

Social Protection in Prevention And Management of High-Risk Stunting Families in Palangkaraya City

Lalu Satria Utama^{1*}, Siti Nur Aini Najib¹, Eva Eviany¹, Dwi Putri Yuliani¹

¹Program Praktik Perpolisian Tata Pamong, Institut Pemerintahan Dalam Negeri

*Correspondence Email: satriabideko@gmail.com,

Received: 12 March 2024; Revised: 14 June 2024; Accepted: 26 June 2024

Abstract: *The problem of stunting is an issue of concern because it involves the sustainability of human resource development and needs to be protected. The results of the Indonesian Nutrition Status Survey 2019-2022 stated that Palangkaraya City continued to experience an increase in stunting rates. Objective: To explain the efforts made by the Palangkaraya City Government to prevent and handle families at risk of stunting from a social protection perspective. Methods: This research uses a descriptive qualitative research method with an inductive approach. The data collection techniques used by researchers are interviews, observation, documentation, and data triangulation. The theory used is the Social Protection Theory by Sabates Wheeler-Deveureux (2007). Results: The DisdaldukKBP3APM of Palangkaraya City is constrained by recording and collecting stunting data that is not yet explorative and integrative, as well as constraints in sharpening interventions for families at risk of stunting in Palangkaraya City. Conclusion: The conclusion is that DisdaldukKBP3APM of Palangkaraya City has pursued various promotional, preventive, protective, and transformative programs well in preventing and handling families at risk of stunting.*

Keywords: *social protection; stunting risk families; malnutrition*

How to Cite:

Utama, L. S., Najib, S. N. A., Eviany, E., & Yuliani, D. P. (2024). Social Protection in Prevention And Management of High-Risk Stunting Families in Palangkaraya City Development of Stunting Prevalence. *Journal of Governance*, 9(2), 341–352.
<https://doi.org/http://dx.doi.org/10.31506/jog.v9i2.26658>



[This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.](https://creativecommons.org/licenses/by-sa/4.0/)

Introduction

Protection (protection) is one form of effort made by the government to provide community protection in order to create order, a sense of peace, and a sense of security in the implementation of national and state life (Nurcholis, 2005). Social protection is a form of government policy to provide for the minimum needs of society, especially vulnerable groups. What is meant by vulnerable community groups includes the elderly, children, the poor, pregnant women, and people with disabilities. The presence of the state is to guarantee and protect vulnerable groups in certain communities to obtain the right

to a decent and harmonious livelihood (Akbar, 2021). The human resource development program raises three main issues, namely the prevalence of decline stunting, reducing poverty rates, and revitalizing vocations (Moerdijat, 2023). Stunting indicates failure to thrive (growth faltering), which must be treated with catch-up nutrition (catch-up growth) to achieve optimal growth (Health et al., 2020). Checking the conditions of stunting in Palangkaraya City, Central Kalimantan, it was found that the results of the Indonesian Nutrition Status Survey throughout 2019-2022 showed the following diagram:



Figure 1. Prevalence Development Stunting 2019-2022

Source: Results of the Indonesian Nutrition Status Survey. Processed by the Author, 2023

Prevalence stunting in the City of Palangkaraya the number continues to increase in the 2019-2022 period, from 22.7% in 2019 to 27.8% in 2022. Ideally from year to year, the diagram shows a decline amidst the implementation of various programs on reducing stunting. But something else happened to the conditions stunting in Palangkaraya City which is not running in rhythm with the

decline stunting on a national and provincial scale. This indicates that the prevalence of stunting is evidence of the government's failure to prevent and handle stunting holistically (Haryanti & Hayati, 2019). Problem stunting in Palangkaraya City has become an issue concern that was taken seriously by the Palangkaraya City Disdalduk KBP3APM due to the strong commitment of regional

leaders / Mayor, by targeting the prevalence of numbers stunting Palangkaraya City is expected to reach 16.05% in 2023 and 12.39% in 2024. However, the efforts made to date are unsatisfactory as reflected in the data. Ideally, when improvement efforts are made, positive results are achieved. There is a need for program policy intervention regarding prevention and treatment steps for stunting. The family approach is very appropriate and strategic to identify these risk factors early so that appropriate prevention efforts can be carried out. Other research states that systematic and comprehensive social protection can save the fulfillment of children's rights (Retnaningsih et al., 2021). Based on the explanation that has been described, the author is interested in researching a study with the title "Social Protection in Preventing and Handling Risk Families Stunting in Palangkaraya City".

