

Implementing Stunting Prevention Through Nutritional Fulfillment of Children and the Role of the Family

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ABSTRACT

Stunting is a disruption in the growth and development of children due to chronic lack of nutrition and recurrent infections, which is characterized by their body length or height being below the exact standards set by the minister who administers government affairs in the health sector. In Sukawening Village, Ganeas District, Sumedang Regency at the beginning of 2023 there were 20 people and at the end of 2023 the stunting rate in Sukawening Village decreased to 16 people. This community service implementation aims to help mothers to increase their knowledge about stunting so that they are able to know about the dangers of stunting and the need for lifestyle changes to prevent stunting. This community service activity was carried out in January 2024. The focus of this community service activity is increasing the knowledge of mothers in Sukawening Village regarding stunting in an effort to prevent stunting behavior that attacks newborn children up to 5 years of age. The counseling was carried out offline, with the delivery of material and also discussions in the form of questions and answers with cadre mothers and mothers of stunted children in Sukawening Village, Ganeas District, Kab. Sumedang. This activity went smoothly and the mothers were very enthusiastic about listening to the counseling process

ARTICLE INFO

Article History:

Submitted/Received 10 Mar 2024

First Revised 30 Apr 2024

Accepted 30 Apr 2024

First Available online 30 Apr 2024

Publication Date 30 Apr 2024

Keyword :

Stunting, nutrition

Children

knowledge of mother.

INTRODUCTION

Stunting is caused by chronic malnutrition and recurrent infections during periods First 1,000 Days of Life (HPK). Nutritional problems during this period will give rise to various health problems. The mother's level of knowledge is one factor in fulfilling nutrition for the family, especially children. (KEMENKES RI, 2018). Stunting in toddlers must receive special attention because it can cause delays in physical growth, mental development and health status in children. (Saputri et al., 2020) Recent studies show that children experiencing stunting are associated with poor school performance, low levels of education and low income as adults. Children with stunting are susceptible to suffering from certain diseases, both infectious and non-communicable diseases (NCDs), as well as an increased risk of being overweight and obese. Long-term overweight and obesity can increase the risk of degeneration. (Susilowati et al., 2021)

The Ministry of Health announced the results of the Indonesian Nutritional Status (SSGI) survey where the prevalence of stunting in Indonesia fell from 24.4% in 2021 to 21.6% in 2022. Stunting is not only a matter of height but the most dangerous thing is the child's low ability to learn, mental retardation, and the emergence of chronic diseases. (Tasikmalaya et al., n.d.) WHO standards regarding the prevalence of stunting must be less than 20%. The Ministry of Health carries out specific interventions in 2 main ways, namely maternal nutritional interventions before and during pregnancy, and interventions for children aged 6 to 2 years. In previous years, 2 million women got married a year. Of the 2 million a year, 1.6 million are pregnant in the first year, and 400 thousand are still stunted. (Afriani et al., 2020)

Reducing stunting to 14% by 2024. There are 11 specific interventions designed, namely, anemia screening, consumption of blood supplement tablets (TTD) for young women, pregnancy checks (ANC), consumption of blood tablets for pregnant women, providing additional food for pregnant women lacking energy. (Tasikmalaya et al., n.d.) chronic disease (KEK), monitoring the growth of toddlers, exclusive breastfeeding, providing MPASI rich in animal protein for toddlers, management of toddlers with nutritional problems, increasing coverage and expanding immunization, educating pregnant teenagers and their families including triggering free open defecation (BABS). In the first quarter, of the 11 specific interventions, only 2 interventions had been implemented that had reached or even exceeded the target, namely that young women consumed the first quarter's national target TTD of 12.5. (Safira et al., 2021)

Good nutritional intake is not only determined by the availability of household food but is also influenced by parenting patterns such as giving colostrum (the first breast milk to come out), early initiation of breastfeeding (IMD), exclusive breastfeeding, and giving complementary foods to breast milk (MP-ASI.) appropriately (Siregar et al., 2021). Apart from that, environmental health factors such as access to clean water and proper sanitation and waste management are also closely related to the incidence of infectious disease infections in children. (Umtas et al., 2024)

Indirect causes of the stunting problem are influenced by several factors, including income and economic disparities, trade, urbanization, globalization, food systems, social security, health systems, agricultural development, and women's empowerment. (Gusrianti et al., 2020) To overcome the causes of stunting, supporting prerequisites are needed which include: political and policy commitment for implementation, government and cross-sector involvement, and capacity to implement. (Siregar et al., 2021)

Results from stunting data in Sukawening Village, Ganeas District, Sumedang Regency, at the beginning of 2023 there were 20 people and at the end of 2023 the stunting figure in Sukawening Village decreased to 16 people, including 4 people in Pabuaran Hamlet, 7 people in Cileweung Hamlet, Gorowong Hamlet 5 people. This data shows that the Village's efforts to reduce stunting rates are appropriate but not yet optimal and need to be further increased in efforts to reduce stunting rates in Sukawening Village. (Sari & Rachmawati, 2020)

The problem of stunting is important to resolve, because it has the potential to disrupt human resource potential and is related to health levels and even child mortality. (Muhnul Aulia, Erma Kasumayanti, 2020) Apart from that, it is important to prepare your health before entering marriage. For expectant mothers, they need to drink folic acid, check their HB (hemoglobin), take blood enhancing tablets, while husbands only need to reduce their smoking, then husbands drink zinc so that their sperm is good. Prospective pregnant women are not advised to go on a strict diet, because they could experience nutritional deficiencies, and the child could be stunted. (Gusrianti et al., 2020).

