

## Stunting Prevention is Alan Effort to Reduce the Risk of Stunting

Dini Afriani<sup>a)</sup>, Shinta Amelia Febriani

Public Health Study Program, Faculty of Health Sciences, University of Sebelas April, Indonesia

<sup>a)</sup>Corresponding author: [diniafriani@unsap.ac.id](mailto:diniafriani@unsap.ac.id)

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### ABSTRACT

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. Stunting is a condition of growth failure in children (body and brain growth) due to malnutrition for a long time. So the child is shorter than normal children his age and has delays in thinking. Malnutrition lasts for a long time from the time the fetus is in the womb until the beginning of the child's life (the first 1000 days of birth). In Sundamekar Village, Cisit District, Sumedang Regency in 2022 there were 12 people and in 2023 the stunting rate in Sundamekar Village decreased to 11 people. Implementation of community service Keywords: Stunting, nutrition, children, and knowledge of mother. This aims to help mothers increase their knowledge and awareness of how important it is to prevent stunting and provide an understanding that stunting is not a disease that can be transmitted. This community service activity was carried out on February 1 2024. The focus of this community service activity is to increase the knowledge of mothers in Sundamekar Village regarding stunting in an effort to prevent stunting from pregnancy, children from birth to 5 years of age. The target of community service activities is pregnant women, breastfeeding mothers and mothers of toddlers. Counseling is carried out offline, covering the definition of stunting, causes of stunting, symptoms of stunting, main targets of stunting, parenting patterns, how to prevent stunting and prevent stunting with balanced nutrition. This activity ran smoothly and interactively and the mothers were very enthusiastic about listening to the counseling process.

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## INTRODUCTION

Nutritional problems during this period will give rise to various health problems. The mother's level of knowledge is one of the factors in fulfilling nutrition for the family, especially children. Stunting in toddlers must receive special attention because it can cause delays in physical growth, mental development and health status in children. 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.

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. 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. (Kementerian Kesehatan Republik Indonesia, 2021)

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. chronic disease (KEK), monitoring the growth of toddlers, exclusive breastfeeding, providing MPASI rich in animal protein for toddlers, managing toddlers with nutritional problems, increasing coverage and expanding immunization, educating teenagers, pregnant women and their families, including triggering free open defecation (BABS). In the first quarter, of the 11 specific interventions, only 2 interventions that implemented them had reached or even exceeded the target, namely that young women consumed the first quarter's national target TTD of 12.5. (Afriani & Yulianti, 2022)

Stunting is still a serious problem that Indonesia must face. The causes of stunting include nutritional intake and health status which includes food security (availability, affordability and access to nutritious food), social environment (norms, food for babies and children, hygiene, education and workplace), health environment (access, preventive services and curative), and the residential environment (water, sanitation, building conditions). Pregnant women who consume low nutritional intake and experience infectious diseases will give birth to babies with Low Birth Weight (LBW) and/or baby body length below standard. (Umtas et al., 2024)

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. 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. (Heryani et al., 2023)

Data on stunting in Sundamekar Village, Cisitu District, Sumedang Regency, in 2022 there were 12 people and in 2023 the stunting figure in Sundamekar Village decreased to 11 people, including 4 people in Posyandu Melati, 2 people in Posyandu Mawar, 6 people in Posyandu Nusa Indah. . This data shows that the Village's efforts to reduce stunting rates are appropriate but not optimal and need to be increased further. Based on the results of the stunting data, the aim of holding the community service program "Prevention of stunting in an effort to reduce the risk of stunting" is to provide an understanding that

stunting is not a disgrace and a disease that can be transmitted as well as an effort to reduce the stunting rate in Sundamekar Village.(Pemerintah Kabupaten Sumedang, 2023)

## METHOD

This community service activity was held at the Sundamekar Village GOR on February 1 2024 in person (offline). The targets of this community service are pregnant mothers, breastfeeding mothers and toddler mothers in Sundamekar Village. In carrying out community service through direct (offline) meetings, the methods used are lectures and discussions. This outreach activity began with remarks from the Village Head, Field Supervisor and Sundamekar Village Midwife, then continued with 60 minutes of outreach material. After providing the material, a discussion session was held with pregnant women, breastfeeding mothers and mothers of toddlers.(Afriani et al., 2020)

With the aim of knowing the effectiveness of outreach activities on mothers' knowledge about stunting. The mother's enthusiastic response was evident from her presence during the counseling and discussions during the activities. The stages of community service activities to prevent stunting consist of planning, implementation and evaluation with the following explanation :

