

Reducing the National Stunting Rate, UNRI Kukerta Students Conduct Socialization in Kelurahan Delima, Pekanbaru City

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Abstract

The average stunting rate in Indonesia reaches 24.4% in 2021 and the government targets to reduce the stunting rate to 14% by 2024. In order to realize this target, an understanding of stunting is given to the residents of Pekanbaru so that toddlers can be healthy without stunting. The purpose of providing an understanding of stunting is to participate in realizing reducing stunting rates in Indonesia. The method used in realizing this goal is to conduct counselling to the community in the KKN Balek Kampung Delima. The results of the counselling that has been carried out at RW 08 Kelurahan Delima Pekanbaru are respondents who listen and provide good responses and reactions during the activity, including filling out questionnaires regarding the counseling carried out, so that the counselling goes well.

Keywords: Stunting, Toddler, Counselling

INTRODUCTION

Stunting is a growth disorder due to malnutrition that occurs in children under five years old (Rahayu, Pamungkasari, & Wekadigunawan, 2018). In Indonesia, people often assume that a short or tall body is hereditary. The wrong perception in society needs serious attention from the public, the government, and related agencies. The findings of the study prove that heredity contributes only 15%. While the biggest factors related to nutrition, growth hormone and recurrent infectious diseases occur. The reduction in stunting rates in children is the first of the 6 goals in the Global Nutrition Targets for 2025 and is a key indicator in the Sustainable Development Goal of Zero Hunger. The prevalence of child stunting in Indonesia has remained high over the past decade, and the national rate is around 37%.

The importance of 1000 days of early life in infants is very influential in determining whether the baby is affected by stunting or not. From 1000 days between pregnancy and two years of age is the Window of Opportunity, which is a short opportunity to do something profitable. A diet of foods rich in nutrients will help children grow to meet the needs of optimal physical and cognitive potential (Barker et al., 2007).

Stunting is a very serious health problem to be treated. The average prevalence of stunting in Indonesia in 2021 was 24.4% with the province with the most stunting sufferers being East Nusa Tenggara with 37.6%, the second was West Sulawesi at 33.8% and the third was Aceh at 33.2% of stunting patients (SSGI-2021). The magnitude of the prevalence rate in several provinces exceeding the national average has made this one health problem a full spotlight by the government.

Exclusive breastfeeding of babies up to 6 months of age is important for the growth of babies. Breast milk contains complete nutrients including carbohydrates, proteins, fats, multivitamins and minerals in a complete way that is easily absorbed perfectly. Breast milk contains white blood cells, immune substances, enzymes, hormones and proteins suitable for babies. After 6 months the baby is advised to consume complementary foods of breast milk. Stunting of growth that occurs at an

early age makes it possible to continue and take risks on short bodies as they grow into adolescents. Children have a short body at an early age (0-2 years) and still short when they are 4-6 years old have a 27 times risk of having a short body until puberty; conversely, children who have normal growth at an early age can make growth falter at the age of 4-6 years have a risk of 14 times being short in the pre-puberty period. In addition, other influencing factors are clean water and healthy latrines to avoid other supporting diseases. Therefore, interventions to prevent stunting growth are still necessary even after the First 1000 Days of Life (promkes.kemkes.go.id/pencegahan-stunting). Based on this, it is necessary to carry out stunting socialization which aims to understand stunting and how to prevent it.

METHOD

Socialization of stunting in this service uses descriptive methods and discussions. The descriptive method is a way of delivery that aims to describe the situation of the problem that will be discussed in this case is stunting in toddlers. This method is used because it is the right method to introduce parents to stunting and how to prevent it.

The second method used in stunting socialization is the discussion method. The discussion method is a method used in discussing a problem by expressing the situation of the problem in relation to daily activities in private. This method is used because it is the right method to be carried out in the RW environment to find out the state of the environment, the state of toddlers in the environment, and the state of parents in the environment. To support this method are distributed also questionnaires.

This stunting socialization is carried out by getting the results of the questionnaires distributed so as to get a conclusion from each point of the existing question. The indicators of the measuring instrument used in concluding the problem of stunting are descriptively because the question points that exist are answered based on the conditions that occur in the mothers of RW 08.

The level of achievement obtained after socialization is from the answers to the questionnaire that asks about the next action of parents after the delivery of stunting socialization. The mothers of RW 08 gave answers based on their responses after the stunting socialization was carried out. In addition, the success rate in terms of changes in attitudes, socio-cultural and economic aspects of the target community was obtained from field observations carried out accompanied by questionnaire answers.

