

Stunting Prevention in Toddlers in Village Baros District Serang Banten Province

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Abstract

Stunting is a condition in which children under five years of age or toddlers experience growth failure caused by a lack of nutrition received by the fetus/infant. The condition of children who are stunted can be seen from their height which is below the height standard for their age, their bone growth is below the high standard for their age, their bone growth is delayed and their body weight is low for their age. The purpose of doing community service is to apply scientific theories in the health sector to overcome problems that occur in the field so that they can benefit the community, actively participate in the health development process, increase community empowerment in the health sector, increase the ability of the academic community to apply theories science both independently and in groups, helping to overcome problems faced by the government and society with practical scientific methods. Following up on the problems found in Sinarmukti Village, Baros District, Serang Regency, where stunted toddlers were found, it is necessary to carry out health education about stunting, the impact and prevention of stunting by evaluating anthropometric measurements of toddlers and providing pumpkin tray cakes to improve nutrition in toddlers. Service implementation activities run smoothly. Out of the 17 toddlers who took part in the activity, there were 29.4% (5) of them who were stunted. The community is very enthusiastic and appreciates this activity, because they know the importance of maintaining nutrition, growth and development of their toddlers. The strategy to improve nutrition for toddlers is to take advantage of the abundant natural resources in the area, this time by consuming pumpkin trays and increasing parental knowledge in maintaining children's nutrition, growth and development.

Keywords: stunting, prevention, toddlers

Introduction

Stunting is a condition in which children under five years of age or toddlers experience growth failure caused by a lack of nutrition received by the fetus/infant. The condition of children who are stunted can be seen from their height which is below the height standard for their age, their bone growth is below the high standard for their age, their bone growth is delayed and their body weight is low for their age. In the 2016 Global Nutrition Report, it was noted that Indonesia was ranked second in Southeast Asia in terms of stunting. Many factors lead to stunting, including socio-economic conditions of the family, lack of nutrition absorbed by the mother during pregnancy, illness in the baby, and lack of nutritional intake in the baby after birth. The impact caused by toddlers who are stunted is that they can experience impaired physical and cognitive development during their growth.

Stunting itself is included in one of the indicators that needs to be achieved in the second goal of SDGs; Eliminating Hunger, Achieving Food Security and Good Nutrition, and Increasing Sustainable Agriculture. The indicator for solving the problem of stunting refers to reducing the stunting rate by 40% in 2025 and eliminating all forms of malnutrition by 2030. According to the Ministry of Health's Basic Health Research (*Riskesdas*) data for 2018, the national stunting rate has decreased from 37.2% in 2013 to 30.8% in 2018¹. According to the Indonesian Toddler Nutrition Status Survey (SSGBI) in 2019, this figure has decreased to 27.7%. Reducing the stunting rate has been declared a national priority program. At present, the Government is continuing to move to organize the tools for accelerating stunting prevention and formulating the National Strategy (Stranas) for the Acceleration of Stunting Prevention for 2018-2024. The government through the 2020-2024 National Medium-Term Development Plan (*RPJMN*), has also set a target for the national stunting rate to fall to 14%.

The high cases of stunting in Baros District, Serang Regency, which reached 111 toddlers from the target of 5,328 toddlers, which means that there are 2.1% of toddlers were stunting in Baros District. Sinarmukti Village is one of the villages that contributes to stunting toddlers, there are 5 stunted toddlers out of the 553 toddlers target, which means that there was 1% with stunted toddlers status in Sinarmukti Village. With the data above, Sinarmukti Village is a village with an outbreak of stunting which today receives special attention from the government so that stunting toddler cases can be handled properly and the community is able to prevent their babies from becoming a generation free from stunting so that they can become healthy and productive generations in the future. will come.

Many factors trigger the high stunting cases in Sinarmukti Village, including the low economy, education, customs and habits of the people who still follow their ancestral traditions and low public awareness of the importance of health for their babies and toddlers. Sinarmukti Village is a village with the majority of the people's work being farmers and one of the abundant agricultural products is pumpkin, but the people of Sinarmukti Village do not yet know the benefits and nutritional content found in pumpkin which can prevent stunting, so we are interested in innovating to process pumpkin yellow is a delicious food that can be enjoyed by anyone, including babies and toddlers, namely with the innovation "LAMBUNG CENTING" (*Talam Labu Kuning Cegah Stunting*).

Community Service is an activity that aims to help the community in several activities without expecting rewards in any form. In general, this program was designed by various universities in Indonesia to make a real contribution to the nation, especially in developing the welfare and progress of the Indonesian nation. Community service activities are part of the Tri Dharma of Higher Education. The community service program is a program that is oriented to the problems faced by the community based on observations of each scientific discipline on developments in the health sector.

The purpose of doing community service is to apply scientific theories in the health sector to overcome problems that occur in the field so that they can benefit the community, actively participate in the health development process, increase community empowerment in the health sector, increase the ability of the academic community (lecturers and/or students) in applying scientific theories both independently and in groups, helping to overcome problems faced by the government and society with practical scientific methods.