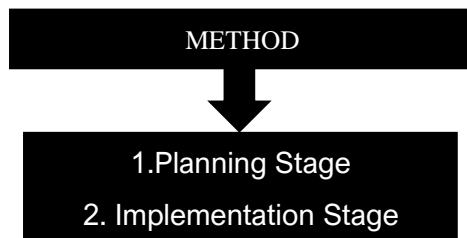


FIGURE 1. Method

### Planning Stage

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

- Communication with the Village Head and Chair of the Sundamekar Village TP PKK and requesting permission to carry out community service. This stage was carried out smoothly because
- The Chair of the TP PKK and the Village Head agreed with the theme raised in the outreach regarding stunting.
- Conduct literature reviews and discussions between group members regarding stunting.
- Create relevant outreach materials and coordinate with resource persons.
- Coordinate with the village head, midwife, PKK cadres and posyandu cadres in Sundamekar Village.

### Implementation Stage

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

- Initial observation to find out how much you know about stunting.
- Providing outreach material regarding stunting prevention which lasts 60 minutes. The material presented is about the definition of stunting, symptoms of stunting, causes of

- stunting, the main targets of stunting, why stunting can be caused by parental parenting, how to prevent stunting, prevent stunting with balanced nutrition.
- There is a discussion session regarding counseling material.

## RESULTS AND DISCUSSION

The 'Prevent Stunting Before It's Critical' service program for pregnant women, breastfeeding mothers and mothers under five in an effort to prevent stunting and reduce the stunting rate in Sundamekar Village by providing education about stunting, is running well, with the following activities:

- Counseling on Stunting in Sundamekar Village. This outreach activity was held on February 1 2024 at the Sundamekar Village GOR, 42 participants took part in this activity, consisting of pregnant women, breastfeeding mothers, mothers of toddlers. Counseling starts at 09.00 WIB to 11.00 WIB. Counseling can be done by spreading messages, instilling confidence so that people are not only aware, know and understand, but are also willing and able to carry out recommendations that are related to health. Educational activities about stunting are one form of providing mothers with information about stunting prevention.(Kusumaningati et al., 2018)
- 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 standard. The explanation of why stunting occurs is to provide mothers with an understanding of one of the causes of stunting, namely lack of nutritional intake during pregnancy. (Siregar et al., 2021)The goal is for pregnant women to pay attention to fulfilling their nutritional intake.Next is an explanation of the symptoms of stunting that you should be aware of. When the interviewee asked, most mothers already knew about the signs of stunting.(Wahyuni et al., 2019)

The media used for counseling are provided with graphic illustrations so that they are easy for mothers in Sundamekar 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.Explanation of who the main targets of stunting are so that mothers of teenage daughters and prospective brides can convey the message of stunting prevention.(Afriani & Merlina, 2021)

Furthermore, mothers were given an understanding of why stunting can be caused by parenting patterns so that mothers understand that poor parenting patterns determine the incidence of stunting in children. At this stage the presenter asked the mothers about their children's eating schedule and the provision of complementary foods.(Susilowati et al., 2021)

Some people answered the question correctly and there were some people who answered the question given by the presenter incorrectly.Next, regarding how to prevent stunting. At this stage the speaker invites breastfeeding mothers and mothers of toddlers to take their children to the posyandu regularly, and invites pregnant women to monitor their pregnancy at the village midwife's posyandu periodically.(Yulianti et al., 2022)

Stunting prevention through balanced nutrition. The mothers already know about the contents of my plate, some even ask about a menu of simple dishes that are cheap but provide adequate nutrition. During the presentation given by the speaker to the mothers, it was interactive and looked enthusiastic.(Ariestantia & Utami, 2020)

## CONCLUSIONS AND RECOMMENDATIONS

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, and awareness of how important it is to prevent stunting in children. As well as knowledge and awareness of pregnant women in fulfilling the best nutrition and always regularly checking the condition of their womb.

The community service activity 'Prevent Stunting Before It's Critical' at the Sundamekar Village GOR, Cisitu District, Sumedang Regency ran smoothly as seen from the enthusiasm of the 42 mothers who attended. This activity received a positive response and appreciation from mothers, TP PKK, posyandu cadres, village midwives and the head of Sundamekar Village. The mothers stated that they gained knowledge and understanding. The results of the counseling given to pregnant and breastfeeding mothers showed an increase after the mothers were given the counseling. There were no obstacles during the implementation of this community service activity. With this activity, mothers can further realize it in their daily lives. The mothers and posyandu cadres hope that there will be another counseling session regarding new material that is relevant to the conditions in Sundamekar Village.

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## APPENDIX



FIGURE 2. Counseling on prevent stunting



FIGURE 2. post test after being given counseling