

## ABSTRAK

### **Hubungan peran kader dengan kemandirian ibu mengolah PMT dalam upaya penanggulangan balita stunting di Wilayah Kerja Puskesmas Menanga Kabupaten Flores Timur**

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Puskesmas Menanga menerapkan salah satu kegiatan yang dilakukan adalah dengan kegiatan Pemberian Makanan Tambahan (PMT) bagi balita yang mengalami *stunting*. Pelaksanaan kegiatan PMT dilakukan selama 90 hari dengan pendampingan oleh PKK Desa dan Kader Posyandu melibatkan ibu dari anak stunting untuk melaksanakan kegiatan PMT dengan tujuan agar setelah PMT selama 90 hari, ibu-ibu dapat melanjutkan menu dan cara pengolahan PMT di rumah. Namun masih banyak ibu yang belum bisa mengolah PMT jika tidak didampingi oleh kader. Tujuan penelitian ini adalah untuk mengetahui hubungan peran kader dengan kemandirian ibu mengolah PMT dalam upaya penanggulangan balita stunting. Desain penelitian ini adalah analitik korelasi dengan pendekatan *cross sectional*. Populasi adalah seluruh ibu yang mempunyai balita stunting di Wilayah Kerja Puskesmas Menanga Kabupaten Flores Timur sebanyak 244 orang. Teknik sampling menggunakan *cluster random sampling* sehingga didapatkan 150 sampel. Instrumen menggunakan kuesioner yang disebarakan langsung ke responden. Analisis data menggunakan uji Spearman Rho. Hasil penelitian menunjukkan peran kader hampir seluruhnya baik yaitu sebanyak 119 orang (79,3%), kemandirian ibu mengolah PMT dalam upaya penanggulangan balita stunting sebagian besar mandiri yaitu 106 orang (70,7%), dan hasil uji Spearman Rho menunjukkan  $pvalue=0,000$  dan koefisien korelasi 0,467, sehingga ada hubungan antara peran kader dengan kemandirian ibu mengolah PMT dalam upaya penanggulangan balita stunting di Wilayah Kerja Puskesmas Menanga Kabupaten Flores Timur dengan kekuatan sedang. Peran kader yang baik dapat mempengaruhi ibu mandiri mengolah PMT dalam upaya penanggulangan balita stunting karena dengan adanya pendampingan kader, ibu dapat mengetahui bagaimana mengolah PMT yang benar.

**Kata Kunci:** kader, kemandirian, *stunting*

## **ABSTRACT**

### **The relationship between the role of cadres and the independence of mothers in processing PMT in efforts to overcome stunting in toddlers in the Menanga Health Center Work Area, East Flores Regency**

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The Menanga Health Center implements one of the activities carried out by providing additional food (PMT) for toddlers who experience stunting. The implementation of PMT activities is carried out for 90 days with assistance from the Village PKK and Posyandu Cadres involving mothers of stunted children to carry out PMT activities with the aim that after PMT for 90 days, mothers can continue the menu and how to process PMT at home. However, there are still many mothers who cannot process PMT if they are not accompanied by cadres. The purpose of this study was to determine the relationship between the role of cadres and the independence of mothers in processing PMT in efforts to overcome stunting in toddlers. The design of this study was correlation analytic with a cross-sectional approach. The population was all mothers who had stunted toddlers in the Menanga Health Center Work Area, East Flores Regency, totaling 244 people. The sampling technique used cluster random sampling so that 150 samples were obtained. The instrument uses a questionnaire that is distributed directly to respondents. Data analysis used the Spearman Rho test. The results showed that the role of cadres was almost entirely good, namely 119 people (79.3%), the independence of mothers in processing PMT in efforts to overcome stunting toddlers was mostly independent, namely 106 people (70.7%), and the results of the Spearman Rho test showed a p-value = 0.000 and a correlation coefficient of 0.467, so there is a relationship between the role of cadres and the independence of mothers in processing PMT in efforts to overcome stunting toddlers in the Menanga Health Center Work Area, East Flores Regency with moderate strength. The role of good cadres can influence mothers to independently process PMT in efforts to overcome stunting in toddlers because with the assistance of cadres, mothers can know how to process PMT correctly.

**Keywords: cadres, independence, stunting**