

Stunting Reduction: TTS District Community Empowerment Based on Local Wisdom

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ABSTRACT

Stunting has become a serious problem today. Data shows that East Nusa Tenggara (NTT) Province first ranks in stunting nationally. Based on the 2021 Indonesian Nutritional Status Study (SSGI), 15 districts in NTT are categorized as red (stunting prevalence >30%). South Middle East (TTS) and North Middle East (TTU) districts have a prevalence of >46%. This study aims to discuss the model of community empowerment in dealing with stunting which has become a serious problem today in South Middle East District (TTS). The method used is direct education (a method that involves delivering information and knowledge directly to individuals or groups). The results show that community empowerment to reduce stunting is a collective work between pentahelix elements, community empowerment programs in Haumenbaki Village rely on the strength of local wisdom, namely manonop (cooperation) and three important actors of community empowerment elements in Haumenbaki Village, namely the community, village government, and external institutions (agencies, universities, NGOs, and the media).

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INTRODUCTION

Stunting has become a serious problem today (Prendergast & Humphrey, 2014), (Torlesse et al., 2016), (Diana et al., 2022), (Mentari & Muhammad, 2023), especially in South Middle East District (TTS). Data shows that East Nusa Tenggara (NTT) Province ranks first in stunting nationally (Bahrun & Wildan, 2022). Of the ten districts with stunting prevalence in 2021, five districts are in NTT. The results of the 2017 Nutritional Status Monitoring (PSG) show that the prevalence of stunting toddlers in Indonesia is still high, which is 29.6% above the limit set by WHO (20%). Under-five stunting contributes to 1.5 million (15%) deaths of children under five in the world and causes 55 million children to lose their healthy lives each year (Sinuraya et al., 2019).

Based on the 2021 Indonesian Nutritional Status Study (SSGI), there are still 15 districts in NTT that are categorized as red in stunting cases. Red status means that NTT's stunting prevalence is still above 30 percent (kompas.com, 03 Maret 2022). Data shows that the trend of stunting prevalence in NTT fluctuates, namely 24 (2020); 20,9 (2021); 22,7 (2022). The districts that are categorized as stunting red are South Central Timor, North Central Timor, Alor, Southwest Sumba, East Manggarai, TTS Regency, Rote Ndao, Belu, West Manggarai, West Sumba, Central Sumba, Sabu Raijua, Manggarai, Lembata and Malacca. TTS and TTU districts have a prevalence above 46%. Seven regencies and cities have yellow status with a prevalence of 20 to 30%, including Ngada, East Sumba, Negekeo, Ende, Sikka, Kupang City and East Flores. Three regions such as Ngada Regency, East Sumba, and Negekeo are approaching red status. There is no single area in NTT with green status, which has a stunting prevalence between 10 and 20%.

According to the data RISKESDAS (2018), The prevalence of stunting in the TTS District in 2018 was 41.4 percent. Other data from SSGI in 2021 showed a stunting rate in the TTS District of 40.4 percent. Meanwhile, in the same year, in TTS Regency, according to e-PPGBM data, the prevalence of stunting was 22.3 percent and after measuring it reached 29.9 percent. In 2022, according to e-PPGBM data, in TTS Regency there was 24.1 percent stunting and after measuring, the number reached 29.8 percent. Based on these data, it can be seen that the prevalence of stunting in TTS Regency has increased.

The various data presentations on stunting regionally and in NTT and especially in TTS Districts above provide several important things. First, stunting can be linked to poverty (Vaivada et al., 2020), (Suryana & Azis, 2023) in NTT. Because, so far, NTT Province is one of the regions with the highest poverty rate in Indonesia (Ramadhan et al., 2022), (Nalle et al., 2023). Second, stunting as recorded in the data above, indicates that something is wrong in social, economic, and public health affairs in this area (Prendergast & Humphrey, 2014), (de Onis & Branca, 2016), (Afandi et al., 2023). Third, stunting deals not only with health variables but also with other variables. Therefore, an analysis of the reasons for stunting needs to be carried out seriously and comprehensively. Likewise, solving stunting cannot be done only from one aspect. Solving stunting requires the cooperation of various elements in the Penta helix scheme.

