

Stunting Prevention Efforts by KKN 72 UINSA Through Parenting and Nutrition Workshop in Jeladri Village, Winongan District, Pasuruan Regency

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ABSTRACT

Based on the Indonesian Nutrition Status Survey (SSGI) in 2022, the prevalence of stunting in toddlers in Indonesia reached 21.6%. Meanwhile, the prevalence rate of stunting cases in 2024 Pasuruan district shows a percentage of 6.09%. A review of conditions in Jeladri Village shows that efforts to increase awareness of stunting prevention still need to be improved. This study aims to improve stunting prevention strategies based on education and workshops on parenting and nutrition in Jeladri village. The research method used in this research is descriptive qualitative research with a sample population of 50 families and using purposive sampling method who have children with high risk of stunting. The results obtained in the final evaluation can be said that participants have a good understanding of stunting prevention, parenting and nutrition. With a good understanding, it can significantly increase the value of community knowledge and have a positive impact on increasing community efforts to prevent stunting because with adequate knowledge the community tends to be able to take the right steps to prevent stunting from an early age.

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INTRODUCTION

Stunting is a condition that inhibits the growth and development of children, especially during the first 1000 days of life. It is a failure to thrive due to inadequate nutrition, which can have a long-term impact on quality of life and productivity. This physical growth disorder is usually characterized by a child's height that is not appropriate for their age due to chronic nutritional problems. Stunting affects brain growth and development, negatively impacting children's intelligence and increasing their risk of developing hereditary diseases such as diabetes mellitus, cancer and coronary heart disease as adults. The impact of health problems needs to be monitored specifically, including the issue of stunting, which is important to pay attention to. (Yuniastuti et al., 2023).

The problem of stunting is a global health challenge related to the growth and development of toddlers in the early stages of life, namely from the womb to 23 months old, and stunting conditions are seen after the baby is 2 years old. The condition of failure of child development, especially in the first 1000 days of life, indicates the presence of stunting disorders or often called stunted or short. Stunting (stunted) in toddlers is

caused by various factors including nutrition during pregnancy to birth which has an impact on growth and development. As for the conditions during infancy and toddlerhood, among the causes of stunting that occur are the lack of exclusive breastfeeding, complementary foods (MP-ASI) that meet the appropriate nutritional standards for children, as well as access to sanitation and clean water (Setiono et al., 2023)

Based on the Indonesian Nutrition Status Survey (SSGI) conducted by the Ministry of Health of the Republic of Indonesia in 2022, the prevalence of stunting in children under five in Indonesia reached 21.6%. This figure shows a decrease of 2.8% from the previous year which amounted to 24.4%. According to the World Health Organization (WHO), if the prevalence of stunting in a country reaches 20%, the condition is considered chronic. In Indonesia, most cases of stunting are found in children aged 3-4 years (36-47 months) with a percentage of 6%. Meanwhile, the prevalence rate of stunting cases in 2024 in Pasuruan district shows a percentage of 6.09%. Handling stunting cases has a very significant impact on the future so it requires serious attention and handling by all levels of society (Romadona et al., 2023)

One of the causes of stunting is inadequate complementary feeding and supplementary feeding for children under five. Contributing factors include poor micronutrient quality, lack of dietary variety, low energy levels in complementary foods, inadequate feeding during and after illness, and insufficient consistency and amount of food. This feeding pattern is very influential on infant weight growth, because the frequency of feeding, the type or form of food, and the amount of dosage determine the baby's weight (Ai Nurhayati, Rita Patriasih, Ai Mahmudahtusaadah, 2024).

Prevention of stunting needs to start early. Monitoring pregnant women who should consume nutritious foods and supplements that strengthen the fetus. After the baby is born, exclusive breastfeeding is very important, which is then followed by quality complementary foods. External factors also play an important role in stunting prevention, such as providing adequate knowledge to the community. In addition, environmental factors and parental care are also influential. Raising public awareness about stunting is an important first step in tackling this complex problem. It is important to understand that stunting is not just a physical problem, but also has a wider impact, including on other aspects of health. Stunting can affect children's cognitive and social development, which in turn can affect their potential in various aspects of life (Romadona et al., 2023).

