

Implementation Of Nutrition Program Management On Changes In Stunting Rates In Tandrauw Regency

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ABSTRACT

Stunting is still a global national and regional problem. This study aims to determine the implementation of nutrition management on stunting rates in Tandrauw Regency. This research is qualitative and uses a case study approach. The informants of 25 people were taken by purposive sampling. Data was collected through in-depth interviews and document reviews. The study results found that the implementation of nutrition program management on stunting rates in Tandrauw Regency based on the input elements in terms of quantity and quality, money, and method is still lacking; while the material has been sufficient. Aspects of the management function, and planning have been running, but do not involve the nutrition staff of the health center; Organizing and controlling are not carried out according to operational instructions. The output of the implementation of nutrition programs on stunting rates is still far from the national target.

INTRODUCTION

Based on data from the Indonesian Nutrition Status Survey in 2021, the stunting prevalence rate in West Papua Province is 26.2% and will increase to 30% in 2022. This figure puts West Papua in second place out of all Indonesia. The prevalence of stunting in Sorong Regency is 28.7% with an estimated number of stunting 689 children under five, Tambrauw Regency is 39.6% with an estimated number of stunted children under five as many as 682 children, Tambrauw Regency has the highest number of stunting cases of all districts in West Papua Province (SSGI, 2021) (SSGI, 2022).

The seriousness of the Indonesian government to deal with the problem of stunting has been outlined in Presidential Regulation Number 42 of 2013 concerning the National Movement for the Acceleration of Nutrition Improvement which then underpinned the establishment of stunting prevention programs in 100 districts/cities in Indonesia in 2017 (Maulana., et al., 2021).

Based on the presidential regulation, the stunting prevention program has been implemented in the Basic Technical Implementation Unit or Puskesmas under the Tambrauw Regency Health Office (Tambrauw Regency Health Office, 2022). Even though it has been implemented, the prevalence of stunting in Tambrauw Regency is still high. To answer the question of what is wrong with the stunting prevention program in Tambrauw Regency, why has the implementation program been implemented but the stunting rate is still high. Based on the above, this research was conducted. This study aims to find out how the implementation of the nutrition program is to change the stunting rate in Tambrauw Regency.

THEORETICAL OVERVIEW

Management Definition

Management comes from the Latin word manager which means to handle. Management is translated into Indonesian as management or management (Sulaeman, E.S., 2014). Management is a process in which the implementation of a goal is organized and supervised or an effort to achieve a desired goal by creating a favorable work environment (Koontz and O'Donnell) (Vanchapo et al., 2022).

Implementation of Nutrition Program Management

The implementation of nutrition program management is to carry out a series of nutrition program management activities in the form of essential nutrition services at health centers such as community nutrition coaching. In the implementation of nutrition program management, the Health Center is a technical implementation unit at the basic level of the City/District Health Office. Nutrition services at health centers are essential public health efforts, such as Community Nutrition Development (Irma Yunawati et al., 2023).

The characteristics of the Implementation of Nutrition Program Management are that all elements in the system function and form a unit, cooperate, open to the environment to achieve the same goals that have been set and planned.

There are many types of parts or elements of the system. The elements of the management system according to Sulaiman E.S., (2014) are grouped into seven elements, namely Input in the form of man (human resources) is a group of people who work in an organization that has a different karsa, image, and sense (Sroyer 2016). *Money*: Money is needed in every activity of the organization. *Materials*(materials, facilities, and infrastructure); Material elements in management are vital because with materials, they can be transformed into results. Machine (machine or equipment/technology) can ease and facilitate the implementation of work. The method is a way to carry out activities to achieve a goal. Market and Marketing (market and marketing) that is the market is the public as a whole, while what is the product is in the form of services and *services (service)*. Minute/Time is time-related to the period of implementation of programs and activities as well as the effectiveness, efficiency, and productivity of work (Sulaeman, E.S., 2014).

METHODOLOGY

The type of research is qualitative with a case study approach. 25 informants were taken using the purposive sampling technique. Data was collected using in-depth interview methods, document review, observation. The data is presented in the form of quotas.

RESEARCH RESULTS

Method

The method used in the implementation of the nutrition program is to provide local food that will be processed by the health center into food given to families at risk of stunting.

"... Raw materials or cooked ingredients we share in children ehh for two weeks approximately..." (informant 01)

"...the provision of PMT specifically for stunting children is usually carried out for ninety days, sir." (informant 02)

"... giving additional food every .." (informant 03)

Facilities and Infrastructure

The facilities and infrastructure as a whole, the facilities and infrastructure owned by each health center are quite adequate. unless the Syujak Health Center does not have a computer for e-PPBGM reporting. And for the Kebar Health Center, the facilities and infrastructure are still lacking.