Regarding stunting in the TTS District, it is also necessary to discuss several related variables that are considered as the cause of stunting. Discussions related to this do require a wider time and other places. However, for all parties to understand stunting in the TTS District, it is necessary to discuss one very important related thing, namely poverty. Discussion about poverty is needed especially so that the discussion about stunting does not only take surface symptoms as the main cause. Poverty needs to be discussed mainly because this variable is considered one of the biggest contributing factors to the emergence of stunting (Riskasda, 2021). According to the data of Biro Pusat Statistik (BPS) TTS District (2021), the percentage of poor people in TTS Regency is 23.10% (2018), 23.03% (2019), and 22.77% (2020) respectively. The Poverty Depth Index is known to be 3.55 (2018), 4.48 (2019) and 4.36 (2020).

Discussing stunting certainly cannot only concern the cause of the emergence of this phenomenon. Stunting should be discussed within the framework of problem-solving. In other words, discussing stunting necessarily includes a discussion of the causes, dynamics, and models of solving the plenary problem. On that basis, this paper specifically discusses the community empowerment model based on local wisdom. The basic thesis is that stunting cannot be overcome by relying solely on the strength of one or two people and one or two aspects. Stunting must be placed as a common enemy within the framework of its resolution. This article aims to discuss the community empowerment model carried out in Haumenbaki Village, West Amanuban District, TTS Regency.

METHOD

In this activity, we use direct education methods (methods that involve delivering information and knowledge directly to individuals or groups) (Sugiyono, 2018) and public assistance (efforts to provide direct assistance and support to communities in need) (Ellitan, 2020), (Riwu et al., 2023)

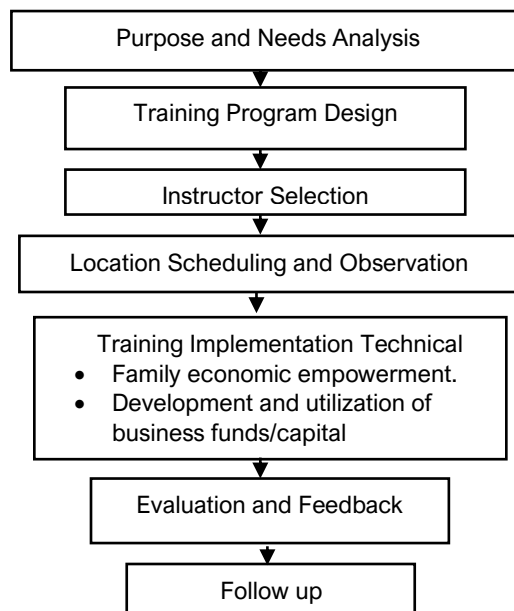


FIGURE 1. Stages of Activity Implementation

RESULT AND DISCUSSION

Haumenbaki Village Profile

Data Biro Pusat Statistik (BPS) TTS Regency (2021) states that the percentage of poor people in TTS Regency is 23.10% (2018), 23.03% (2019), and 22.77% (2020) respectively. The Poverty Depth Index is known to be 3.55 (2018), 4.48 (2019) and 4.36 (2020). Regarding educational facilities in Haumenbaki Village, it is known that the number of schools is 2 units, the number of teachers is 18 people, with the number of students as many as 144 students (62 students and 82 students). There is a Senior High School (SMA) unit with 17 teachers. Access to education is still relatively difficult (BPS, 2021).