A review of the situation in Jeladri Village shows that efforts to raise awareness about stunting prevention still need to be improved. Although stunting has a significant impact on the future of children and communities, there has been insufficient attention to this issue in the community. By applying a comprehensive approach that involves various stakeholders, such as the local government, health institutions and community organizations, an education program that reaches all levels of society can be developed. By promoting targeted outreach campaigns, involving respected community leaders, and utilizing various communication media, awareness about stunting in the village can be significantly increased. This will open up opportunities for the adoption of healthier behaviors in nutrition, childcare and positive parenting practices. Through this joint strategy, Jeladri Village can serve as a successful example of how community awareness can be fundamental in addressing complex global health challenges, such as stunting (Istikhori, Latifah et al., 2023).

METHOD

The method used in this research is descriptive qualitative research. This research was conducted in Jeladri Village, Winongan District, Pasuruan Regency. The population in this study were all families with children aged 0 to 5 years who were compulsory posyandu participants in Jeladri Village, Winongan District, Pasuruan Regency. From this population, a sample of 50 families was selected using purposive sampling method, who had children with a high risk of stunting. The inclusion criteria used were families who were willing to participate in the entire series of workshops and had children who met the criteria for high risk of stunting. The variables used in this study are Independent Variable and Dependent Variable, namely independent and dependent variables which include parenting and nutrition workshops as well as knowledge and parenting practices on children's nutritional status. The research was conducted for 1 month with details of 2 weeks for preparation and implementation of workshops, and 2 weeks for evaluation and monitoring located in Jeladri Village, Winongan District, Pasuruan Regency. In this study, the materials used were educational materials on parenting and nutrition. While the tools used include pretest and posttest questionnaires, anthropometric measuring instruments such as weight scales and stadiometers to measure height, and observation checklists to monitor activities during the workshop. Data collection techniques in this study included several methods. First, questionnaires were used to collect demographic data and assess parents' knowledge and attitudes about parenting and nutrition before and after the workshop. Second, anthropometric measurements were made by measuring children's height and weight before and after the workshop intervention to assess changes in nutritional status. Third, observation using a checklist to assess participants' participation and understanding during the workshop.

RESULTS

1. Basic Concept of Stunting

Stunting is a condition where a child's height is lower than the average height of children of the same age. This is usually caused by a variety of factors such as chronic malnutrition and recurrent infections that occur during critical periods of child growth, especially in the First 1000 Days of Life (HPK), from conception until the child is two years old. Stunting is defined as impaired growth and development in children caused by chronic malnutrition, frequent infections, or unfavorable environmental factors. A child is considered stunted if their height is below the standard deviation minus two (-2 SD) of the WHO Child Growth Standards median.

The main causes of stunting include malnutrition where food intake is insufficient, especially protein, vitamins, and essential minerals. Diseases such as diarrhea and frequent and prolonged respiratory infections can also interfere with nutrient absorption and exacerbate malnutrition. Environmental factors such as poor sanitation conditions leading to lack of hygiene and inadequate clean water can also increase the risk of infectious diseases. Furthermore, parents' lack of knowledge about nutrition and child health is often a problem, leading to inadequate nutrition and feeding practices. Other factors such as lack of psychosocial stimulation can also worsen stunting.

The impact of stunting is not only felt by the children who experience it, but also poses a serious threat to the future of the nation. Generations exposed to stunting will tend to have low productivity and are more vulnerable to various diseases. This can hamper the nation's progress and increase the country's economic burden. The impacts of stunting include impaired physical development, stunted cognitive development, and a higher risk of infectious diseases later in life (Sarman, 2021).

Therefore, efforts to prevent stunting must be a top priority. Prevention and handling of stunting can be done through nutritional interventions by providing nutritionally balanced food intake from the womb until the child is two years old. Exclusive breastfeeding for the first 6 months and continued until the age of 2 with complementary foods. Prevention of stunting can also be done by providing access to clean water and proper sanitation, and educating the public about hygiene to prevent infectious diseases. Not only that, stunting can also be prevented by increasing parents' knowledge and awareness through workshops on the importance of nutrition, nutrition and child health. By understanding the basic concepts of stunting, it is hoped that efforts to prevent and treat stunting can be more effectively carried out in order to improve the quality of life of the nation's future children (Yuwanti et al., 2022).

2. Stunting Prevention Strategy through Parenting and Nutrition Workshop

Participants stated that stunting prevention strategies are very important for toddlers because reducing stunting rates requires appropriate steps such as ensuring the nutrition of pregnant women is met, providing breastfeeding and complementary foods properly, providing access to clean water and good sanitation, and monitoring child development at posyandu. Although there are various opinions on ways to prevent stunting, the main thing that needs to be considered is the pattern of care from the first 1000 days of life (HPK) starting from the prenatal period until the child is 2 years old. This shows that the participants of the parenting and nutrition workshop understood the content of the material.

