

The Stunting Awareness Community Movement in Suka Maju, Jambi Luar Kota, Muaro Jambi

Neni Heryani^{1,a)}, Ruwayda², Murdayah³

¹Prodi DIII Kebidanan, Poltekkes Kemenkes Jambi, Jambi, Indonesia.

²Prodi DIV Sarjana Terapan, Poltekkes Kemenkes Jambi, Jambi, Indonesia.

³Prodi DIII Kebidanan, Poltekkes Kemenkes Jambi, Jambi, Indonesia

^{a)}Corresponding Author: neniheryani1@gmail.com

Abstract

The Stunting Awareness Community Movement is a program that aims to encourage a culture of healthy living and increase knowledge and understanding of stunting through interventions, education, and exploration of and growth in people's creativity to prevent stunting through the processing of nourishing food based on local food resources, leaving unhealthy habits and behavior of society. Outreach and training for up to 45 cadres with a pretest and posttest constitute community service. The findings of the pre-test values for cadres show that, on average, they were unaware of the precise signs of stunting, as well as the special therapies and diets that could prevent child stunting. The post-test result reveals that the lowest score was 9 the highest was 15 and that the cadres' average knowledge score was 13,70 The right response is known to the typical cadre. When the distribution of the data was not normal, a Wilcoxon test was used to measure knowledge before and after the data normality test. The test's value of 0,000 indicates that training had an impact on cadres' understanding of reducing toddler stunting. The output goals include establishing of stunting awareness community movement cadres and improving partner communities' knowledge, comprehension, perceptions, and abilities to reduce stunting.

Keywords: *Stunting, Cadre, community movement*

INTRODUCTION

Suka Maju is a village located in Mestong District, Muaro Jambi Regency, Jambi Province, with an area of 2,000 km² to four villages Karang Mulyo in 3 districts, Lengkuas in 5, Kalimantan in 4, Sidodadi in 4 districts. The population is 3,415 people, consisting of 961 heads of households with an average member of 3 people, the male population is 1,811 people and 1,604 women, most of the community's living is farming and some raise catfish livestock to meet their nutritional needs (Profil Desa Suka Maju, 2018).

Based on observations and several visits in 2022, there are 3 cases of stunting under five out of 5 Posyandu in Sukamaju with 14 malnourished people, 18 underweight toddlers, cases of pregnant women with KEK (Chronic Energy Deficiency) 5 people (Data Posyandu, 2022).

The good potential that exists in Suka Maju Village in efforts to prevent stunting includes the presence of health cadres who are quite active and have high loyalty who can be recruited to be cadre stunting awareness community movement representing in 5 districts is Sidodadi, Kalimantan, Lengkuas, Karang Mulyo, and Sukamaju, There are village funds specifically for stunting recovery, the health facility is an auxiliary health center with two midwives, some of the community has local wisdom in raising catfish which can be used as a source of good nutrition, which can be made into nutritious and attractive snacks for consumption by the community, especially for toddlers, as the servant has done with training and demonstrations on making nuget made from catfish for stunting awareness community movement cadres and the people of Sukamaju village.

The stunting awareness community movement is one of the programs that aims to promote a culture of healthy living, increase knowledge and understanding of stunting by educating, conducting interventions, and exploring and increasing people's creativity in

efforts to prevent stunting through the processing of nutritious food ingredients based on local food resources, leave unhealthy habits and behavior of society. The stunting awareness community movement action was also followed by promoting clean and healthy living behavior and support for infrastructure programs on a community basis. Applying stunting awareness community movement at home will create a healthy family and be able to minimize health problems. The benefits of stunting awareness community movement in the household include that each family member is able to monitor the growth and development of their children, choose and fulfill their nutritional needs, so that they are not susceptible to disease (Anwar, F, Khomsan, A and Mauludyani, 2014).

METHOD

The type of community service carried out is the partner village development program in the form of outreach and training of cadres, formation of cadres, and skill demonstrations of making nugget catfish materials from local.