In the health aspect, in West Amanuban District there is only a Puskesmas unit with a doctor and 13 midwives. There are 27 posyandu (5 posyandu in Haumenbaki Village) and 5 trained baby shamans. The number of couples of childbearing age (PUS) in Haumenbaki Village is 1390 pairs (336 pairs in Haumenbaki Village). In Haumenbaki Village, based on 2019 data, there is a baby with malnutrition (BPS, 2021). The number of families enjoying clean water based on water sources in West Amanuban District is detailed as follows: plumbing, 625, 712 pumping wells, 902 unpumped wells, and 719 springs. In Haumenbaki Village, 170 households enjoy tap water, 321 families that enjoy wells without pumps, and 140 families that enjoy water in springs. Clean water sources in West Amanuban District consist of 13 borewells, 107 Parigi 2 pumping wells, 24 springs, and 8 times. In Haumenbaki Village, there are 31 pumping wells, 2 Parigi, 3 springs, and two rivers (BPS, 2021).

In terms of education, there are 10 school buildings, 30 male teachers, 69 female teachers, 513 students, and 431 students. In Haumenbaki Village, there are 2 school units, 18 teachers, and 144 students (BPS, 2021). 2931 families use their latrines, and 63 families use latrines together. In the West Amanuban sub-district, there are 2212 families with permanent homes, 601 semi-permanent houses, and 191 emergency houses. In Nekmese, there are 501 families with permanent homes, 100 families with semi-permanent homes, and 30 families living in emergency homes (BPS, 2021).

Community Empowerment

Philosophically, the essence of empowerment is to help people to help themselves (Herwina & Mustakim, 2019), (Elsye, 2020). Regarding stunting, empowerment aims to enable families who have stunted toddlers to help themselves (Annisa & Sulistyaningsih, 2022), (Achmad, 2023). That is, various programs in the form of both physical and non-physical assistance are expected to lead to the establishment of household independence in survival. This survival thesis certainly leads to resilience in all aspects such as the economy, health, food, society, and others.

The discussion about empowerment must of course also explain the two main elements in it. The two elements are context and actors. Context relates to situations and dynamics that occur before, during, and after empowerment. While actors refer to elements that contribute to every implementation of programs within the community. Findings in the field show that there are several contexts and elements in the implementation of community empowerment programs in Haumenbaki Village, West Amanuban District, and TTS Regency. Data shows that Haumenbaki Village is known as one of the villages that has tremendous social and economic potential. This can be seen from the many economic assets that are there.

In terms of agriculture and plantations, the people of Haumenbaki Village have many types of production crops that are economical. There are teak, mahogany, lamtoro, areca nut, and others. From the aspect of animal husbandry, the people of Haumenbaki Village have cows, chickens, and pigs. The community has coconuts, vegetables, and beans. These various assets have not been well investigated so far. As a result of the mismanagement of these various assets, many plants die because they are not treated. This results in the lack of food reserves in the community. This reality is one of the identified causes of stunting.

Meanwhile, even though the community has productive economic assets, the healthy behavior of the community is very concerning. This is related to the lack of clean water availability in the community. Freshwater fish products have begun to be promoted since the existence of community empowerment programs by several institutions including those carried out by higher education institutions. Currently, through the Kedaireka program, Undana conducts empowerment programs in several aspects of life in Haumenbaki Village.

- There are several types of empowerment in Haumenbaki Village that are carried out both by the village community itself, by the government through several agencies, and by local and international Non-Governmental Organizations (NGOs). Some of these empowerment programs include: Own capital (especially those who have worked abroad. Capital is used to make a house and open a business) Loan from a bank (KUR BRI)
 - a. Livestock (40%)
 - b. Small business
 - c. Cake sales, etc.
- Loans in Cooperatives for animal husbandry and horticultural agriculture
- Office (agriculture, plantation-anakanlele, areca nut break, lamtoro, and others)
- LSM TLM- Agriculture and Socialization of the Village Law
- LSM overseas (Child Development Center-PPA)-Educational assistance in the model of foster fathers and mothers. Foster fathers and mothers come from Korea, America, Australia, Belgium, the Netherlands, England and others). As many as 300 Haumenbaki children are cared for by foster parents in this program. Assistance is provided for tuition fees and other needs per month per semester or year.

