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PENGEMBANGAN ALAT UKUR LINGKAR KEPALA "TOPI METRI" UNTUK BALITA USIA 12–36 BULAN SEBAGAI INOVASI PENGUKURAN ANTROPOMETRI DI POSYANDU

ABSTRAK

Latar belakang: Pemantauan pertumbuhan dan perkembangan anak balita merupakan bagian integral dari strategi kesehatan masyarakat yang bersifat promotif dan preventif. Dalam praktik di lapangan, pengukuran lingkar kepala pada balita sering menghadapi tantangan teknis dan psikososial. Inovasi "Topi Metri" merupakan bentuk adaptasi alat ukur antropometri yang belum pernah dikembangkan sebelumnya. Alat ini menggabungkan fungsi pengukuran dengan pendekatan visual dan emosional yang menarik bagi anak. Desain topi memungkinkan pengukuran dilakukan lebih cepat, akurat, dan tanpa menyebabkan anak merasa tertekan atau takut. Tujuan karya kinerja untuk menganalisis Pengembangan Alat Ukur Lingkar Kepala "Topi Metri" Untuk Balita Usia 12–36 Bulan sebagai Inovasi Pengukuran Antropometri Di Posyandu Desa Ruhui Rahayu, wilayah kerja Puskesmas Pimping Kalimantan Utara.
Hasil: Topi metri terbukti mempermudah kader dalam melakukan pengukuran dengan lebih akurat, cepat, dan disukai anak-anak karena bentuknya yang menyerupai topi biasa. Keberhasilan alat ini didorong oleh kebutuhan nyata di lapangan, keterlibatan aktif kader, serta dukungan teknis dari Puskesmas yang memperkuat adopsi inovasi di tingkat komunitas. Pengembangan topi metri selaras dengan teori User-Centered Design dan Diffusion of Innovations, serta diperkuat oleh bukti ilmiah yang menunjukkan validitas tinggi dan efisiensi alat ukur modifikasi. Topi metri mampu mengatasi kendala teknis dalam pengukuran lingkar kepala di posyandu, sekaligus menjadi solusi inovatif bagi keterbatasan alat dan keterampilan kader.
Saran: Melakukan pelatihan rutin bagi kader posyandu terkait penggunaan alat antropometri inovatif, serta interpretasi hasilnya.

Kata kunci: topi metri, antropometri, balita usia 12-36 bulan

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Development Of The "Topi Metri" Head Circumference Measuring Tool For Toddlers Aged 12–36 Months As An Anthropometric Innovation At Posyandu

Abstract

Background: *Monitoring the growth and development of toddlers is an integral part of public health strategies that are both promotive and preventive. In practice, head circumference measurement in toddlers often faces technical and psychosocial challenges. The "Topi Metri" innovation is a novel adaptation of anthropometric measuring tools that has not been previously developed. This tool combines measurement functionality with a visually and emotionally appealing approach for children. Its hat-like design allows measurements to be conducted more quickly, accurately, and without causing distress or fear in children. This performance work aims to analyze the development of the "Topi Metri" head circumference measuring tool for toddlers aged 12–36 months as an anthropometric measurement innovation at the Posyandu in Ruhui Rahayu Village, within the working area of Pimping Health Center, North Kalimantan.*
Results: *"Topi Metri" proved to facilitate cadres in performing measurements more accurately and quickly, and it is favored by children due to its resemblance to a regular hat. The success of this tool is driven by real field needs, the active involvement of health cadres, and technical support from the local health center, which enhances the adoption of innovation at the community level. The development of "Topi Metri" aligns with the User-Centered Design and Diffusion of Innovations theories and is supported by scientific evidence showing the high validity and efficiency of modified measurement tools. "Topi Metri" effectively addresses technical barriers in head circumference measurement at the Posyandu, while also serving as an innovative solution to equipment limitations and cadre skills.*
Suggestion: *Regular training should be provided to Posyandu cadres on the use of innovative anthropometric tools and how to interpret the results.*

Keywords: *topi metri, anthropometry, toddlers aged 12–36 months*