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Stunting Prevention with the Active Role of Families in Manis Jaya Village, Tangerang City

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ABSTRACT

Stunting or growth disorders in children is a global health problem that has a significant impact on children's physical and cognitive development. Stunting prevention is a top priority in efforts to improve the quality of life and the younger generation's future. This community service aims to provide an understanding of the importance of preventing stunting, the risk factors involved, and strategies that can be implemented to reduce stunting rates among residents in Manis Jaya Village, Tangerang City. The method used to achieve the goals and targets of stunting prevention is through outreach/lectures, including education on the role of families in improving nutrition, promotion of exclusive breastfeeding and nutritious food, and increasing access to essential health services. It is hoped that the results of the activity will prevent stunting from being the responsibility of the government, health organizations, and the entire community. Collaboration between the government, private sector, NGOs, and village communities will be vital in achieving stunting prevention targets.

ABSTRAK

Stunting atau gangguan pertumbuhan pada anak-anak merupakan masalah kesehatan global yang berdampak besar pada perkembangan fisik dan kognitif anak-anak. Pencegahan stunting menjadi prioritas utama dalam upaya meningkatkan kualitas hidup dan masa depan generasi muda. Pengabdian masyarakat ini bertujuan memberikan pemahaman mengenai pentingnya pencegahan stunting, faktor-faktor risiko yang terlibat serta strategi yang dapat diimplementasikan untuk mengurangi angka stunting pada warga di Kelurahan Manis Jaya Kota Tangerang. Metode yang digunakan untuk mencapai tujuan dan target pencegahan stunting adalah dengan penyuluhan/ceramah mencakup edukasi peran keluarga dalam peningkatan gizi, promosi pemberian asi eksklusif dan makanan bergizi serta peningkatan akses ke layanan kesehatan dasar. Hasil dari kegiatan diharapkan pencegahan stunting bukan hanya tanggung jawab pemerintah dan organisasi kesehatan tetapi juga seluruh masyarakat. Kolaborasi antara pemerintah, sektor swasta, LSM dan masyarakat desa akan memainkan peran kunci dalam mencapai target pencegahan stunting.

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1. Introduction

Stunting, or growth disorders in children, has become one of the main problems in global public health. It is an important indicator of children's quality of life and development, with long-term impacts that can cast a shadow over the future of young people. Stunting occurs when a child experiences a decrease in average growth and does not reach the height appropriate for his age. The problem of stunting is not only physical but also has an impact on children's cognitive, social, and economic development. Children who experience stunting are more susceptible to disease, have poor school performance, and have limited employment opportunities as adults. Therefore, preventing stunting has become a top priority in improving children's and society's welfare.

It is essential to understand that stunting is caused not only by genetic factors but also by environmental and socio-economic factors. The main risk factors for stunting include poor nutrition during pregnancy and childhood, inappropriate feeding, limited access to health services, recurrent infections, and poor sanitation. Scientific studies and practical experience have shown that preventing stunting is possible and effective. The study includes efforts to



improve the nutrition of pregnant women, promotion of exclusive breastfeeding during the first six months of life, nutrition education for families, and increasing access to essential health services.

Apart from that, the family's active role is also a key component in preventing stunting. Family is the first and foremost environment for children's growth and development. Family support in monitoring children's growth, providing nutritious foods, and good health practices can help ensure that children get adequate nutrition. In this seminar and outreach activity, we will explain various aspects of stunting prevention, including risk factors, prevention strategies, the role of the family, and the critical role of collaboration between government, the private sector, NGOs, and the community. All parties have a role in preventing stunting because the aim is to create a healthier and more productive future for future generations. With the proper understanding and action, we can overcome the challenge of stunting and give children the best opportunities for optimal growth and development. This community service activity is in the Manis Jaya sub-district, a sub-district of Jatiuwung, Tangerang City, Banten province. This sub-district has 18 neighborhood units (RT) and five community units (RW). It has an area of 1.6 km², with a population of 15,888 people and a density of 9,930 people/km².