Following up on the problems found in Sinarmukti Village, Baros district, Serang Regency Banten Province, a community practice student of the Midwifery Professional Education Study Program, Faculty of Health Sciences, Jakarta Nasional University, who is obliged to improve public health welfare, holds FGD "Forum Group Discussion" activities and intervenes according to the issues that have been selected as priorities. This activity is needed because it is useful to increase community participation to solve and contribute to solving problems that exist in the community independently and health workers only provide facilities to the community in the form of data collection, problem formulation and counseling.

Methodology

The method that we apply in determining the priority of

problems is by Focus Group Discussion (FGD). Focus Group Discussion/FGD or focus group discussion is a data collection method commonly used in qualitative social research, including nursing research. This method relies on obtaining data or information from an interaction of informants or respondents based on the results of discussions in a group that focuses on conducting discussions in solving certain problems. Data or information obtained through this technique, apart from being group information, is also an opinion and decision of the group.

The participants who attended this activity were: the Village Head, Representatives of Community Figures, Head of Cadres and 2 cadres and representatives from the Community Health Center midwives. The results of the problem are as follows:

- a. The number of blessed pregnant women with Chronic Energy Deficiency was 11 people, a total of 29 rested pregnant women.**

b. There were 5 stunting cases

Table 1.

<i>Planning of Action (POA)</i>				
Problem	Objectives	Target	Implementation	Setting
Stunting in toddlers	- Decrease the incident of stunting - To improve parents' knowledge regarding stunting prevention	- parents who have toddlers	- The health education of stunting - Measurement of weight and height of toddlers - An introduction of "LAMBUNG CENTING" (Talam Labu Kuning Cegah Stunting) to improve nutrition in toddlers in order to prevent stunting	Monday, May 29th 2023 At 09.00 am in Sinarmukti Village Office

The group's innovation that is applied related to complementary care is by providing additional food "LAMBUNG CENTING" (Talam Labu Kuning Cegah Stunting). This innovation utilizes herbs that are easily available to the people around the village and is based on research related to stunting. This innovation is applied to overcome the problem of stunting in toddlers. Optimal provision of *PMT* (Supplementary Feeding) can guarantee optimal growth and development, prevent stunting, prevent obesity, reduce the risk of anemia, nutritional deficiencies. *PMT* can be processed from several alternative foods sourced from NABATI. One of the many vegetable sources obtained in the Baros District area which can be used as a nutritious supplementary food for children is Yellow Pumpkin.

Yellow pumpkin has a fairly high and complete nutritional content, which contains iron, vitamin A, vitamin B1, vitamin C, calcium, carbohydrates, protein, phosphorus, fat, and carbohydrates². Apart from that, pumpkin is also a local ingredient that can be used as a nutritious complementary food for children. The results of the study also show that giving pumpkin as complementary food can increase nutritional intake in toddlers³. Research conducted by Astaria Br Ginting, et al in 2020, where the results of his research showed the effect of applying self-efficacy and using pumpkin to preventing stunting in toddlers. The ingredients used are 300 grams of yellow pumpkin that has been steamed tender, 125 grams of granulated sugar, 400 ml of coconut milk, ½ tsp of salt, 50 grams of tapioca flour and 25 grams of rice flour. For the white layer, 400 ml of coconut milk, 25 grams of cornstarch, ½ tsp salt, ½ tsp vanilla and 1 sheet of pandan. The steps for making a king pumpkin tray include a) the ingredients that have been prepared are mixed and then mashed; b) then cook over medium heat until bubbly; c) pour into the container; d) cook the white layer ingredients by mixing all the ingredients that have been prepared until cooked (looks thickened); e) Pour into the prepared tray dough in the container.

Results and Discussion

1. Implementation : Health Education regarding stunting
2. Place : Balai Desa Sinarmukti RT 05/ 02
3. Time : May 29th 2023 at 09.00 am
4. Target : Parents
5. Process : Counseling about stunting is carried out for parents of infants and toddlers (definition, causes, impacts, characteristics, prevention, and how to make pumpkin trays)

6. Evaluation :
- Parents + babies and toddlers who attended were 17 people, cadres 5 people
 - Parents of babies and toddlers know the meaning of stunting, the causes of stunting, the impact of stunting, the characteristics of stunting and how to prevent stunting.
 - As well as knowing how to make pumpkin trays.
 - The knowledge of parents of infants and toddlers has increased as evidenced by 3 questions from parents of infants and toddlers about stunting.
 - Counseling participants know the benefits and nutritional content of pumpkin
 - Participants learned how to make pumpkin trays to prevent stunting

