

GEMA ANTING (Community Movement of Anticipating Stunting) By Introduction Tofu Nuggets in Desa Sukaraja Kabupaten Ciamis

Dini Ariani^{a)}, Sandriani, and Hani Septiani

Program Studi D3 Kebidanan, STIKes Muhammadiyah Ciamis, Ciamis, Indonesia

^{a)}Corresponding Author: dini.ariani817@gmail.com

Abstract

Stunting is a sign that children are not developing well physically or psychologically, especially in the first 1000 days of life. Desa Sukaraja is an experimental village formed by Puskesmas and local government as an effort to reduce the stunting incidence, with a stunting focus location program (Lokus) in early 2020. This program is also supported by the results of abundant natural resources, especially in producing processed soybeans, namely tofu. The aim of this community service activity is to increase the knowledge of pregnant women and mothers of toddlers about processing tofu basic ingredients into tofu nugget as an effort to anticipate stunting. The method used is by providing health education about stunting and demonstrating the making process of tofu nuggets. The target of this activity is all 28 pregnant women and mothers of children under five who come to Posyandu Brunggendis 1. The result of this program reveals an increase in knowledge about stunting and processing tofu into tofu nuggets. Pregnant women and mothers of toddlers know and understand the incidence of stunting, and know how to make tofu nuggets.

Key words: Stunting, tofu nuggets

INTRODUCTION

Stunting is used to describe children population with short lifespan. It is a sign that the kids do not physically or psychologically growing well, especially in the first 1000 days of life (UNICEF, 2019). Globally, there are about 149 million infants who are undergoing stunting. In Asia itself, the stunting cases reach 81,7 million, meanwhile in Southeast Asia in 2018 the number of this cases are about 14,4 million (25%) (United Nations-World Health Organization-The World Bank Group, 2019).

The percentage of very short and short infants' lifespan aged 0-59 months in Indonesia in 2018 are about 11,5% and 19,3%. This condition is slightly increasing than last year in which the percentage of very short lifespan of infant aged 0-59 months only reach 9,8% and short lifespan is 19,8%. In 2018, the percentage of very short and short infants' lifespan in West Java are 11,7% and 16,7% (Kemenkes RI, 2019). In Ciamis the stunting cases that occur in 2020 are about 6.240 (8,42%); meanwhile per February 2021, there are 9,43% occurrence of stunting in Desa Sukaraja (United Nations-World Health Organization-The World Bank Group, 2019).

Stunting is an effect of a malnutrition that happens inside the womb or at the infant stage. The children are facing learning difficulties in school, having less income as adults, and struggling to participate within its community (WHO, 2019). It can give a bad effect to the children not only in short term, but also long term. The short term effects from stunting are the disruption of brain development, intelligence, and impaired physical growth and metabolism of the body. Meanwhile for the long term effects, it can weaken the cognitive ability to the kids and its learning achievement. On the other hand, stunting lead to the decreased immune system which as a result caused the children get sick easily and greater risk of diseases later in life. The diseases possibly arises namely cardiovascular disease, obesity, diabetes, cancer, stroke, and disability (Anggraini, 2019).

Desa Sukaraja has five tofu factories near residential area, however the resident itself do not utilize that potential. With that reason, the socialization and training of tofu nuggets making are highly expected to be used by people to make food more varied and palatable to raise toddlers' appetite. The main issue in Desa Sukaraja is the high incidence of stunting which is affected by economic factors and the lack of balance nutrition to the infant, specifically protein. Another issue is society's deficient of knowledge towards food processing of tofu that can be easily earned with affordable prices. These issues lead to the unavailable innovation in anticipating stunting

occurrences. Therefore, GEMA ANTING (Community Movement of Anticipating Stunting) is created in order to overcome all stunting problems by introducing tofu nuggets.

Most of people in Desa Sukaharja work as farmer, factory worker, and tradesman. The lack of knowledge, understanding, and food processing method of tofu caused the food looks unpalatable, while in fact it contains numerous essential nutrients. Factory-made tofu can be processed into nugget and be distributed to other places. Despite being consumed by the people, tofu nugget can also be used as a preventive and anticipated attempt to deal with stunting.

METHOD

There are two stages of method used in this community service activity, namely: 1) Providing the health education about stunting and the making process of tofu nugget. This program is conducted by intensifying the health protocol such as using mask and keeping distance, 2) Demonstrating the making process of tofu nugget. The speaker with specific capability and the student are pointed out to give a lecture about health education.

There are two stages of method used in this community service activity, namely: 1) Providing the health education about stunting and the making process of tofu nugget. This program is conducted by intensifying the health protocol such as using mask and keeping distance, 2) Demonstrating the making process of tofu nugget. The speaker with specific capability and the student are pointed out to give a lecture about health education. Those methods refer to the establishment of work program to overcome stunting, socialization and tofu nugget making process. In order to support the implementation of this community service activity, countless ways are being suggested, for instance:

1. To coordinate with public health service
2. To create work programs for the socialization and the tofu processing
3. To approach the partner
4. To hold health socialization for the pregnant women and mothers of toddlers about stunting, the prevention, and the solution of stunting cases, precisely in Posyandu Brunggendis 1 RT 04 RW 01 by demonstrating of how to make tofu nugget.

RESULTS

These activities were organized for pregnant women and mothers of toddlers. It was held on April 8th, 2021 with 28 participants. It took place at Posyandu Brunggendis 1 Desa Sukaharja. The organizers of this event were the lecturer and student of D3 Midwifery Study Program.