"Still lacking" (informant 03)

"The facilities and infrastructure are already there, the laptops are already there.....for the nutrition, the room is also there if the infrastructure is more or less enough" (informant 01).

"Use a private motorcycle, no official vehicle, damaged car" (Informant 04)

Planning

Stunting handling and prevention activities are contained in the Activity Proposal and Health Service Plan of the health center. For the Selemkai health center, the Activity Proposal Plan and Health Service Plan are still in Kimbun, so they think for themselves how to deal with it. Meanwhile, for the five health centers, it was stated that the handling and prevention of stunting cases had been included in each Activity Proposal Plan of the health center.

"... Eee Before making the plan, we held a cross-sectoral meeting with EHH the district government, the village government, after that, we met ourselves at the health center again to prepare the plan." (informant 02).

"Not yet, sir, if we have Lokakarya Mini in the health center, sir, only if we have not crossed sectors....yes, it has not run yet) (informant 01)

DISCUSSION

The results of the study found that the quantity of health human resources is not sufficient in terms of manpower standards, especially for nutrition workers in Puskesmas. The results of this study are not in accordance with the mandate of the Minister of Health Regulation 43 of 2019 concerning Public Health Centers regarding Puskesmas manpower standards. (Ministry of Health, 2019). The results of this study are the same as the research conducted by Wihelmus (2019) in that in terms of quantity, the number of nutrition workers available at the Oepi Health Center is not enough (Doren Wihelmus, et al; 2019). In addition, Arum's research (2022) also stated the same thing that Puskesmas in Demak Regency still experiences a shortage of stunting program implementation officers (Arumi et al, 2022).

Health Human Resources is a key component to drive health development. (Ministry of Health, 2021). Based on Law of the Republic of Indonesia No. 17. Health is a key component of the success of an organization. The limitations in terms of the quantity of human resources of nutrition workers at the six stunting loci in Tandrauw Regency can hinder the smooth implementation of nutrition programs in an effort to prevent and reduce stunting rates in Tandrauw Regency. This shows that in general, the quantity of human resources is an important input in the implementation of management to the implementation of a program's policy.

Efforts that must be made include increasing the number of nutrition workers with a minimum D3 nutrition education background. Forming a working group/work team consisting of health workers and non-health workers (Adisasmito 2007). Making a mapping of the reach of service areas at the puskesmas level from easily accessible to hard-to-reach areas. Make a map of the distribution of the population/nutrition program targets.

Health Human Resources is a key component to drive health development. Health Human Resources plays a role in increasing awareness, willingness, and ability to live a healthy life for everyone to realize an optimal degree of health (Ministry of Health of the Republic of Indonesia, 2013). Nutrition

workers in health centers are one of the key components to realizing optimal public health nutrition quality, including efforts to prevent and reduce stunting rates.

The results of the study show that in terms of the quality of human resources, nutrition workers in Tambrauw Regency are still lacking. The results of the study show that in terms of the quality of human resources, nutrition workers in Tambrauw Regency are still lacking in terms of the ability to understand regulations, guidelines, and technical instructions for the implementation of nutrition programs, including technical instructions for the implementation of stunting prevention and reduction both nationally and regionally (Tambrauw Regency). The same thing was found by Isbat et al (2020) at the Kalumpang Health Center, Central Ternate District, Ternate City, that the human resource element in terms of the quality of health center nutrition officers is still lacking so it has an impact on the achievement of nutrition programs. Thus, it is necessary to increase the expertise of nutrition officers in the form of training to support the implementation of nutrition service programs and activities as well as the ability to use digital recording and reporting applications (EPPGBM application).

Money is the most important element to achieve goals besides the human factor. Money is needed in every human activity to achieve its goals, especially in the implementation of management; because everything is calculated in a rational way, namely taking into account how much labor must be paid, how many tools must be purchased, transportation costs, and how much results are obtained from an institution (Susatyo (2016) in Sroyer).

In terms of budget, the source of budget for the health center comes from the National Health Insurance, Operational Assistance, and Special Autonomy, but the budgeting is still considered insufficient when compared to the breadth of the service range, transportation costs are very high because there is no regular transportation so they have to use vehicle rental.

The methods or methods carried out by health center nutrition workers in efforts to prevent and handle stunting are still oriented towards measuring and weighing targets and providing additional food only. Meanwhile, the provision of Exclusive Breast Milk, the provision of blood supplement tablets routinely for adolescent women, pregnant women, and postpartum mothers, continues to monitor and provide education on the implementation of Clean and Healthy Living Behaviors, not routinely implemented.