Tabel 2. Antropometry measuerement in toddlers

No	Umur	Weight (Kg)	Height (Cm)	Zs	Results
1	37 months	12	85	-3,07	Stunting
2	54 months	13	93	-3,11	Stunting
3	35 months	10	84	-3,08	Stunting
4	31 months	10,8	81	-3,44	Stunting
5	52 months	13	91	-3,94	Stunting
6	30 months	12,6	87	- 0,97	Normal
7	26 months	11,8	90	0,38	Normal
8	37 months	15,2	95,5	-1,2	Normal
9	40 months	15	95	-0.36	Normal
10	14 months	10,6	79	0,4	Normal
11	34 months	12,6	95,5	0,19	Normal
12	30 months	12,6	87	- 0,97	Normal
13	26 months	11,8	90	0,38	Normal
14	37 months	15,2	95,5	-1,2	Normal
15	24 months	11,2	88	0,06	Normal
16	22 months	10,6	84,6	-0,46	Normal
17	34 months	12,6	95	0,05	Normal

The high rate of stunting in Indonesia is still a national priority issue. And reducing the stunting rate has been declared a national priority program. Stunting is a major nutritional problem that will have an impact on social and economic life in society. Stunting in toddlers needs special attention because it can hamper the physical and mental development of children. Stunting is associated with an increased risk of morbidity and mortality as well as retarded growth of motor and mental abilities. Toddlers who are stunted have a risk of decreased intellectual abilities, productivity, and an increased risk of degenerative diseases in the future. This is because stunted children also tend to be more susceptible to infectious diseases, so they are at risk of experiencing a decrease in the quality of learning at school and are at risk of being absent more often. Stunting also increases the risk of obesity, because people with short stature also have a low ideal body weight. Stunting that occurs in children is an indicator of chronic malnutrition and results from insufficient food intake for a long time, poor food quality and causes increased morbidity⁵. Mothers' lack of understanding about child care patterns and lack of knowledge about fulfilling nutrition for themselves and their children can cause children to be malnourished and cause stunting².

Through educational knowledge about stunting to prevent stunting from an early age, parents can change eating patterns and good parenting behaviors. Mother's knowledge about high nutrition can have an influence on toddler's eating patterns which can later have an impact on toddler's nutritional status. If the understanding that the mother has is good, the mother can choose and provide food for the toddler both in terms of quantity and quality which can meet the number of nutritional needs needed by the toddler so that it can finally influence the nutritional status of the toddler⁶. Research conducted by Ginting (2020) where the results of his research showed the effect of applying self-efficacy and using pumpkin to preventing stunting in toddlers⁴. Community midwifery is a midwifery service that

emphasizes the psychosocial and cultural aspects of the community (the surrounding community). So, a midwife is required to be able to provide services that are individual or group. The principle in community midwifery activities is community empowerment. Community midwifery practice carried out by National University Midwife Professional Education Students Batch 5 Group 4 with practice area at UPT Baros Health Centre Serang Regency carried out in Sinarmukti Village, has been carried out in the following stages: 1) Regional Orientation; 2) Self Introspection Survey; 3) Focus Group Discussion (FGD); 4) Preparation of Planning of Action (POA); 5) Intervention Activities; 6) Evaluation and Closure.

This activity has had a positive influence on community participation in improving public health, including knowing that there is a stunting rate from the data obtained during basic data collection and problem collection so that it can be followed up and evaluated on stunted infants and toddlers. This activity also has an influence on the knowledge of parents of babies and toddlers about stunting, namely parents of babies under five, the knowledge of parents increases about the meaning of stunting, how to prevent it, its characteristics and how to prevent it, you can find out the question and answer process during counseling. It is hoped that this activity will continue after the implementation of community midwifery practices, with the guidance and supervision of the environmental apparatus of the Sinarmukti Village community, Kec. Baros Kab. Attack.

CONCLUSIONS

Community service activities in the form of community empowerment and education about stunting are really needed by the community so that people are able and willing to know the meaning, early detection, characteristics, impact and ways to prevent stunting. Prevention of stunting is carried out from preparation for pregnancy because from healthy mothers a healthy generation will also be born. The period of pregnancy, childbirth and baby care greatly affects the nutritional status of infants and toddlers. The low factor of education, the community's economy is one of the triggers for the high stunting rate in toddlers. By utilizing agricultural products in the surrounding environment, it is hoped that it will be able to prevent and reduce the number of stunting rates in the community, especially Sinarmukti Village, Baros District, Serang Regency. Yellow pumpkin contains various kinds of content such as Water (Water), Energy, Protein Fat (Fat), Carbohydrates (CHO), Fiber (Fibre), Ash (ASH), Calcium (Ca), Phosphorus (P), Iron (Fe), Sodium (Na), Potassium (K), Copper (Cu), Zinc (Zn), Beta-Carotenes (Carotenes), Thiamin (Vit. B1), Riboflavin (Vit. B2), Niacin (Niacin). The content of the pumpkin is very much needed in our bodies, especially in the process of growing babies and toddlers so that it can prevent stunting. With an abundance of pumpkin products, students try to innovate "LAMBUNG CENTING" (*Talam Labu Kuning Cegah Stunting*) that the community can follow and practice to fulfill the nutrition of their babies and toddlers.

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