

ABSTRAK

Asuhan Keperawatan Keluarga pada Anak Stunting Dengan Masalah Keperawatan
Manajemen Kesehatan Keluarga Tidak Efektif di Wilayah Kerja
UPTD Puskesmas Pekan Heran

Aura Zahwa Salsabilla¹, Yulianto², Elmukhsinur³.

Email: aura.zahwa.salsabilla@gmail.com

Program Studi Diploma III Keperawatan Di Luar Kampus Utama
Politeknik Kesehatan Kemenkes Riau

Stunting merupakan kondisi gagal tumbuh akibat kekurangan gizi kronis berdampak pada gangguan pertumbuhan fisik dan perkembangan kognitif anak. Data Puskesmas Pekan Heran menunjukkan jumlah anak stunting yaitu 303 anak pada Agustus 2025 dan 256 anak pada Februari 2026. Kondisi ini berpengaruh terhadap terjadinya masalah Manajemen Kesehatan Keluarga Tidak Efektif. Tujuan penelitian: Mendeskripsikan asuhan keperawatan keluarga pada anak stunting dengan masalah keperawatan manajemen kesehatan keluarga tidak efektif di wilayah kerja UPTD Puskesmas Pekan Heran. Metode penelitian: Deskriptif studi kasus pada satu keluarga dengan anak stunting, dilaksanakan 31 Maret-05 April 2026. Asuhan keperawatan dilakukan melalui tahap pengkajian, diagnosis, intervensi, implementasi dan evaluasi. Hasil penelitian: Keluarga mampu mengenal kesehatan anak stunting, aktivitas keluarga mengatasi stunting dan kesulitan keluarga menjalankan perawatan anak stunting membaik, namun status pertumbuhan anak belum optimal sehingga masalah teratasi sebagian. Pembahasan: Keluarga mengalami hambatan dalam mengenal masalah kesehatan, menjalankan perawatan dan memanfaatkan fasilitas kesehatan secara optimal. Kesimpulan: Setelah dilakukan penerapan asuhan keperawatan selama enam hari kunjungan, dukungan keluarga merencanakan keperawatan menunjukkan perbaikan kemampuan keluarga mengelola kesehatan anak, namun skrining pertumbuhan anak belum optimal, sehingga masalah manajemen kesehatan keluarga tidak efektif teratasi sebagian. Saran: Keluarga diharapkan menerapkan pengetahuan yang telah diberikan secara berkelanjutan untuk memantau pertumbuhan anak secara rutin.

Kata kunci: Asuhan Keperawatan Keluarga, Stunting, Manajemen Kesehatan Keluarga Tidak Efektif

ABSTRACT

Family Nursing Care for Children with Stunting with Ineffective Family Health Management Problems in the Working Area of UPTD Pekan Heran Community Health Center

Aura Zahwa Salsabilla¹, Yulianto², Elmukhsinur³.

Email: aura.zahwa.salsabilla@gmail.com

*Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the
Ministry of Health Riau*

Stunting is a condition of growth failure caused by chronic malnutrition, resulting in impaired physical growth and cognitive development in children. Data from Pekan Heran Public Health Center showed that the number of stunted children was 303 in August 2025 and 256 in February 2026. This condition contributes to the occurrence of the nursing problem of ineffective Family Health Management. Objective: To describe family nursing care for a child with stunting experiencing the nursing problem of ineffective Family Health Management in the working area of UPTD Pekan Heran Public Health Center. Method: This study used a descriptive case study involving one family with a stunted child, conducted from March 31 to April 5, 2026. Nursing care was provided through the stages of assessment, nursing diagnosis, intervention, implementation and evaluation. Results: The family demonstrated improved ability to recognize the health problems associated with stunting, carry out family activities to address stunting and overcome difficulties in providing care for the child. However, the child's growth status remained suboptimal; therefore, the nursing problem was partially resolved. Discussion: The family experienced difficulties in recognizing health problems, providing appropriate care and utilizing health facilities optimally. Conclusion: After six days of nursing care visits, support for family care planning demonstrated improved family ability to manage the child's health. However, growth screening remained suboptimal; therefore, the nursing problem of ineffective Family Health Management was partially resolved. Recommendation: Families are expected to continuously apply the knowledge provided and monitor the child's growth regularly.

Keywords: Family Nursing Care, Stunting, Ineffective Family Health Management