At the beginning of the program, the participants were equipped an education about stunting and the benefit of tofu basic ingredients. Health education was also given to the participants who came to Posyandu Brunggendis 1. They got a leaflet about stunting and benefits of tofu for stunting. Tofu is one of groceries that can be found easily and nutrient-rich. The making process of tofu into nugget could be considered as a way so that people would make various processed tofu at home.

DISCUSSION

Health education is completed by demonstrating the tofu making process into nugget and handing out a leaflet. Pregnant women and mothers of toddlers pay a full attention to the socialization about the benefits of tofu with the aim of anticipating stunting. They also listen to the explanation about the steps of how to make tofu nugget as a variation of food made from tofu as an effort to prevent stunting.

There are a lot of factors that can trigger stunting to the infants such as direct and indirect factors. The indirect factors are mothers' education level and family's income. According to Soekirman and UNICEF, malnutrition status might be affected by the lack of nourishing food. This low nutrition intake can be caused by insufficient food availability in household. It only can be fulfilled when it meets enough purchasing power of people. Socioeconomic is considered as a contributing factor in determining the purchasing power of family; for high-income family, it would be easier to obtain an education

and health access, therefore the nutritional status of their children can be better (Maharani A, 2018). Another determining factor of stunting is socioeconomic factors. Socioeconomic status, age, gender and mother's education are kind of important factors of the adolescent nutritional status (underweight and stunting) (United Nations-World Health Organization-The World Bank Group, 2019).

Health education is completed by demonstrating the tofu making process into nugget and handing out a leaflet. Pregnant women and mothers of toddlers pay a full attention to the socialization about the benefits of tofu with the aim of anticipating stunting. They also listen to the explanation about the steps of how to make tofu nugget as a variation of food made from tofu as an effort to prevent stunting.

There are a lot of factors that can trigger stunting to the infants such as direct and indirect factors. The indirect factors are mothers' education level and family's income. According to Soekirman and UNICEF, malnutrition status might be affected by the lack of nourishing food. This low nutrition intake can be caused by insufficient food availability in household. It only can be fulfilled when it meets enough purchasing power of people. Socioeconomic is considered as a contributing factor in determining the purchasing power of family; for high-income family, it would be easier to obtain an education and health access, therefore the nutritional status of their children can be better (Holipah, 2019). Another determining factor of stunting is socioeconomic factors. Socioeconomic status, age, gender and mother's education are kind of important factors of the adolescent nutritional status (underweight and stunting) (United Nations-World Health Organization-The World Bank Group, 2019).

Nutrition improvement programs for infants and toddlers receive important attention from the government through the national movement policy for the first 1000 days of life. This movement consist of nutrition-specific and nutrition-sensitive interventions. Specific intervention is an action or activities which are specifically planned for group of the first 1000 days of life. Those activities are generally conducted by healthcare sector; it is include giving out immunization, distributing supplementary food (PMT) for toddler's mothers and infants, examining infants' growth in Posyandu, handing out supplement, program planning guidelines of the first 1000 days of life, iron and folic acid for pregnant women, promoting exclusive breastfeeding and complementary feeding, and more. Specific intervention is considered as short-term intervention that can be recorded within a short space of time (Republik Indonesia, 2013). Nutrition improvement status can be obtained from tofu in which are easily gained with affordable prices. The process of turning basic ingredients of tofu to be more varied food can be seen as approach in anticipating stunting, for example the tofu nugget making process.

CONCLUSIONS AND RECOMMENDATIONS

After be given out health education, the pregnant women and mothers of toddlers are able to understand the benefits of tofu, stunting incidence, and process of turning basic ingredients of tofu into tofu nugget. Their knowledge about stunting and tofu nugget making process has increased too. They know how to make tofu nugget and practice it at home. Expectantly, after this socialization is done, this activity can be conducted constantly.

ACKNOWLEDGMENTS

The community service activity team sincerely thank LPPM Stikes Muhammadiyah Ciamis who have been funded this program, and Puskesmas Sindangkasih / Posyandu Brunggendis 1 for the willingness to become the activity site.

REFERENCES

- Anggraini, N. D. (2019). Analisis Faktor Resiko Kejadian Stunting Pada Anak Usia 12–59 Bulan Di Provinsi Nusa Tenggara Barat. *Medical Technology and Public Health Journal*, 3(1), 86–93. <https://doi.org/10.33086/mtphj.v3i1.649>
- Kemendes RI. (2019). *Profil Kesehatan Indonesia 2018 [Indonesia Health Profile 2018]*. <http://www.depkes.go.id/resources/download/pusdatin/profil-kesehatan-indonesia/Data->

dan-Informasi_Profil-Kesehatan-Indonesia-2018.pdf

- Maharani A, K. Y. H. (2018). "Determinants of immunization status among 12- to 23-month-old children in Indonesia (2008-2013): A multilevel analysis.," *BMC Public Heal*, 18, 1–11.
- Republik Indonesia. (2013). *Pedoman Perencanaan Program "Gerakan Nasional Percepatan Perbaikan Gizi Dalam Rangka Seribu Hari Pertama Kehidupan (1000 HPK)*. Jakarta : Menteri Koordinator Kesejahteraan Rakyat.
- UNICEF. (2019). *State of the World's Children 2019: Children, food and nutrition*.
- United Nations-World Health Organization-The World Bank Group. (2019). *UNICEF-WHO-The World Bank: Joint child malnutrition estimates - Levels and trends*. p.1-15. <https://www.who.int/nutgrowthdb/estimates/en/>

APPENDIX

