



SEMINAR NASIONAL HASIL PENGABDIAN MASYARAKAT

JUDUL TULISAN:

STRATEGI OPTIMALISASI POTENSI DAERAH DAN PENINGKATAN LITERASI SADAR GIZI PADA MASYARAKAT LEBOSARI MELALUI PROGRAM SEGANTING (OPTIMIZING REGIONAL POTENTIAL AND IMPROVING NUTRITIONAL LITERACY IN THE LEBOSARI COMMUNITY THROUGH THE SEGANTING PROGRAM)

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Abstrak

Stunting merupakan kondisi di mana tinggi badan seseorang lebih rendah dibandingkan dengan mayoritas individu dalam kelompok usia yang sama disebabkan masalah gizi. Tingkat stunting yang cukup banyak di desa Lebosari mengindikasikan adanya tantangan signifikan terhadap kesadaran gizi dan potensi sumber daya daerah yang belum dimanfaatkan sepenuhnya. Dalam rangka mengatasi permasalahan ini, program SEGANTING diimplementasikan sebagai solusi yang dapat secara simultan meningkatkan pemahaman tentang gizi dan mengoptimalkan potensi desa. Program ini mencakup berbagai inisiatif termasuk inovasi pangan, Pojok gizi warga, dan bazar UMKM Desa Lebosari. Melalui tahapan Discovery, Dream, Design, serta Destiny yang melibatkan partisipasi aktif masyarakat, program SEGANTING dapat memberikan kontribusi pada peningkatan yang signifikan dalam pemahaman masyarakat Desa Lebosari tentang kesadaran gizi dalam mencegah stunting yang didukung oleh optimalisasi potensi yang ada di desa. Terbukti Sebelum program dimulai, hasil pre-test menunjukkan bahwa rata-rata persentase jawaban yang benar adalah 40,33. Namun, setelah program diimplementasikan, terjadi peningkatan sebanyak 54%, dengan rata-rata persentase jawaban yang benar mencapai 88,00 pada post-test.

Kata kunci: Stunting; Potensi Desa; Seganting.

Abstract

Stunting is a condition where an individual's height is lower compared to the majority of individuals in the same age group due to nutritional issues. The relatively high prevalence of stunting in the Lebosari village indicates a significant challenge to nutritional awareness and the underutilized potential of local resources. To address this issue, the SEGANTING program has been implemented as a solution aimed at concurrently improving understanding of nutrition and optimizing the village's potential. This program encompasses various initiatives, including food innovations, community nutrition corners, and local SME (Small and Medium-sized Enterprises) bazaars in Lebosari village. Through the phases of Discovery, Dream, Design, and Destiny, which actively involve community participation, the SEGANTING program has contributed significantly to enhancing the Lebosari community's understanding of nutritional awareness in preventing stunting, complemented by the optimization of local resources. It is evident that before the program's initiation, the pre-test results indicated an average percentage of correct answers at 40.33%. However, after the program's implementation, there was a remarkable increase of 54%, with the average percentage of correct answers reaching 88.00% in the post-test.

Keywords: Stunting; Village Potential; Seganting.