The content of the material and the understanding of the parenting and nutrition workshop participants are in line with Agritubella & Delvira's research, which states that the main strategy in preventing stunting is to have knowledge about optimal parenting starting from the prenatal period until the child reaches the age of 2 years, because in that phase the body's organs such as the digestive tract, cognitive, physical, metabolic organs and the child's immune system begin to grow and develop rapidly. (Romadona et al., 2023).

3. Respon Peserta Setelah Adanya Invasi Workshop Participant Response After Workshop Invasion

In addition to understanding stunting, researchers also examined the responses and recommendations of parenting and nutrition workshop participants using pretest and posttest questionnaires, where all participants responded positively to the parenting and nutrition workshop activities. Some participants appreciated by stating that parenting and nutrition workshops are rarely given to Jeladri villagers so that knowledge about stunting in toddlers is still limited. Participants also emphasized the importance of providing parenting and nutrition workshop materials to prospective brides or teenagers so that they can prepare themselves as prospective mothers.

The parenting and nutrition workshop material is considered very useful and provides a new perspective on material related to stunting, including identification, characteristics, causal factors and how to prevent and treat stunting in the village unit. Through pretests and posttests with the aim of measuring participants' prior knowledge.



Figure 1. Workshop activities

Prior to the provision of material and a deeper understanding through workshops related to stunting, parenting, and nutrition, the responses given by participants were very diverse, which initially participants did not fully understand what stunting was. Some participants had a limited basic understanding of stunting and the concept of balanced nutrition that supports child growth. Many of the participants were unaware of the importance of food variety in a child's diet and the important role of protein, micronutrients such as nutrients and vitamins in child development. In addition, some participants also showed a lack of understanding of parenting techniques. Participants also felt that they needed more information and practical training to apply good parenting and nutrition at home. Furthermore, the symptoms and impacts of stunting were not well understood by participants. Similarly, monitoring of child development, parenting, and child nutrition are still not optimally applied to prevent child stunting.

Meanwhile, after the workshop participants can better understand the concept of stunting, including its definition, impact, and symptoms, as well as how to prevent children from getting stunted, especially through early detection through posyandu by monitoring the MCH book and monitoring children's development regularly on the cognitive aspects of their behavior in accordance with the growth and development of children at their age. On the other hand, parenting and providing appropriate balanced nutrition can support the prevention of stunting in children. The response of mothers participating in the posyandu was enthusiastic in understanding and increasing knowledge about parenting and nutrition that supports the prevention of stunting. When asked about the importance of the workshop, many stated that it was important to improve parenting and appropriate nutrition in order to support children's better future life and productivity and create a superior generation (smart and achieving) in the future.

In the implementation of the workshop, it begins with a direct question and answer stage with a nutrition midwife from the puskesmas. The questions related to what is stunting, understanding, impact, prevention of stunting as well as nutrition and parenting which aims to evaluate changes after providing workshop material. Based on the analysis of the participants' knowledge, the results obtained in the final evaluation can be said that the participants have a good understanding of stunting prevention, parenting and nutrition. With a good understanding, it can significantly increase the value of community knowledge and have a positive impact on increasing community efforts to prevent stunting because knowledge is one of the factors that tends to direct human behavior towards a positive direction. With adequate knowledge, the community tends to be able to take steps to prevent stunting from an early age.

CONCLUSION

Stunting is a condition of chronic malnutrition that has a significant impact on children. Based on the research that has been conducted, it can be concluded that stunting is still a major topic of health problems that require special attention from various parties. Understanding the basic concept of stunting reveals that factors such as chronic malnutrition and recurrent infections that occur during critical periods of child growth, especially in the first 1000 days of life, are the main factors causing stunting. The long-term impact of stunting not only affects physical health, but can also have an impact on brain growth and development, thus negatively affecting children's intelligence and also increasing their risk of developing hereditary diseases, such as diabetes mellitus, cancer, and coronary heart disease as adults.

In an effort to prevent stunting, the strategy carried out through this parenting and nutrition workshop was made to increase participants' comprehensive knowledge regarding the importance of balanced nutrition

and good parenting practices. The material presented included information related to stunting, nutritious food, and parenting techniques that can support children's growth and development.

The response of participants after attending the workshop showed satisfactory results, the majority of participants experienced an increase in knowledge related to stunting, nutrition and healthy parenting. The success of this workshop also opens up opportunities to be developed and implemented on a wide scale, with the hope that it can contribute significantly to reducing the prevalence of stunting, therefore support from various parties is needed to support similar programs in the future.

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