

ABSTRAK

Ainus saadah. 210101080801. “Program Intervensi Gizi dan PHBS di Paud It Al Ihsan Banjarmasin”. Pembimbing Bidang Konten dan Metodologi dan Pembimbing Bidang Bahasa dan Teknik Penulisan pada Program Studi Pendidikan Islam Anak Usia Dini Fakultas Tarbiyah dan Keguruan UIN Antasari Banjarmasin. 2025.

Kata Kunci: Intervensi Gizi, PHBS, Anak usia dini.

Latar belakang Program intervensi gizi dan Perilaku Hidup Bersih dan Sehat (PHBS) di lingkungan pendidikan usia dini sangat penting dalam menciptakan lingkungan belajar yang sehat sekaligus mendukung tumbuh kembang anak secara optimal. PAUD IT Al-Ihsan Banjarmasin merupakan salah satu lembaga pendidikan yang berupaya membangun kebiasaan hidup sehat sejak dini. Lingkungan yang mendukung serta keterlibatan semua pihak, termasuk guru, tenaga kesehatan, dan orang tua, menjadi faktor penting dalam kesuksesan program tersebut.

Penelitian ini bertujuan untuk mengevaluasi pelaksanaan program intervensi gizi dan PHBS di PAUD IT Al-Ihsan Banjarmasin, guna mengetahui sejauh mana efektivitas program dalam membentuk kebiasaan hidup sehat pada anak-anak. Penelitian ini menggunakan pendekatan kualitatif bersifat deskriptif dengan metode studi lapangan dengan subjek guru kepala sekolah dan 2 guru kelas B. teknik pengumpulan data melalui wawancara, observasi, dan dokumentasi untuk memperoleh pemahaman yang mendalam mengenai pelaksanaan program. Teknik pengumpulan data dilakukan melalui observasi, wawancara, dan dokumentasi. Analisis data menggunakan model dari Miles dan Huberman yaitu pengumpulan data, reduksi data, penyajian data, penarikan kesimpulan atau verifikasi. Serta keabsahan data menggunakan triangulasi sumber, teknik dan waktu.

Hasil penelitian menunjukkan bahwa PAUD IT Al-Ihsan Banjarmasin telah berhasil menanamkan kebiasaan hidup sehat kepada anak-anak. Mereka terbiasa mencuci tangan sebelum dan sesudah makan, menjaga kebersihan diri, serta peduli terhadap kebersihan lingkungan. Sekolah juga secara konsisten menyediakan menu makanan bergizi dan seimbang setiap hari. Program ini berdampak positif terhadap kesehatan serta meningkatkan semangat dan fokus belajar anak.

ABSTRACT

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Keywords: Nutrition Intervention, PHBS, Early Childhood Education.

The implementation of nutrition intervention and Clean and Healthy Living Behavior (PHBS) Intervention Program in early childhood education environments is crucial in creating a healthy learning atmosphere and supporting the optimal growth and development of children. PAUD IT Al-Ihsan Banjarmasin is one such educational institution that strives to cultivate healthy habits from an early age. A supportive environment, along with the involvement of all parties including teachers, healthcare workers, and parents is a key factor in the success of this program.

This study aims to evaluate the implementation of the nutrition and Clean and Healthy Living Behavior (PHBS) intervention program at PAUD IT Al-Ihsan Banjarmasin, in order to determine the extent to which the program is effective in shaping healthy habits among children. This research employs a qualitative descriptive approach using a field study method, with the subjects consisting of the school principal and two class B teachers. Data collection techniques include observation, interviews, and documentation to gain an in-depth understanding of the program's implementation. The data collection was carried out through observation, interviews, and documentation. Data analysis was conducted using the Miles and Huberman model, which includes data collection, data reduction, data display, and drawing conclusions or verification. The validity of the data was ensured through triangulation of sources, techniques, and time.

The findings indicate that PAUD IT Al-Ihsan Banjarmasin has successfully instilled healthy living habits in the children. They routinely wash their hands before and after meals, maintain personal hygiene, and show concern for environmental cleanliness. The school also consistently provides nutritious and balanced meals daily. The program has had a positive impact on the children's health and has enhanced their enthusiasm and focus in learning.