

Health Promotion Interventions Through Education Nutrition and Practice Cooking Complementary Foods for Mothers of Children in Prevention Stunting

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Abstract

Stunting is a nutritional problem that causes impaired growth and development of children in Indonesia. Sukamanah Village is the priority locus for stunting in 2021 in Jatinunggal District. The implementation of this community service is to increase public knowledge about stunting and the fulfillment of complementary foods for breast milk with a demonstration of nutritious complementary feeding as an effort to prevent stunting. This community service activity was carried out in February 2022. The focus of this community service activity is to increase public awareness about stunting and its prevention efforts through the fulfillment of nutritious complementary foods. The community conducts a pre-test before providing counseling with the aim of knowing the description of community knowledge about stunting and complementary feeding. Counseling is carried out offline, including counseling about stunting and stunting prevention efforts including the fulfillment of complementary foods for breastfeeding for toddlers. The community returned to do a post-test after being given counseling with the aim of knowing the picture of community knowledge after being given counseling. The result is that after being given counseling, public knowledge about stunting and complementary feeding has increase by 10% , previously 25% to 35%. This activity went well and the community was very enthusiastic about listening to the counseling.

Keywords: Children, Knowledge, Stunting, Complementary Foods for Breastfeeding.

INTRODUCTION

Children under five are one of the populations most at risk for various health problems (pain) and death According to the Demographic and Health Survey of Indonesia (SDKI), the Mortality Rate of Toddlers in Indonesia amounted to 44/10,000 Live Births. If calculated systematically, it means that in every hour there are 22 deaths of toddlers in Indonesia, a number that is relatively fantastic for the size in the era of globalization. (Rahmawati et al., 2018)

The Ministry of Health seeks to address nutritional problems in toddlers through the implementation of health programs implemented by the health service. The implementation of the program through puskesmas, carried out by health workers and nutrition officers, with the support of the local government and assisted by health cadres. These programs include: Posyandu, Infant-Child Feeding (PMBA) training program, and Toddler Mother Class (KIB). (Dewi et al., 2021)

Stunting Rate in Sumedang Increases by 40.6 Percent During 2021. THIS SUMEDANG The stunting rate in 13 villages in Sumedang Regency increases by 40.6 percent during 2021. The reason is the Covid-19 pandemic which causes limited and limited community nutrition service activities. (Dinas Kesehatan Kabupaten Sumedang, 2020).

Infancy is an important period in the process of human growth and development. Development and growth at that time determine the success of children's growth and development in the next period. The period of growth and development at this age is a period that takes place quickly and will never be repeated, because it is often called the golden age. (Nurkomala et al., 2018). Toddler is the time when children begin to walk and is the most intense period of growth and development, namely at the age of 1 to 5 years. This period is an important period for the development of intelligence and intellectual growth. (Nshimiyiryo et al., 2019)

Mothers under fives class is a class where mothers with children aged 0 to 5 years discuss together, share opinions, share experiences regarding the fulfillment of health services, nutrition,

and stimulation of growth and development, guided by a facilitator using the MCH handbook.(Wahyuni et al., 2019). Based on these considerations, it is very necessary to teach mothers about the detection of growth and development of toddlers through the implementation of the Toddler Mother Class (KIB) program. KIB is intended for mothers who have children under five (0-59 months). MCH is a group learning activity in the classroom with members of several mothers who have toddlers (aged 0-5 years) under the guidance of one or several facilitators (teachers) using MCH books as a learning tool.(Wahyuni et al., 2019)

METHOD

The purpose of conducting Nutrition, Nutrition, and MPASI cooking demonstrations is to educate children about good nutrition, balanced nutrition and procedures for giving complementary foods to breast milk for toddlers. The problem that was solved in the implementation of the village community deliberation (MMD) activity was to find out the etiology of stunting intervention in Sukamanah village.(Tasikmalaya et al., n.d.) The location for the Nutrition, Nutrition, and MPASI cooking demonstration was in Gor, Sukamanah Village. The timing of the Nutrition, Nutrition, and MPASI cooking demonstration activity is on Friday, February 12, 2022, starting at 08.00 until the end. Applicatio, Nutrition counseling, nutrition and MPASI cooking demonstration activities were carried out according to plan.The students involved in nutrition, nutrition counseling, and the MPASI cooking demonstration were all students from the Sukamanah village community service group.(KEMENKES RI, 2018)

The implementation of this program is carried out with offline counselling including:

- The pre-test was carried out before the counselling began with the aim of knowing the description of public knowledge about stunting and complementary feeding before being given the counselling material.
- The provision of the first counselling material on the concept of stunting which lasted for 20 minutes. The materials presented included definitions, causes, characteristics, effects, and stunting prevention efforts. The media used in this counselling is in the form of presentation which can be easily accessed by all people who attend the counselling, because it is distributed through WhatsApp Messenger.
- Provision of second counselling material regarding Complementary feeding as an effort to prevent stunting which lasted for 20 minutes. The materials presented included food consumption patterns for stunting prevention, Complementary feeding menus and healthy keys for healthy children. The media used in this counselling is in the form of presentation which can be easily accessed by all people who attend the counselling, because it is distributed through WhatsApp Messenger.(Nshimyiryo et al., 2019)

RESULTS AND DISCUSSION

The community service program in Sukamanah village in an effort to increase public knowledge about stunting and the MP-ASI cooking demonstration has been going well with the following activities: At this stage, the level of community knowledge is measured before and after providing counseling about stunting and MP-ASI. breast milk. food. The level of community knowledge before being given counseling about stunting and complementary feeding. Most people have low knowledge as much as 42%, moderate knowledge 33%, and high knowledge 25%.

The level of community knowledge after being given counseling about stunting and complementary feeding. Most people have low knowledge as much as 20%, medium knowledge 42%, and high knowledge 35%. The data revealed that there was an increase in the knowledge of the people of Sukamanah Village after being given counseling about stunting and complementary feeding. This is in line with other studies which reveal that there are differences in the level of knowledge before and after stunting counseling (Wahyuni et al., 2019). The effectiveness of this health education or counseling activity was also proven by Anggraini et al. (2020) which said there was an effect on increasing knowledge about stunting before and after being given counseling interventions.

Balanced nutrition is a daily diet that contains nutrients in the type and amount according to the body's needs, taking into account the principles of diversity or variety of food, physical activity, cleanliness, and ideal body weight (BB). Nutritional status is a state of the body as a result of food consumption and the use of nutrients (Almatsier, 2013). Nutritional status is also defined as health status resulting from a balance between nutrient requirements and inputs. Nutritional status research is a measurement based on anthropometric and biochemical data (Back, 2011 in Waryana, 2010).

Nutritional needs that must be met in infancy include energy, energy and protein. A child's daily energy needs for the first year are approximately 100-120 kcal/kg body weight. For every 3 months of age, energy requirements decrease by approximately 10 kcal/kg body weight. Energy in the body is obtained mainly from carbohydrates, fats and proteins. Protein in the body is a source of essential amino acids that are needed as building blocks, namely for growth and formation of protein in serum, replacing damaged cells, maintaining the acid-base balance of body fluids, and as a source of energy. Fat is a source of high concentration of calories, besides that fat also has 3 functions, including as a source of essential fats, as a solvent for vitamins A, D, E, K, and can provide a delicious taste in food.(Kusumaningati et al., 2018)

The recommended carbohydrate requirement is 60-70% of total energy. Sources of carbohydrates can be obtained from rice, corn, cassava, flour, sugar, and dietary fiber. Dietary fiber is very important for maintaining a healthy digestive system. Vitamins and minerals in toddlerhood are needed to regulate the balance of body work and overall health. The need for vitamins and minerals is much smaller than protein, fat, and carbohydrates.(Susilowati et al., 2021)

CONCLUSIONS AND RECOMMENDATIONS

Community service activities in Sukamanah Village, Jatinunggal District went well in two counseling sessions, namely counseling about stunting and counseling about complementary foods for breastfeeding along with cooking demonstrations. This activity received a positive response from the community and provided new knowledge for the community. They stated that they could get a lot of information and knowledge about stunting and complementary foods for stunting prevention efforts. Midwives and village cadres will provide this new information and knowledge to the entire community, especially those who are unable to participate in counseling activities. The results of the community post test also showed an increase in knowledge after the community was given counseling. There were no obstacles during the implementation of this community service activity. The community hopes that there will be further counseling on new and relevant materials to the conditions of Sukamanah Village.

ACKNOWLEDGEMENTS

We thank God for the presence of Allah Subhanahu Wa Ta'ala, for the facilities provided so that this Community Service can run smoothly. This community service can be carried out properly with the support of (1) Rector of Sebelas April Sumedang University (2) Dean of the Faculty of Health Sciences (3) Head of LPPM Sebelas April Sumedang University (4) Head of Program Undergraduate Public Health Studies (5) Head of the Sumedang Community Health Center and all of his staff, (6) Village Midwives and Cadres throughout the Sukamanah area 7) Undergraduate Nursing and Public Health Students, Sebelas April University, Sumedang. May Allah Subhanahu Wa Ta'ala reward you with the kindness you deserve. Amen.

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APPENDIX



Figure 1. Educational Extension Nutrition Complementary Breastmilk



Figure 2. Practice of Cooking Complementary Foods for Breastfeeding