METHOD

This community service activity was carried out offline at the Sukawening Village Hall on January 29 2024. The target of this community service is mothers of stunted children. In carrying out community service through direct (offline) meetings, the methods used are lectures and discussions. This outreach activity began with a speech from the Village Head, then continued with material counseling for 60 minutes. After providing the material, a discussion session was held with mothers of stunted children and Sukawening Village Cadre Mothers. (Dewi et al., 2021)

With the aim of knowing efforts to prevent stunting through fulfilling child nutrition and family roles. The mothers' enthusiasm was evident from their presence during the counseling and discussions during the activities. The stages of community service activities providing outreach on stunting prevention through fulfilling child nutrition and the role of the family consist of planning, implementation and evaluation with the following description:

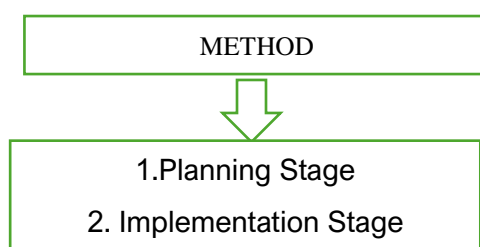


FIGURE 1. Method

Planning Stage

Preparations for this community service activity have been carried out since early January 2024, including:

- Communication with the Village Head and Sukawening Village Midwife and requesting permission to carry out community service. This stage was carried out smoothly because the Village Midwife and Village Head agreed with the theme raised in the counseling on stunting prevention through the implementation of child nutrition and the role of the family.
- Conduct literature reviews and discussions between group members regarding stunting prevention education and provide feedback to the audience in the form of nutritious food including boiled quail eggs, milk and regal cake.
- Coordinate with the village head, midwife and Sukawening Village cadres.

Implementation Stage

The implementation of this program is carried out through offline counseling including:

- Initial observation to determine how much the mother knows about nutritious food to support child growth.

- Providing outreach material regarding stunting prevention through fulfilling child nutrition and the role of the family which lasts for 60 minutes.

RESULTS AND DISCUSSION

Community service program for mothers of stunted children in Sukawening Village in an effort to prevent stunting by providing counseling about stunting and counseling about stunting through fulfilling child nutrition in Sukawening Village.

This outreach activity was carried out on January 29 2024 at the Sukawening Village Hall. There were 20 participants in this activity, consisting of mothers of stunted children. Counseling starts at 09.00 WIB. Extension is an activity to spread messages with the aim of increasing knowledge. Educational activities about stunting are one form of providing mothers with information about stunting prevention.

Counseling or describing the definition of stunting is the material presented. Mothers are invited to have a unified perception of what stunting is. Stunting is a disruption in the growth and development of children due to chronic malnutrition and recurrent infections, which is characterized by their length or height being below the standards set by the minister in charge of government affairs in the health sector. Stunting is a disruption in the growth and development of children due to chronic malnutrition and recurrent infections, which is characterized by their body length or height being below standard.(Riswanto, 2021)

- Counseling about stunting to pregnant women and breastfeeding mothers in Sukawening Village
This outreach activity was carried out on January 29 2024 at the Sukawening Village Hall. There were 20 participants who took part in this activity, consisting of mothers of stunted children. This outreach began with the delivery of material regarding stunting.
The media used for counseling is provided with graphic illustrations so that it is easy for mothers in Sukawening Village to understand and comprehend. The mothers seemed enthusiastic about listening and listening to the presentation of the material presented. Some of them even asked about the important points of the presentation.
- Knowledge about fulfilling children's nutrition
At this stage the speaker asked the mother of a stunted child about nutritional intake.
Some people answered the question correctly and there were some people who answered the question given by the presenter incorrectly.
- Counseling about key intake in children's golden period
At this stage, several mothers of stunted children are enthusiastic about their child's golden period intake.

CONCLUSIONS AND RECOMMENDATIONS

Compared to other journals, this community service journal is overall the same because this service is about socialization and increasing knowledge targets. Education plays an important role in accelerating the reduction of stunting, therefore there is a need for education to provide knowledge to parents, especially mothers, in providing nutrition for their families to prevent stunting in children. then economic status as a control strategy in preventing stunting also needs to be improved. Basically, stunting is caused by chronic malnutrition and recurrent infections that occur during the First 1,000 Days of Life (HPK), from the fetus to the child aged 24 months. Therefore, maternal education and knowledge regarding fulfilling nutritional intake for children is very important.

Children who experience stunting or poor nutritional status will directly affect the child's motor development, causing disruption to the growth and development process and delays in motor development.

Nutrition plays an important role in the first two years of life. The growth and development of brain cells requires adequate nutrition. With this situation, it is important to control nutrition to pay attention to motor development, because the motor development of toddlers aged 1-3 years with stunting is influenced by nutrients which influence nutrients which play an important role in the first two years of life.

Community service activities at the Sukawening Village Hall, Ganeas District, Sumedang Regency went well. This activity received a good and positive response from mothers and cadres in Sukawening Village. Also provides new knowledge for the participants. They stated that they gained new knowledge and understanding regarding stunting prevention education through fulfilling child nutrition and the role of the family. The results of the counseling given to mothers of stunted children showed an improvement after the mothers were given the counseling. There were no obstacles during the implementation of this community service activity. The mothers and posyandu cadres hope that there will be another counseling session regarding new material that is relevant to the conditions in Sukawening 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 Sukawening, Ganeas area 7) Undergraduate Public Health Students, Sebelas April University, Sumedang. May Allah Subhanahu Wa Ta'ala reward you with the kindness you deserve. Aamiin.

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APPENDIX



FIGURE 2. Counseling on reproductive health to adolescents



FIGURE 3. post test after being given counseling