

Pendampingan Masyarakat Nelayan di Pesisir Kabupaten Cirebon dalam Pencegahan Stunting

(Supporting Coastal Fishing Communities in Cirebon Regency in Stunting Prevention)

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ABSTRAK

Stunting masih menjadi salah satu permasalahan gizi utama di Indonesia yang berdampak jangka panjang terhadap kualitas sumber daya manusia. Kegiatan "Pendampingan Masyarakat Nelayan di Pesisir Kabupaten Cirebon dalam Pencegahan Stunting" dirancang sebagai strategi intervensi berbasis edukasi gizi, kesehatan dan pola asuh balita yang disesuaikan dengan karakteristik sosial-budaya masyarakat pesisir. Kegiatan ini bertujuan untuk meningkatkan pengetahuan, sikap, dan praktik masyarakat pesisir dalam pencegahan stunting melalui edukasi gizi, kesehatan dan pola asuh anak. Kegiatan dilaksanakan pada tanggal 18 – 19 September 2025 yang melibatkan 58 ibu balita dan 20 kader Posyandu. Pelatihan kepada ibu balita dan kader posyandu dilengkapi dengan kuesioner pre-test dan post-test yang telah diuji validitas dan reliabilitasnya. Lebih dari separuh ibu memiliki balita laki-laki (53,4%). Mayoritas usia balita berkisar antara 2–5 tahun dengan rata-rata 4 tahun 9 bulan. Sebagian besar ibu berpendidikan menengah (SMP–SMA) dan bekerja sebagai ibu rumah tangga. Terjadi peningkatan signifikan pada skor pengetahuan ($p=0.003$), sikap ($p=0.048$), dan praktik ($p=0.018$) setelah pelatihan pada ibu balita, sedangkan pada kader peningkatan signifikan hanya tampak pada skor pengetahuan ($p<0.001$) dan praktik ($p=0.002$). Strategi intervensi berbasis edukasi gizi, kesehatan dan pola asuh balita kepada ibu dan kader Posyandu, masyarakat pesisir Kabupaten Cirebon dapat meningkatkan pengetahuan, sikap dan praktik gizi. Kegiatan perlu dilakukan secara berkelanjutan agar berdampak terhadap pencegahan stunting.

Kata kunci: gizi, kesehatan, pendidikan, pengasuhan anak, *stunting*

ABSTRACT

Stunting remains a major nutritional problem in Indonesia, with long-term consequences for the quality of human resources. The activity "Mentoring Fishing Communities on the Coast of Cirebon Regency in Stunting Prevention" is designed as a nutrition, health, and parenting education-based intervention strategy tailored to the socio-cultural characteristics of coastal communities. This activity aims to increase the knowledge, attitudes, and practice of coastal communities in preventing stunting through nutrition, health, and parenting education. The activity was held on September 18-19, 2025, involving 58 mothers of under-five children and 20 Posyandu cadres. Training for mothers of under-five children and Posyandu cadres is equipped with pre-test and post-test questionnaires that have been tested for validity and reliability. More than half of the mothers had male toddlers (53.4%). The majority of toddlers were 2–5 years, with an average age of 4 years and 9 months. Most mothers had secondary education (junior high school – high school) and were housewives. There was a significant increase in knowledge ($p=0.003$), attitudes ($p=0.048$), and practices ($p=0.018$) scores after training for mothers of under-five children, while for Posyandu cadres, a significant increase was only seen in knowledge ($p<0.001$) and practice ($p=0.002$) scores. A nutrition, health, and childcare education-based intervention strategy for mothers, Posyandu cadres, and coastal communities in Cirebon Regency can improve nutrition knowledge, attitudes, and practices. These activities need to be carried out sustainably to have an impact on stunting prevention.

Keywords: education, health, nutrition, parenting, stunting