According to some informants, Haumenbaki society today has an educational formula. Schools thrive because of motivation and help. One family, one scholar. This principle means that the progress of education in Haumenbaki is determined first of all by the strong motivation from within the community. After internal motivation, external assistance is an additional condition for the process of community enlightenment to be realized. There are currently 90 scholars in Haumenbaki. This program has been implemented since 2012 and developed massively starting in 2018. Kades Haumenbaki's dream is the establishment of the Education Committee institution. This committee is tasked with carrying out school parties as happened in several areas including in TTS.

Based on the type of funding, there are three main types of empowerment funding in Haumenbaki Village, namely:

- a. Village funds
- b. Funds from the TTS District Office and provincial
- c. Non-Governmental Organizations (NGOs)

TABLE 1. Empowerment and Funding

Empowerment Model	Actor	Source of funds	Impact	Start Year
Opening small businesses and medium enterprises	Villagers returning to work abroad	Salaries from LN	Increased revenue	2015
Procurement of vegetable seeds	Department of Agriculture	Department of Agriculture	Food sufficiency	2012
Procurement of corn, coconut, and others	Plantation Office	Plantation Office	Food sufficiency	
Procurement of cattle, chickens, and pigs	Livestock Office	Livestock Office	Improvement of economic conditions	2021
Empowerment of ikat weaving groups	Department of Industry	Department of Industry	Welfare	2020
Housing	Housing and	Housing and	Livable house	2017

Empowerment Model	Actor	Source of funds	Impact	Start Year
	PUPR Office	PUPR Office		
Healthy Latrines Built	TTS District PUPR Office	TTS District PUPR Office	Healthy behaviors	2017
Community empowerment in the field of Clean Drinking Water	Village and University of Nusa Cendana	Village and University of Nusa Cendana	The existence of clean water and the improvement of a healthy lifestyle	
Community empowerment in animal husbandry, small business, and cake-making	BRI	KUR	Improved economic status and conditions	2021
Community empowerment in agriculture (procurement of vegetable seeds), animal husbandry (procurement of cows, goats, and chickens), and freshwater fisheries	Kedaireka University of Nusa Cendana	Kedaireka	Welfare (Stunting Reduction)	2022

Family Economic Empowerment

Family economic empowerment plays a crucial role in efforts to reduce stunting rates in the community. Through various programs and initiatives, the government works with non-governmental organizations to provide skills training and support the development of micro-enterprises to low-income families. One of the steps taken is to provide training to housewives in agriculture, animal husbandry, and handicrafts. By improving their knowledge and skills, mothers can optimize the use of their resources to increase food production and family income.

The provision of micro-business capital is also an important part of this program. Families who receive this assistance can open small businesses such as grocery stalls, small-scale farming businesses, or local handicrafts. Thus, they can increase family income and gradually reduce poverty rates (Efran et al., 2023). In addition, this program also provides access to families to quality health and nutrition services. Mothers are informed about the importance of balanced nutrition, good feeding practices, and children's health care. This helps raise awareness of the importance of nutrition in children's growth, thereby reducing the risk of stunting. In this context, family economic empowerment not only focuses on increasing income but also involves a holistic approach to improving overall family well-being. Through the integration of economic, health, and education programs, it is hoped that an environment can be created that supports optimal growth and development of children, as well as reducing stunting rates in the community.

CONCLUSION

Based on the description above, the following are presented some conclusions. First, community empowerment to reduce stunting is a collective work between pentahelix elements. Within that framework, each element contributes to reducing stunting in Haumenbaki Village in particular and TTS District in general.

Second, there are three important actors in community empowerment elements in Haumenbaki Village, namely the community, village government, and external institutions (agencies, universities, NGOs, and media). Third, the community empowerment program in Haumenbaki Village relies on the strength of local wisdom, namely manonop (cooperation). Manonop's main values are togetherness, commitment, trust, and hard work. Fourth, the reduction in stunting in Haumenbaki Village indicates the success of the community empowerment program.

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