutrition among children under five through focused and measurable nutritional interventions. This program is expected to have a positive impact on the health and welfare of the community by prioritizing a participatory approach.

Based on the results of interviews with informants, the author describes that the provision of additional food is a nutritional improvement program for toddlers through posyandu activities. Posyandu cadres always provide additional food for toddlers who visit the posyandu. The food provided by posyandu cadres varies greatly. However, this additional food must be purchased at a price of Rp. 3000/plastic.

Based on the results of observations and interviews with several informants, the research results can be described which are then linked to the Grand Theory of Policy Implementation according to Edward III. In this research, the focus is only on communication and human resources, final resources and dispositions.

#### 1. Communication

Communication must contain three elements, namely clarity, transmission and consistency. This can be seen from the socialization activities, the clarity of the contents of the socialization has not been able to change community awareness and participation in bringing their children to

posyandu. Based on the findings in the field, posyandu officers and cadres have not been able to communicate well with the community, especially parents of toddlers, according to their duties and responsibilities as posyandu cadres. The pattern of delivery of nutrition improvement programs carried out by posyandu cadres is via Facebook alone, no other delivery methods are used. Therefore, special training is needed for posyandu cadres to be able to provide good service and communication to the community.

## 2. Human Resources

Human resources are an important factor in the success of policy implementation. Here the researcher draws conclusions from the findings in the field that human resources or policy implementers are adequate. This can be seen from the availability of community health center officers, village midwives and posyandu cadres, but in terms of the resources for implementing the program, the cadres do not meet the qualifications to become cadres. Because they only graduated from elementary school, middle school and high school, they don't understand the importance of health. Sei Kasih Village has asked for quality human resources from the Labuhan Batu District Health Service, but the Labuhan District Health Service has not followed up on the application. Implementors in producing or providing additional food do not comply with the guidebook for Providing Supplementary Food (PMT) provided by the community health center. In implementing the nutritional improvement program for toddlers through posyandu activities, the facilities provided are still inadequate and village officials have not taken action against these inadequate facilities. So, in implementing nutrition improvement programs through posyandu activities, they still use minimal facilities.

## 3. Financial Resources

One of the important factors to support the success of a policy implementation. Sei Kasih Village allocates village budget funds for posyandu activities. Where the village always provides funds for providing additional food for toddlers amounting to Rp. 150,000/month and pays posyandu cadres a salary of Rp. 100,000/person. Posyandu activities in this village never received budget funds from the community health center or health service. Puskesmas only provides local supplementary food for toddlers who experience malnutrition and malnutrition. So the budget funds for these activities are not enough.

## 4. Disposition

The disposition in implementing the nutrition improvement program for toddlers through posyandu activities is still less than optimal. Where the posyandu cadres are adequate, but do not meet the qualifications regarding the program so they lack the ability and understanding to implement the program properly, especially in providing additional food for toddlers. Posyandu cadres were

once reprimanded by the puskesmas for providing additional food that should not be given to toddlers. Posyandu cadres also lack responsibility in carrying out nutritional improvement programs for toddlers through posyandu activities.

## **CONCLUSION**

From the results of the research and discussion regarding the Implementation of the Nutrition Improvement Program for Toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency, the researchers can draw the following conclusions: The implementation of the nutrition improvement program for toddlers in Sei Kasih Village, Bilah Hilir District, Labuhan Batu Regency has not been running smoothly. to the maximum. This is because there are several inhibiting factors in the implementation of the elderly posyandu. However, in its implementation there are 2 programs carried out in posyandu activities, namely toddler health service activities which consist of weighing toddlers, measuring toddlers' height, providing vitamin A and the Supplementary Feeding Program (PMT).

It is hoped that puskesmas officers and elderly posyandu cadres will provide good and quality additional food in accordance with the guidebook for providing additional food. It is also hoped that elderly posyandu cadres can increase their active role and increase awareness of parents of toddlers about how important it is to attend posyandu toddlers for the health of toddlers.

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