

ABSTRAK

GENERASI BEBAS STUNTING (GBS): KAJIAN PEMBERDAYAAN RELAWAN SEBAGAI UPAYA PENCEGAHAN STUNTING DI INDONESIA

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Latar Belakang: Prevalensi stunting di Indonesia masih tinggi di angka 21,5% pada tahun 2022. Prevalensi stunting yang tinggi di Indonesia berdampak pada status kesehatan, produktivitas, dan pertumbuhan ekonomi. Perlu adanya upaya intervensi gizi sensitif dengan pemberdayaan komunitas untuk mempercepat penurunan stunting. Penelitian ini bertujuan untuk mengkaji bagaimana pemberdayaan relawan pada program Generasi Bebas Stunting (GBS) sebagai upaya pencegahan stunting di Indonesia.

Metodologi: Penelitian dilakukan dengan menggunakan desain penelitian kualitatif dengan pendekatan fenomenologi di Kantor Indorelawan secara daring pada September 2024 – November 2024. Subyek penelitian terdiri atas 5 informan utama yaitu relawan aktif GBS serta 4 informan pendukung yaitu 3 kader posyandu dan 1 pengelola GBS, penentuan informan menggunakan teknik *purposive sampling*, Analisis data kualitatif menggunakan analisis tematik melalui aplikasi NVivo 12.

Hasil Penelitian: Hasil menunjukkan bahwa aspek kemitraan relawan berupa pemberian pelatihan dapat meningkatkan keterampilan relawan, mengkondisikan program aman dan tanpa diskriminasi, serta mendukung relawan berkontribusi. Sementara pada aspek kontribusi relawan meliputi relawan memiliki kemampuan, memperoleh pelatihan, mengembangkan diri, dan memiliki ketertarikan melanjutkan keterlibatan dalam upaya pencegahan stunting.

Kesimpulan: Aspek kemitraan relawan oleh GBS dan aspek kontribusi relawan yang berperan dalam pemberdayaan relawan terjadi pada program GBS.

Kata Kunci: Pemberdayaan Relawan, Pencegahan Stunting, GBS

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ABSTRACT

GENERASI BEBAS STUNTING (GBS): A STUDY OF VOLUNTEER EMPOWERMENT AS AN EFFORT TO PREVENT STUNTING IN INDONESIA

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Background: As of 2022, the prevalence of stunting in Indonesia remains high at 21,5%. This issue significantly affects health, productivity, and economic growth. To address this, empowering communities are necessary to accelerate the reduction of stunting rates. This study aims to examine how volunteer empowerment within the Generasi Bebas Stunting (GBS) contributes to the stunting prevention in Indonesia.

Methodology: A qualitative phenomenological design was conducted in Indorelawan through online, from September 2024 to November 2024 with subject consisted of 5 main informants and 4 supporting informants obtained using purposive sampling. Qualitative data were analyzed thematically using NVivo 12 software.

Result: The results show that the volunteer partnership aspect in the form of providing training can improve volunteer skill, ensure the program safe and non-discriminatory, and also encourages volunteers to make meaningful contributions. Additionally, the volunteers contribution aspect includes volunteers having the skills, receiving training, developing themselves, and having an interest in remaining involved in stunting prevention.

Conclusion: The volunteer partnership by GBS and the volunteer contribution aspect reflect forms of volunteer empowerment within the program, playing a crucial role in stunting prevention in Indonesia.

Keywords: Volunteer empowerment, Stunting Prevention, GBS

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