So that in the implementation of management from the aspect of the method, it was found that nutrition officers did not fully understand the technical instructions for the implementation of efforts to handle and reduce stunting; as stated by the Ministry of Health which reads, in addition to the fulfillment of animal protein, there are several things that can be done to minimize the potential for stunting in children, including providing exclusive breast milk to babies up to 6 months old, monitoring the child's development and bringing it to the posyandu periodically, regularly consuming Blood Tablets, providing nutritious and rich animal protein Complementary Foods for Breast Milk. for babies over 6

months old and continue to apply clean and healthy living behaviors (Ministry of Health, 2022)

Supposedly, good work methods and in accordance with existing guideline standards, can make workers, in this case health center nutrition workers, understand and easily carry out their activities, and complete their work properly and on time (effectively) (Handoko, et al., 2023).

Planning activities for the prevention and handling of stunting in Tambrauw Regency have been carried out, including programs derived from the Health Office which are mandatory from the center. This is evidenced by the existence of the Activity Proposal Plan and Health Service Plan planning documents at the health center level. However, in the planning process at the health center level, most of the nutrition workers are not involved.

The results of this study are in line with the Minister of Health Regulation No. 44 of 2016 concerning the Management of Health Centers, that the Activity Proposal Plan and Health Service Plan document is one of the planning documents in the health center. Even though the planning process is not in accordance with the good health center management cycle and the planning and budgeting cycle in the regions.

The results of this study found that only the Yembun Health Center was able to carry out the organizing process properly. Meanwhile, the other 5 health centers have not been able to carry out the organizing process properly. This can be proven by the frequent change of nutrition personnel, activities that do not have scheduled documents, and pre-activity meetings that are not carried out; including mini workshop activities. Organizing is a step to determine, classify, and regulate various kinds of activities, and assign the main tasks and authorities by the leadership to the staff in order to achieve organizational goals (A. A. Gde Muninjaya, 2004:74).

The supervision process is still very lacking. This is evidenced by the implementation of mini-workshops as a standard in monitoring activities that are comprehensive in the health center. Although in the results of the interview, it was explained by the main informant and key informant that the mini workshop activities were carried out; However, documentary evidence in the form of attendance lists, meeting minutes, and recommendations for Lokakarya mini results cannot be shown.

In the implementation of the acceleration of stunting reduction, monitoring is an important thing whose results can be a tool to monitor the progress of program implementation, improve the quality of activities/interventions implemented, ensure efficiency, effectiveness, and accountability, and become a medium for continuous learning.

Monitoring is defined as a continuous function that aims to provide information to management, program/activity managers, or stakeholders both about indications of progress/progress, as well as stagnation/obstacles encountered in the process of implementing interventions or achieving intervention objectives. Monitoring itself is the process of observing and tracking changes systematically and continuously from the initial condition (before the intervention is carried out), developments during the implementation of

activities/interventions to accelerate stunting reduction, identification of problems found along with their anticipatory steps towards the expected results, measuring progress in achieving targets using indicators (analysis and comparison of indicators) that have been set so that corrective action can be taken as early as possible maybe.

The findings of this study have shown that monitoring/monitoring activities in stunting prevention and handling activities in 6 stunting loci in Tambrauw Regency have not been based on the policy direction referring to Presidential Decree No. 72 of 2021 concerning the Acceleration of Stunting Reduction (TPPSN, 2022).

CONCLUSIONS

1. The implementation of nutrition program management is based on input elements, namely man (manpower/human resources) in terms of quantity and quality, funding and methods are still lacking; while materials (facilities and infrastructure) have been sufficient.
2. The implementation of nutrition program management based on management functions: planning is already a month.
3. running, but does not involve nutrition workers of the health center; organizing and controlling are not carried out according to the guidelines for stunting prevention and control.
4. The output of the implementation of the nutrition program based on the results of the Indonesia Health Survey is still far from the national target. The results of the 2022 SSGI show that the stunting rate is 39.1% and the results of the 2023 Indonesian Health Survey are 31.8%.

RECOMMENDATIONS

1. For the Health Office, re-socialize the guidelines for stunting prevention and prevention for nutrition workers at health centers and across related sectors.
2. Conducting recording and reporting training activities for health center nutrition staff
3. Conduct evaluations at least 4 times a year to control the development of stunting prevention and control activities at the health center level, especially at the stunting locus.
4. It is necessary to provide supporting facilities and infrastructure such as operational motorcycles in stages for health centers to support services in the field.

ADVANCED RESEARCH

It is necessary to conduct further research on the implementation of nutrition program management with the type of quantitative research, because this research is limited to qualitative data only and is not accompanied by quantitative data. It is hoped that with the type of quantitative research so that it can be known that the portrait of the implementation of the nutrition program management is complete and measurable.

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