RESULT

Stunting counseling activities carried out in RW 08 Kelurahan Delima Pekanbaru provide changes for parents in RW 08 in terms of knowledge. The knowledge of the residents before the counseling activities were carried out was also very good. Residents have good access to check the health of their toddlers so that no cases of stunting occur (based on questionnaire surveys conducted). However, with stunting counseling activities to these residents, residents are more concerned about the cleanliness of the environment where their children are raised. A form of parents' attention to the cleanliness of their toddlers is to invite their children to play in a clean place when attending routine posyandu activities. In addition, parents also know how to wash their hands properly, the characteristics of clean water, and good use of latrines. This growing knowledge of parents makes a better change to the development of their children's health in the future. Because the problem of stunting is a public health problem related to the increased risk of pain, death and inhibition in the growth of both motor and mental (Rahmadhita, K, 2020)

This counseling activity is carried out to the community to increase parents' awareness of their children's condition. The factor of low maternal education can be a trigger for stunting of their children so that with a good enough maternal background, it is hoped that these parents will not be careless and stay with the care of environmental conditions and good toddler conditions in raising

their children. With parents who already have a background knowledge and good access to health, this counseling activity is well understood and makes parents continue to behave healthily in their environment. However, the timing of the delivery of the material is a little influential in knowing what habits parents do to make their children healthy without stunting.

The level of difficulty in carrying out this counseling activity is that parents who attend the counseling do not come together because they have work at home. Therefore, the material was re-submitted several times to parents who had just come from leaflets that had been given before to be able to get the results of the parents' knowledge of stunting. These counseling activities can develop even better in the future with the knowledge of wider speakers and also residents who provide their experiences in distributing healthy children without stunting.

DISCUSSION

Stunting that occurs to toddlers causes many negative impacts on children's growth and development. Stunted children can cause their ability to carry out normal activities to be weak and not get good results. The stunting situation that occurs is what should be prevented from an early age because with early prevention, parents will prepare themselves in raising children to become smart children. The service activities carried out by delivering stunting counseling materials provide parents with early warning in stunting prevention.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of identification and several articles, it can be concluded that the determinants of stunting in Indonesia are consistently socioeconomic status (family income), maternal education, BBLR, premature childbirth, inclusive breastfeeding, length of birth, macro and micro deficiencies, community and community factors also have a significant effect on stunting. Based on the data we obtained through the questionnaire, it was found that the situation of toddlers in Kelurahan Delima, especially in RW 08, is classified as in good condition and far from the characteristics of stunting. This is due to the provision of vitamins, nutrients and exclusive breastfeeding given by parents. And posyandu toddlers that run every month to monitor the condition of toddlers RW 08 to grow up healthy and nutritious.

Further research needs to be carried out related to economic, political, social and cultural, agriculture and food systems, water sanitation variables and circles against stunting in Indonesia. Carrying out productivity in improving social nutritional status for underdeveloped areas and areas that are difficult to obtain information.

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APPENDIX



Figure 1. Stunting presentation

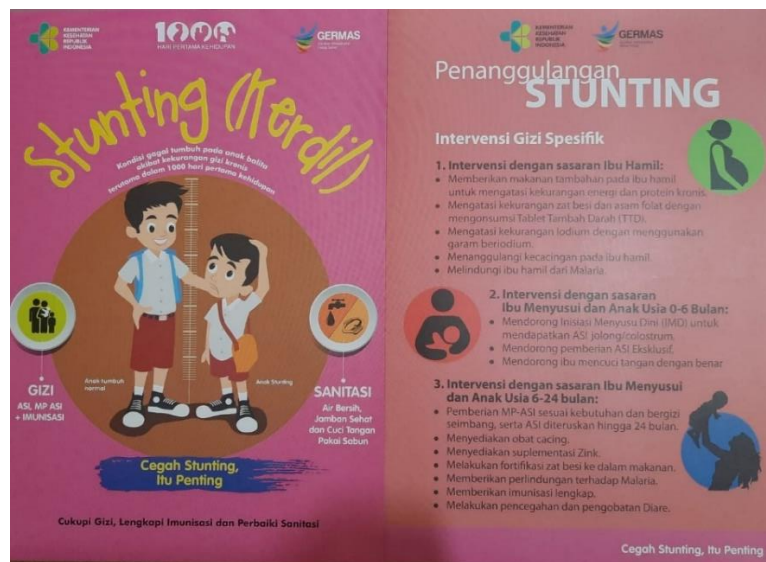


Figure 2. Material of stunting presentation