

## ABSTRAK

### **DIDO RISZKY PRATAMA, 21.04.248. Implementasi Program Permakanan Lanjut Usia Keluarga Tunggal di Kecamatan Cigugur Kabupaten Kuningan. Dibimbing oleh Kanya Eka Santi dan Diana.**

Peningkatan jumlah lanjut usia (Lansia) di Indonesia menimbulkan tantangan baru dalam pemenuhan kesejahteraan sosial, terutama bagi Lansia miskin dan terlantar. Pemerintah melalui Kementerian Sosial meluncurkan Program Permakanan Lanjut Usia Keluarga Tunggal sebagai salah satu bentuk intervensi rehabilitasi sosial untuk memenuhi kebutuhan dasar pangan, sekaligus sebagai bentuk penghormatan dan perlindungan sosial para Lansia. Penelitian ini bertujuan untuk mendapatkan gambaran empiris mengenai implementasi program Permakanan Lanjut Usia Keluarga Tunggal di Kecamatan Cigugur, Kabupaten Kuningan, yang mencakup: 1) Karakteristik Informan, 2) Persiapan Pelaksanaan Program (Pengajuan dan penetapan penerima manfaat, pembentukan kelompok masyarakat (Pokmas), serta Sosialisasi Program), 3) Pelaksanaan program (pendanaan, penyediaan makanan, distribusi makanan, pelaporan pertanggungjawaban, serta monitoring dan evaluasi), 4) Keterlibatan lansia dalam program, serta 5) Faktor-faktor yang mempengaruhi pelaksanaan program. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Data dikumpulkan melalui wawancara mendalam, observasi partisipatif, dan studi dokumentasi. Informan penelitian meliputi anggota Pokmas, pendamping Pokmas, aparat pemerintah kecamatan dan kabupaten, serta Lansia penerima manfaat. Hasil penelitian menunjukkan bahwa implementasi Program Permakanan Lanjut Usia Keluarga Tunggal di Kecamatan Cigugur telah berjalan cukup baik, dilihat dari persiapan dan pelaksanaan program. Kemudian dari segi manfaat, program ini mampu membantu pemenuhan kebutuhan dasar pangan Lansia penerima manfaat, program ini juga memberikan dampak positif berupa peningkatan rasa diperhatikan dan dukungan sosial bagi Lansia penerima manfaat, serta membuka peluang keterlibatan lansia potensial dalam kegiatan Pokmas. Program ini juga menjadi media pemberdayaan masyarakat sekitar dan mampu memajukan perekonomian. Meski demikian, pelaksanaan program menghadapi beberapa kendala, di antaranya keterbatasan sumber daya, kendala distribusi makanan, serta ketidaksesuaian menu dengan preferensi lansia. Berdasarkan hasil penelitian, peneliti merekomendasikan program Program Pokmas Berdaya Lansia Bahagia.

**Kata kunci: Implementasi Program, Permakanan Lansia, Lanjut Usia Keluarga Tunggal, Rehabilitasi Sosial, Kesejahteraan Sosial.**

## **ABSTRACT**

**DIDO RISZKY PRATAMA, NRP. 21.04.248. *Implementation of the Single Family Elderly Meal Program in Cigugur District, Kuningan Regency. Supervised by Kanya Eka Santi and Diana.***

*The increasing number of elderly in Indonesia presents new challenges in fulfilling social welfare needs, especially for poor and neglected elderly. The government, through the Ministry of Social Affairs, launched the Single Family Elderly Meal Program as a form of social rehabilitation intervention to meet basic food needs, while also serving as a form of respect and social protection for the elderly. This study aims to obtain an empirical description of the implementation of the Single Family Elderly Meal Program in Cigugur District, Kuningan Regency, which includes: 1) Informant Characteristics, 2) Preparation for Program Implementation (Submission and determination of beneficiaries, formation of community groups (Kelompok Masyarakat/Pokmas), and Program Socialization), 3) Program implementation (funding, food provision, food distribution, accountability reporting, and monitoring and evaluation), 4) Involvement of the elderly in the program, and 5) Factors influencing program implementation. This study uses a qualitative method with a descriptive approach. Data were collected through in-depth interviews, participatory observation, and documentation studies. Research informants included Pokmas members, Pokmas facilitators, sub-district and district government officials, and elderly beneficiaries. The results of the study indicate that the implementation of the Single Family Elderly Meal Program in Cigugur District has been running quite well, seen from the preparation and implementation of the program. Then in terms of benefits, this program is able to help meet the basic food needs of elderly beneficiaries, this program also has a positive impact in the form of increased sense of care and social support for elderly beneficiaries, and opens up opportunities for potential elderly involvement in Pokmas activities. This program also serves as a medium for empowering the surrounding community and is able to advance the economy. However, the implementation of the program faces several obstacles, including limited resources, constraints on food distribution, and menu incompatibility with elderly preferences. Based on the results of the study, the researcher recommends the Pokmas Berdaya Lansia Bahagia Program.*

**Keywords: *Program Implementation, Elderly Meals, Elderly Single-Families, Social Rehabilitation, Social Welfare.***