

Wader dan Kader Unggul: Inovasi Pengelolaan MPASI Berbahan Ikan Wader dan Teknik Penyuluhan yang Berfokus pada Pengembangan Kemampuan Kader Posyandu

(Wader and Proficient Cadres: Innovation in Complementary Feeding Management Using Wader Fish and Training Techniques Focused on Enhancing Posyandu Cadres' Competencies)

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ABSTRAK

Program “*Wader dan Kader Unggul: Inovasi Pengelolaan MPASI Berbahan Dasar Ikan Wader dan Teknik Penyuluhan yang Berfokus pada Pengembangan Kemampuan Kader Posyandu*” dirancang untuk meningkatkan kapasitas kader Posyandu di Desa Ngambarsari, Karangtengah, Wonogiri, melalui pendekatan *Resource-Based View* (RBV) dan komunikasi kolaboratif. Program ini memanfaatkan potensi lokal, seperti ikan wader yang melimpah, untuk mencegah stunting. Kegiatan pelatihan meliputi pengolahan MPASI berbasis ikan wader, budidaya cabai, kewirausahaan sosial, *public speaking*, dan konseling gizi. Sebanyak 75 kader Posyandu dari 15 dusun, bidan desa, tenaga Puskesmas, dan masyarakat setempat berpartisipasi aktif, dengan total kehadiran peserta 267 orang. Hasil program menunjukkan peningkatan pengetahuan dan keterampilan kader dalam pengelolaan MPASI serta promosi kesehatan, yang mendorong perubahan pola konsumsi masyarakat dengan penambahan protein hewani dan sayuran. Program ini juga menghasilkan keluaran strategis berupa video tutorial, leaflet, artikel ilmiah, publikasi media massa, dan modul pelatihan. Untuk keberlanjutan, program ini mengintegrasikan kerjasama dengan pemimpin lokal, Puskesmas, kelompok tani, dan nelayan, didukung pendanaan dari kepala desa dan swadaya masyarakat. Pengembangan produk MPASI berbasis ikan wader difasilitasi bersama kader Posyandu, bidan desa, dan ahli gizi Puskesmas. Pendekatan RBV dan komunikasi kolaboratif terbukti efektif dalam memanfaatkan sumber daya lokal, memperkuat kapasitas kader, dan meningkatkan penerimaan masyarakat terhadap intervensi kesehatan. Strategi ini memberikan potensi solusi berkelanjutan dalam mengatasi stunting di wilayah pedesaan. Penelitian lanjutan diperlukan untuk mengevaluasi dampak jangka panjang program ini.

Kata kunci: MPASI ikan wader, kader Posyandu, pencegahan stunting, *Resource-Based View*, komunikasi kolaboratif

ABSTRACT

The “*Wader and Skilled Cadres: Innovation in Complementary Feeding Management Using Wader Fish and Training Techniques Focused on Enhancing Posyandu Cadres' Competencies*” program was designed to enhance the capacity of Posyandu cadres in Ngambarsari Village, Karangtengah, Wonogiri, through a *Resource-Based View* (RBV) approach and collaborative communication. This program leveraged local resources such as abundant wader fish to prevent stunting. Training activities included wader-based complementary feeding (MPASI) preparation, chili cultivation, social entrepreneurship, public speaking, and nutrition counseling. A total of 75 Posyandu cadres from 15 hamlets, village midwives, healthcare workers from the local Puskesmas, and community members participated actively, with a total attendance of 267 participants. The program outcomes indicated significant improvements in cadres' knowledge and skills in managing complementary feeding and promoting health, leading to changes in community dietary patterns through the incorporation of animal protein and vegetables. Strategic outputs from the program include tutorial videos, leaflets, scientific articles, media publications, and training modules. To ensure sustainability, the program established collaborations with local leaders, Puskesmas, farmer groups, and fishermen, supported by funding from village heads and community self-help initiatives. The development of wader-based MPASI products has been facilitated in partnership with Posyandu cadres, village midwives, and Puskesmas nutritionists. The RBV approach and collaborative communication proved effective in utilizing local resources, strengthening cadres' capacities, and increasing the community acceptance of health interventions. This strategy offers a sustainable solution to address stunting in rural areas. Further research is required to evaluate the long-term effects of this program.

Keywords: Wader fish-based complementary feeding, Posyandu cadres, stunting prevention, *Resource-Based View*, collaborative communication