2. Method

Stunting prevention [1] involves a series of actions to ensure that children receive adequate and balanced nutrition [2] during their growth period [3]. This community service activity is carried out in collaboration with Manis Jaya Village students team and the local community. The following are several methods that can be used to prevent stunting, which were presented in the seminar "The Importance of the Role of the Family in Preventing Stunting" to residents of Manis Jaya Village, Tangerang City:

- a. Exclusive breastfeeding: Breast milk (breast milk) is the best food for babies. Exclusive breastfeeding for the first six months of life provides babies with essential nutrients and protects them from infections. Breast milk also has important growth factors. [4]
- b. Proper complementary foods: After six months, babies should be introduced to appropriate complementary foods, which include foods with the proteins, carbohydrates, fats, vitamins, and minerals necessary for optimal growth. [5]
- c. Improving the nutrition of pregnant women: Monitoring the nutrition of pregnant women is very important. Pregnant women need adequate and balanced nutrition to support healthy fetal growth. [6]
- d. Nutrition education program: Nutrition education programs should be provided to pregnant women and their families about the importance of good nutrition during pregnancy, breastfeeding, and feeding children.[7]

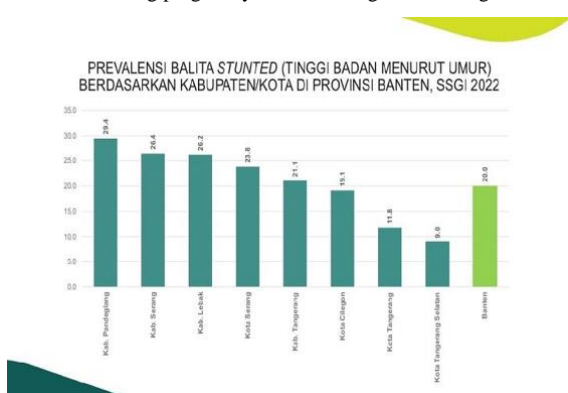


Figure 1. Graph of height according to age.



Figure 2. Community education seminar program.

- e. Integrated Nutrition Intervention: An integrated nutrition program can involve distributing additional food, such as supplements, to children at risk of stunting. The program may also include nutrition education and health care.
- f. Monitoring Child Growth: Monitoring child growth regularly, including height and weight, is essential. This step can help detect growth problems early, and action can be taken [8].
- g. Improved Access to Clean Water and Sanitation: Good access to clean water and proper sanitation facilities can help reduce the risk of infections that inhibit growth. [9]
- h. Public Awareness Campaign: Raising public awareness about the importance of nutrition, sanitation, and good health practices is critical in preventing stunting.
- i. Collaboration between the Government and the Private Sector: Collaboration between the government, private companies, ngos, and community organizations can increase the effectiveness of stunting prevention programs. [10]
- j. Early Intervention: Early detection of growth problems and early intervention is critical. This step may include intensive child monitoring and medical intervention if necessary. [11]

Stunting prevention is a long-term effort that requires collaboration between various stakeholders and a comprehensive approach [12]. Stunting can be prevented with appropriate and consistent actions, and children can grow healthy and strong.

3. Results and Discussion

The results and discussion of community service in the form of seminars in the context of stunting prevention are essential to program evaluation or research conducted to measure the effectiveness of stunting prevention efforts.

- a. One of the main results of the stunting prevention program is reducing the stunting rate in Manis Jaya Village, Tangerang City. These results can be measured by comparing children's height before and after the program is implemented. Based on data from the National Population and Family Planning Agency (BKKBN), the Tangerang City Government (Pemkot) has succeeded in reducing the stunting rate from 15.3 percent in 2021 to 11.8 percent in 2022, or a decrease of 3.5 percent. Through the Health Service (Dinkes), we strengthen interventions to resolve stunting cases

optimally in Tangerang City. We can reduce the indications of stunting in several 58 residents in Manis Jaya Subdistrict, Tangerang City, using various methods according to the environmental conditions of the village.



Figure 3. Weighing and measuring toddlers.



Figure 4. Data collection on toddlers.