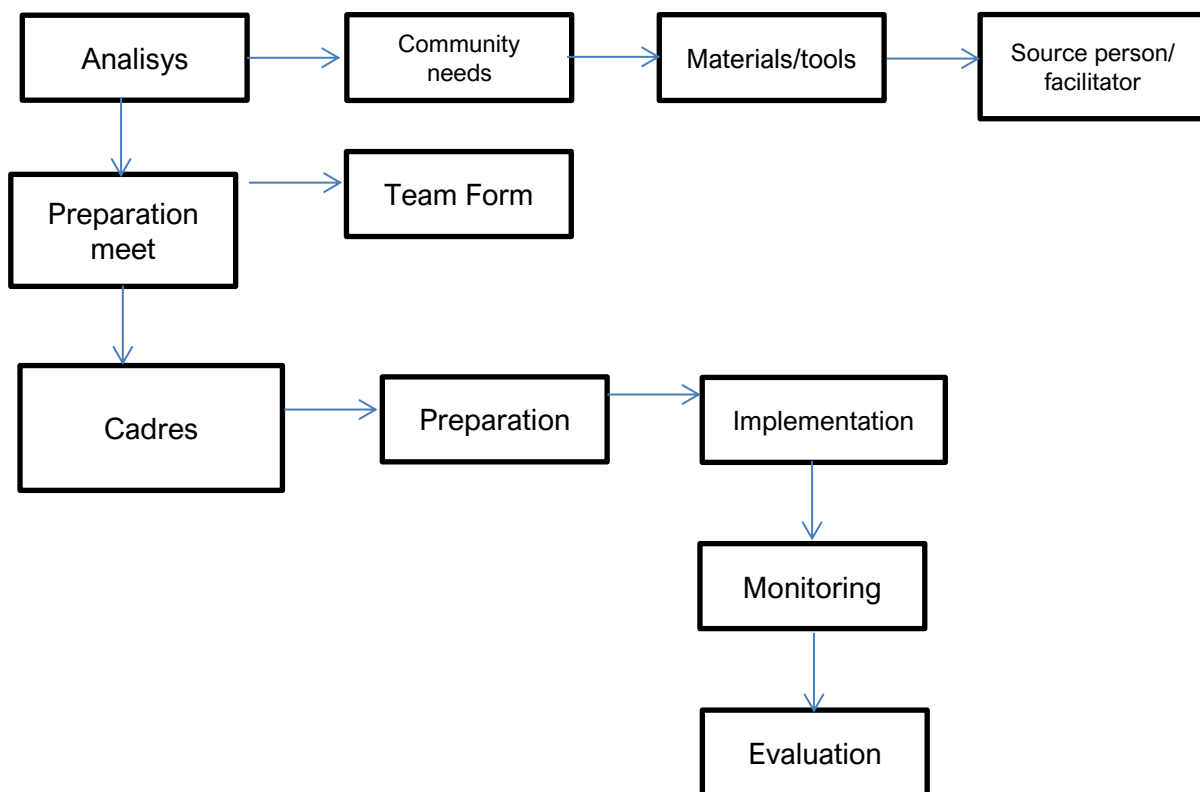


Figure 1. Activity Step Stunting Awareness Community Movement

RESULT AND DISCUSSION

Table 1. Distribution of Characteristics of Cadre on Age

Age	n	%
20-30	3	6,66
31-40	22	48,9
41-50	17	37,7
51-60	3	6,6
	45	100

Table 2. Distribution of Characteristics of Cadre on Education

Education	n	%
SMP	12	26,6
SMA	30	66,6
PT	3	6,6
	45	100

Table 3. Distribution of Characteristics of Cadre on Work

Work	n	%
IRT	19	42,2
Buruh	4	8,88
Petani	15	33,3
ASN	2	4,44
Swasta	5	11,1
	45	100%

The results of the distribution of data on the characteristics of the training participants are the cadres with the most age, namely the age range of 31-40 years, 22 people (48.9%), the most education, SMA, 33 people (66.7%) and the majority work, namely housewives, 19 people (42.2%)

Table 4. Pre-test and post-test

No	PRETEST				POST TEST			
	True	%	False	%	True	%	False	%
1	28	62,2	17	37,8	44	97,8	1	2,2
2	24	53,3	21	46,7	43	95,6	2	4,4
3	23	51,1	22	48,9	39	86,7	6	13,3
4	18	40	27	60	43	95,6	2	4,4
5	23	51,1	22	48,9	44	97,8	1	2,2
6	19	42,2	26	57,8	44	97,8	1	2,2
7	24	53,3	21	46,7	41	91,1	4	8,9
8	23	51,1	22	48,9	43	95,6	2	4,4
9	22	48,9	23	51,1	43	95,6	2	4,4
10	21	46,7	24	53,3	44	97,8	1	2,2
11	19	42,2	26	57,8	44	97,8	1	2,2
12	19	42,2	26	57,8	43	95,6	2	4,4
13	13	28,9	32	71,1	44	97,8	1	2,2
14	16	35,6	29	64,4	25	55,6	20	44,4
15	16	35,6	29	64,4	26	57,8	19	42,2

Based on the results of the pre-test scores for cadres before being given training materials on stunting prevention, the lowest score was correct 1 and the highest was correct 10 out of 15 questions, with an average score of 6.96. Cadres on average do not know about the specific symptoms of stunting and special stunting prevention interventions and foods that can help prevent stunting in toddlers.

