

The Prevention of Stunting Counselling for Pregnant Mother and Mother with Toddler

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Abstract

Stunting is one condition that indicates the height of a toddler is shorter than other toddlers. A large number of stunting cases in Indonesia has become health problems. The prevalence of stunting in Sumedang is 20% and it is still above the high level of WHO standard. At least, 28,1% of toddler in Sumedang is the prevalence of stunting in this district (Dinkes, 2018). In Jayamekar Village, Cibugel subdistrict, Sumedang district, it confirms that there are 42 stunting cases. The lack of knowledge about stunting is one of the reasons for this case occurs more often in this area. For that reason, the counselling is needed especially in Jayamekar Village, Cibugel subdistrict, Sumedang district. The purpose for this counselling is to educate stunting and the prevention of stunting to the citizen of Jayamekar, especially pregnant mother, mother with children and toddler. The counselling method for this research was lecture that was delivered about stunting and the prevention of stunting to the participants. The result for this research was to increase the knowledge and awareness about the child development hence it can prevent stunting and decrease the stunting case percentage in Indonesia especially in Jayamekar village, Cibugel district, Sumedang district.

Keywords: stunting, pregnant women, women with baby and toddler

INTRODUCTION

Stunting is a condition of childhood malnutrition caused by the unstable amounts of nutrition intake for the toddler in a long period of time. This childhood malnutrition has increased the mortality of baby and toddler. It causes health imbalance and unstable growth of postures in the future. The cognitive abilities in patients also reduced and caused the economic loss in Indonesia. Stunting more often suffers toddlers from the age of 12-59 months than toddler from the age of 0-24 months. Stunting escalates some health risks, for instance, pain, death, and obstruction of motoric and mental abilities (Hapsari, 2018).

In the world, more than 2 million deaths of children under five years old has a connection through malnutrition especially stunting and wasting. There are approximately 195 million children suffers from stunting and lives in poor and developing country (Anggryni, 2021).

In 2013, Basic Health Research claims that in Indonesia the prevalence of stunting has increased 37,2%, from 2010 (35,6%), and from 2007 (36,8%). Ministry of health Indonesia claims that in 2016, the prevalence of stunting in Sumedang is 20% and it is still above the high level of WHO standard. At least, 28,1% of toddler in Sumedang is the prevalence of stunting in this district (Dinkes, 2018). In Jayamekar Village, Cibugel subdistrict, Sumedang district, it confirms that there were 42 stunting cases.

Stunting is caused by not only malnutrition of pregnant mother and toddler but also multidimensional factor. 1.000 days of toddler lives intervention is the most decisive method to decrease the prevalence of stunting. WHO shared that there are four big factors of stunting, family and household environment, inadequate of complimentary food, infection, and breast feedings. Furthermore, some factors that caused stunting are explained as bellows:

- Bad parenting, it includes not enough knowledge from the mother about health and nutrition before pregnancy, during pregnancy, and the afterbirth. Facts show that 60% of babies (0-6 months) don't get exclusive breast milk, and from three babies (0-24 months) only two

babies don't get additional food breast milk. Complementary food delivers to babies from the age above six months. It has a function to introduce new kinds of food to babies, give nutrition to babies when it does not support by breast milk, build an immune, and grow an immune system to defend from foods and drinks.

- The limitation of health care services ANC-Ante Natal Care (the health care services for women during pregnancy). Post Natal Care and Ministry of health stated that the attendance of children in Integrated Healthcare Center has decreased from 76% in 2007 to 64% in 2013 and children have not had access to immunization services. Moreover, from three pregnant women almost two of them never consumes iron supplements and it indicates quality of the health care services access (From three toddlers (3-6 years old), only one has not been registered in Preschool).
- The lack of access to nutritious foods. It is because the price of nutritious foods in Indonesia are seemingly high. According to the sources, food commodity in Jakarta is 94% higher than New Delhi, India. In Indonesia, the prices for fruit and vegetable are higher than Singapore. The limitation of food access also contributes to Anemia, almost one of three pregnant women have Anemia.
- The lack of clean water and sanitation. The data, collected from the cite, shows that from five household only one has outdoor toilet and one of three household does not have access to clean water (Morphology, 2017).

METHOD

This research method was used in this counselling. Generally, there are planning, preparing, counselling, and evaluating, as explained as bellows:

Planning

Planning discusses about the date, the speaker, the participant, and the target of the counselling.

Preparing

This step begins with arranging the notification latter for related sector, the invitation for the guests and participants, nevertheless, the material, Curriculum vitae of the speaker, the attendance list for the guests and participants, and other additional things for the counselling. The media that was used in this counselling is a laptop and projector.

Counselling

The counselling was held on Monday, February 14th 2022 in integrated Healthcare Center of Sukamaju Jayamekar village, Cibugel subdistrict, Sumedang district. In the counselling, there were 44 participants from pregnant mother, mother with baby and with toddler.