- b. Effective stunting prevention programs can result in increased levels of exclusive breastfeeding by mothers to their babies. This effort can be measured by surveys that record the percentage of mothers exclusively breastfeeding during the first six months. The increase in breastfeeding continues to be controlled through programs at Posyandu in the village.
- c. Another relevant outcome is changes in children's eating patterns. If the program is successful, children will be more likely to receive nutritious foods appropriate for their age. This effort can be measured by analyzing children's food consumption patterns.
- d. Programs to increase public knowledge and awareness involve public education, which can include increasing public knowledge and awareness about the importance of nutrition and stunting prevention practices.

The discussion of service begins by interpreting the results found from the Manis Jaya sub-district and residents. Data is collected and processed by UMT KKN students. The data includes an explanation of how the activities produced in the Manis Jaya sub-district environment reflect the effectiveness of the stunting prevention program. One of the factors that contributed to changes in stunting indications was the successful outreach campaign and sustainable integrated healthcare center program in the Manis Jaya sub-district environment. It must be acknowledged that each research or program has limitations and can only be scheduled per period. These include the research methods, the number of participants, or external factors influencing society.

What can be done to strengthen the stunting prevention program is to continue providing education to the community, whether carried out by related institutions, organizations, government, or civil society members who are part of society, and this can be applied anywhere, especially areas where there are enough people who are indicated to be stunted. Education regarding stunting prevention in several aspects of the lives of residents in the Manis Jaya sub-district must continue to be encouraged, with comprehensive digital-based information about stunting. Education must continue to be improved in efforts to prevent stunting. Collaboration between local community members and related institutions, local government, and organizations can increase the success of stunting prevention.

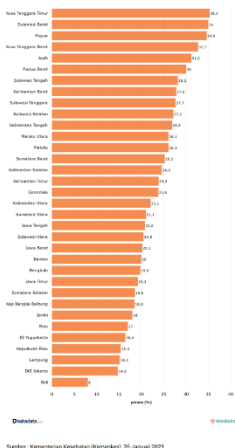


Figure 4. Ministry of Health's Indonesian nutrition status survey (SSGI).



Figure 5. Seminar activities.

4. Conclusion

The following are conclusions regarding stunting prevention with the active role of families in Manis Jaya sub-district, Tangerang city: The importance of preventing stunting through seminars (education), improving nutrition through the Posyandu program, regular health checks, as critical steps in improving the welfare of children and the future of the younger generation, especially in the Manis Jaya sub-district. Based on data from the National Population and Family Planning Agency (BKKBN), the Tangerang City Government (Pemkot) has succeeded in reducing the stunting rate from 15.3 percent in 2021 to 11.8 percent in 2022, or a decrease of 3.5 percent.

The stunting of 58 residents in the Manis Jaya sub-district indicates data that continues to be provided by the local government and checks at the Posyandu (integrated healthcare center). When conducting seminars and education for community members in the Manis Jaya sub-district, there were

young mothers, working mothers, and lower-middle-class people, where many things regarding stunting and its prevention were poorly understood. When the educational program was carried out, it received a positive response with discussions regarding the condition of the family and environment, whether it included stunting or not. There is a scheduled Posyandu program for health checks and improving nutrition for toddlers. Several of these activities open up the knowledge and awareness of residents in the Manis Jaya sub-district environment.

Collaboration between community members and local government, related health institutions, and community organizations makes the stunting prevention program successful because it uses effective approach methods. Limited program schedules for stunting seminars and the number of residents participating is a challenge during implementation that needs to be overcome. It is necessary to improve community education programs regarding stunting prevention with a scheduled family approach from local government, related agencies or institutions, and community organizations so that they can assist government programs in preventing stunting. There is a need for a schedule of seminars/counseling/socialization on stunting prevention through a family approach, which the local government, related institutions, and the role of community organizations can carry out.

A family health check must be scheduled by the local government and assisted by related institutions or community organizations. Health assistance can be carried out at community health centers or Posyandu. Collaboration between the government, private sector, NGOs, and the community is essential in preventing stunting. Cross-sector collaboration and active participation of all stakeholders are the keys to the success of stunting prevention. The success and prosperity of a country are influenced by the welfare of children, who are the country's future. A sound generation can increase the superiority of a nation.

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