

ABSTRAK

PERAN POSYANDU REMAJA DALAM UPAYA PENCEGAHAN PENYAKIT TIDAK MENULAR (PTM) DI DESA BANGSA KECAMATAN KEBASEN KABUPATEN BANYUMAS TAHUN 2024

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Latar Belakang: Penyakit Tidak Menular (PTM) menjadi ancaman kesehatan yang meningkat di kalangan remaja akibat gaya hidup tidak sehat. Besarnya dampak akibat PTM menjadikan upaya pencegahan sejak usia muda penting untuk dilakukan, salah satu upaya yang dilakukan adalah melalui program Posyandu Remaja. Tujuan penelitian ini adalah untuk menggambarkan peran posyandu remaja dalam upaya pencegahan penyakit tidak menular (PTM) di Desa Bangsa, Kecamatan Kebasen, Kabupaten Banyumas.

Metode: Penelitian dilakukan di Desa Bangsa pada bulan September 2024 - Januari 2025, melibatkan sejumlah delapan informan utama berupa kader posyandu remaja. Informan pendukung yaitu dua peserta posyandu remaja, satu bidan desa, dan satu petugas puskesmas. Metode penelitian yang digunakan adalah metode kualitatif deskriptif dengan teknik pengambilan data wawancara mendalam. Analisis data yang digunakan adalah analisis tematik dan keabsahan data nya menggunakan triangulasi sumber dan metode.

Hasil: Posyandu Remaja di Desa Bangsa memiliki peran sebagai motivator, edukator, fasilitator, dan konselor dalam pencegahan PTM. Kader memberikan edukasi tentang anemia, diabetes melitus, dan pola hidup sehat. Posyandu melakukan pemantauan kesehatan melalui pemeriksaan antropometri dan tekanan darah yang dilakukan rutin setiap bulannya. Kader juga melakukan kerja sama dengan pihak-pihak lain untuk mendukung berjalannya kegiatan posyandu remaja.

Kesimpulan: Peran posyandu remaja Desa Bangsa dalam pencegahan PTM ditunjukkan dengan kegiatan yang terlaksana seperti pemeriksaan kesehatan, edukasi, konseling, dan senam. Namun kegiatan edukasi dan konseling terkait PTM masih terbatas. Sehingga diharapkan kegiatan posrem dioptimalkan dengan memperluas topik materi mengenai PTM yang berisiko pada remaja dan dilaksanakan secara rutin setiap bulan.

Kata kunci: *peran posyandu remaja; pencegahan ptm; remaja*

ABSTRACT

THE ROLE OF YOUTH POSYANDU IN PREVENTING NON-COMMUNICABLE DISEASES (NCD) IN BANGSA VILLAGE KEBASEN DISTRICT BANYUMAS REGENCY 2024

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Background: Non-Communicable Diseases (NCDs) are an increasing health threat among teenagers due to unhealthy lifestyles. The large impact of NCDs makes it important to carry out prevention efforts from a young age, one of the efforts made is through the Youth Posyandu program. The aim of this research is to describe the role of youth posyandu in efforts to prevent non-communicable diseases (PTM) in Bangsa Village.

Methodology: : The research was conducted in Bangsa Village in September 2024 - January 2025, involving eight main informants in the form of youth posyandu cadres. Supporting informants were two youth posyandu participants, one village midwife, and one community health center officer. The research method used is a descriptive qualitative method with in-depth interview data collection techniques. The data analysis used is thematic analysis and the validity of the data uses triangulation of sources and methods.

Research Results: The Youth Posyandu in Bangsa Village has a role as a motivator, educator, facilitator and counselor in preventing NCDs. Cadres provide education about anemia, diabetes mellitus and healthy lifestyles. Posyandu carries out health monitoring through anthropometric and blood pressure checks which are carried out routinely every month. Cadres also collaborate with other parties to support the running of youth posyandu activities.

Conclusion: The role of the Bangsa Village youth posyandu in preventing NCDs is demonstrated by the activities carried out such as health checks, education, counseling and exercise. However, education and counseling activities related to PTM are still limited. So it is hoped that posrem activities will be optimized by expanding the material topics regarding NCDs that pose a risk to teenagers and will be carried out regularly every month.

Keywords: *Youth Posyandu; preventing NCD's; adolescence*