The method of this counselling was lecture that was delivered to the participants in integrated Healthcare Center of Sukamaju Jayamekar village, Cibugel subdistrict, Sumedang district. There was also a Q&A session and discussion to give the participants chance to ask about stunting. The counselling started with introduction, the presentation of the speaker about stunting and Q&A session, then closing.

Evaluating

The counselling was held on time and received high enthusiasm from the participants.

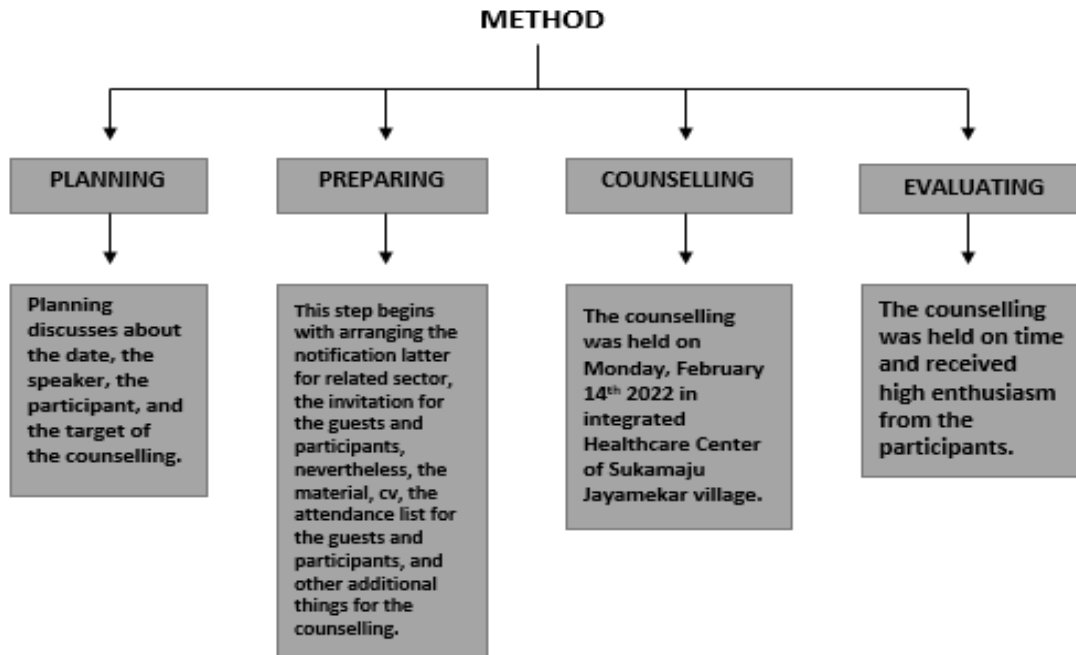


Figure 1. Research method

RESULTS AND DISCUSSION

Result

The counselling ran smoothly on Monday, February 14th 2022 in integrated Healthcare Center of Sukamaju Jayamekar village, Cibugel subdistrict, Sumedang district. The event was full of supports from the stakeholders of Jayamekar village, midwife village, and cadre of integrated healthcare center and also the high enthusiasm from the villagers. The counselling aims to bring awareness about the importance of health and the prevention of stunting in Jayamekar village. The counselling started with introduction, the presentation of the speaker about stunting and Q&A session, then closing.

One of the statements from the speaker is that, in this counselling, the awareness of the importance of health and growth of the pregnancy for the toddlers. It is also important to protect our generation from stunting. Furthermore, Stunting is one condition that indicates the height of a toddler is shorter than other toddlers. Stunting caused by malnutrition, repeated infection, and decreased psychosocial stimulus.

In other words, the material that was delivered is about stunting, the impact of malnutrition to the lives and quality of human beings, the impact of stunting, the factors that caused stunting, and the prevention of stunting.

After the session of the counselling, there was a Q&A session. One of the questions that get asked by the participant is about complementary food. Is there any affordable complementary food and yet still has nutrition for the better development of the toddlers? For that question, the speaker encouraged to use moringa leaves as one of the ingredients for the food. It can be used to make so many kinds of additional food such as moringa leaves pudding or moringa leaves soup.



Figure 2. presentation about stunting

Discussion

This counselling would increase the knowledge about stunting, the cause of stunting, the danger of stunting, and the prevention of stunting to Jayamekar Village, especially, pregnant mother, mother with baby, and with toddler about stunting. It designs to minimize stunting for their children. Besides, the mothers can also apply high nutrition ingredients to their food for the baby. Therefore, the awareness of villagers about stunting can be applied to decrease stunting in Jayamekar village.

CONCLUSIONS AND RECOMMENDATIONS

Community services program that was held on Monday, February 14th 2022 in integrated Healthcare Center of Sukamaju Jayamekar village, Cibugel subdistrict, Sumedang district went well and according to plan. The participants are pregnant women, mother with baby and toddler. They looked very enthusiastic following the event. It can be seen by the questions from the participants to the speaker.

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APPENDIX



Figure 2. Community service documentation