Based on the post test scores, it was found that the lowest score was 9 and the highest was 15 with an average score of knowledge of cadres, namely 13.70. After attending the training using both the question and answer lecture method as well as the practice of measuring the weight and height of toddlers and making food for toddlers in the context of preventing stunting, the cadres have been provided with things related to stunting. This can be seen in the questions about the symptoms and effects of stunting, the average number of

cadres getting the correct answers, and in the specific intervention questions for stunting prevention, many cadres get the correct answers.

Then to assess knowledge before and after the data normality test was carried out, where the distribution of data was not normal so a test was carried out using a Wilcoxon with a value of 0.000 which means that there is an effect of training in increasing the knowledge of cadres in preventing stunting in toddlers.

The socialization and training of 45 cadres was carried out which was attended by cadres from Suka Maju Village

At the meeting of the stunting awareness community movement, the Community Service Team explained about cadres' work that the job of being a cadre is a noble task and is based on sincerity because it does not receive any reward (voluntary). This was welcomed by the cadres and supported by the village head, and they were willing to commit became a stunting cadre in Suka Maju.

According to Sistriani (2014) the results show that between the motivation and activity of cadres, the better the knowledge and motivation of cadres, the better cadres will be. Good behavior can be in the form of active cadres in integrated services center (*Posyandu*) activities. With an understanding of the benefits of socialization and training the attendance rate of cadres is 100% in 2 meetings (Sistriani, C, Siti N, 2014).

This is also found in research by Yulianti, and Mona Most people have low knowledge as much as 20%, moderate knowledge as 42%, and high knowledge 28%. The data revealed that there was an increase in the knowledge of the Tanjungwangi Village community after being given stunting counselling and complementary feeding (Yunita, 2022).

The Formation of Stunting Aware Community Movement Cadres

The formation of cadres is carried out directly which is held at the Suka Maju village hall with due observance of the Covid-19 protocol by implementing 5M such as requiring all participants who attend to wear masks, servants also provide masks which are distributed at each meeting, before entering the activity site facilities are provided for washing hands, sitting position with attention to keeping a distance. Provision of knowledge about stunting cadre training using videos and pocketbooks related to stunting prevention and control efforts (Anwar, F, Khomsan, A and Mauludyani, 2014).

Increased skills of Gemasting Cadres in food processing

The Community service activities not only provide knowledge but also provide skills in making food which has been modified into nuggets made from catfish meat, which are utilized from local wisdom in the Suka Maju Village (Septikasari, 2018). Servants provide facilities and infrastructure for materials to be processed in the process of making nuggets made from catfish meat. In this activity, all cadres were very enthusiastic to take part in this activity. In addition to the skills obtained by the cadres, they also gained knowledge about the process of making catfish-based nuggets and knowledge about the nutritional content in catfish. The cadres received direct guidance from the service team, starting from materials that need to be prepared, the dosage of each ingredient used and the manufacturing technique. The implementation of making these nuggets was carried out directly by the cadres of the stunting awareness community movement in rotation (Lainua, 2016).

The results of the evaluation show that there is an increase in the skills of cadres in making catfish nuggets, the skills acquired in the process of making catfish will be implemented by cadres in their daily cooking activities at home (Ni'mah, C. & Muniroh, 2015).

This is also found in research by Ardiansyah, Adi et al this program are an increase in the knowledge and skills of the village community about catfish farming and an increase in community food independence by consuming catfish as one of the prevention of stunting (Nurdiansyah, 2022).

Based on Jayanti and Ega Novia's e-journal sources skills that are always implemented in daily activities will produce a strong memory of the knowledge gained during demonstrations that are applied or always practiced in everyday life (Jayanti, 2014).



Figure 1. Provision of Material



Figure 2. Cadres Training Catfish Nuggets

CONCLUSIONS AND RECOMMENDATIONS

The Stunting Awareness Community Movement program for community service carried out by lecturers and students at the Health Polytechnic offers a solution that is expected to help solve partners' problems. The method used is to provide education and direct intervention to partner communities in efforts to prevent stunting in partner village areas, with maximum implementation according to the covid 19 protocol, namely 3 M (wearing masks, washing hands, keeping distance).

The solutions offered are related to the main problem, namely strengthening, starting with socialization about stunting, community empowerment, the formation of cadre originating from the community who have knowledge, understanding, and skills in efforts to prevent stunting, starting with training socialization and providing a pocketbook on stunting, a demonstration of making food by utilizing the local wisdom of the village of Suka Maju, namely making catfish nuggets which are suitable for consumption as a source of nutritious food.

Outcome targets from community service, increasing knowledge, understanding, perceptions, and skills of partner communities in efforts to prevent stunting and formation of cadres (Kemenkes RI, 2018). The results of Community Service publications in accredited National scientific journals, become teaching materials in midwifery care courses for neonates, infants, toddlers, and pre-school children who are devoted servants.

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