Previous Research

This review was conducted to compare similarities and differences from previous research. This research is intended to strengthen research that states that the prevalence of high stunting is evidence of the government's failure to prevent and deal with malnutrition problems holistically (Haryanti & Hayati, 2019). Stunting can be prevented and controlled through nutritional education and social protection interventions (Azhari & Mahwati, 2022). In addition, this research is intended to compare obstacles to handling stunting in several research results, which state that the obstacles to handling are lack of synergy (Agustino & Widodo, 2022), lack of community participation (Rahmah, 2022), and lack of availability of competent human resources (Nurva & Maharani, 2023). As well as to compare whether a comprehensive

strategy with a prevention approach can reduce the prevalence of stunting (Leatemala & Timisela, 2023). Stunting prevention and control policies place more emphasis on aspects of the commitment and responsibility of local governments as well as community participation as the main issues (Ekonomi et al., 2021). Efforts to reduce nutritional problems (stunting) must be handled cross-sectorally at all levels (Aryastami, 2017). Meanwhile, the aspect of financial and human resource constraints is an important element that is the main obstacle to implementing stunting handling policies (Rahman & Werenfridus, 2014). Preventing stunting also starts with implementing policy advocacy based on the desire and willingness of regional apparatus organizations to participate in carrying out their authority to prevent stunting (Dewi & Yusran, 2023). A review of previous research is intended to prove the authenticity of the work studied (newness). Novelty This research focuses on social protection with the object of preventing and handling risky family stunting in Palangkaraya City, which has never been analyzed by other researchers.

Theoretical and Legalistic Concepts

Dunn in (Rasyid et al., 2007) explain that government is the activity of administering the state to provide services and protection for every citizen, carry out arrangements, and mobilize all necessary resources. The government, with its protection function, has the authority to provide a sense of security for the community. The substantive emphasis of the concept of government in this research is the role of government in protection, which is delegated to small-scale governments, especially regional governments. Regional governments have the authority to handle government affairs

under Article 12, Health Affairs, including mandatory government affairs related to basic services. As well as Article 12 Paragraph 2 Point B concerning women's empowerment and child protection as mandatory government affairs that are not related to basic services. Based on Presidential Regulation Number 72 of 2021 concerning the Acceleration of Reducing Stunting, regional governments are also making holistic, integrative, and quality handling efforts through coordination, synergy, and synchronization in accommodating efforts to accelerate the reduction of stunting

effectively. conceptualized that the government has a responsibility to protect vulnerable groups (family risk of stunting).

The concept of social protection theory was promoted by Sabates-Wheeler and Devereux (2007), who stated that social protection has four elements: protective provision, preventive action, promotive action, and a transformative role. These four-dimensional concepts are used as a reference in determining research indicators associated with stunting concepts. The conclusion of these dimensions is categorized as follows:

Promotional	:	Raising Awareness
Preventive	:	Protective
Prevention	:	Protection
Transformative	:	Changes or follow-up

Figure 2. Dimentional Concept of Social Protection
Source: Sabates-Wheeler & Devereux (2007)

Method

This research uses qualitative research methods with a descriptive approach to describe problems, identify problems that occur, and collect keywords (root definition) to define the process flow to get the meaning of the data (Abdussamad, 2021). The data collection technique was carried out using triangulation by combining observation data sources at the Palangkaraya City DisdaldukKBP3APM, interviews with 15

informants, and related documentation about stunting and the regulations that govern it. Data analysis is inductive, which refers to the Miles and Huberman model of collecting various data that emphasizes meaning rather than generalization.

Results And Discussion

The existence of child stunting interventions is still quite fluctuating. The following graph was processed by the author based on the findings obtained.

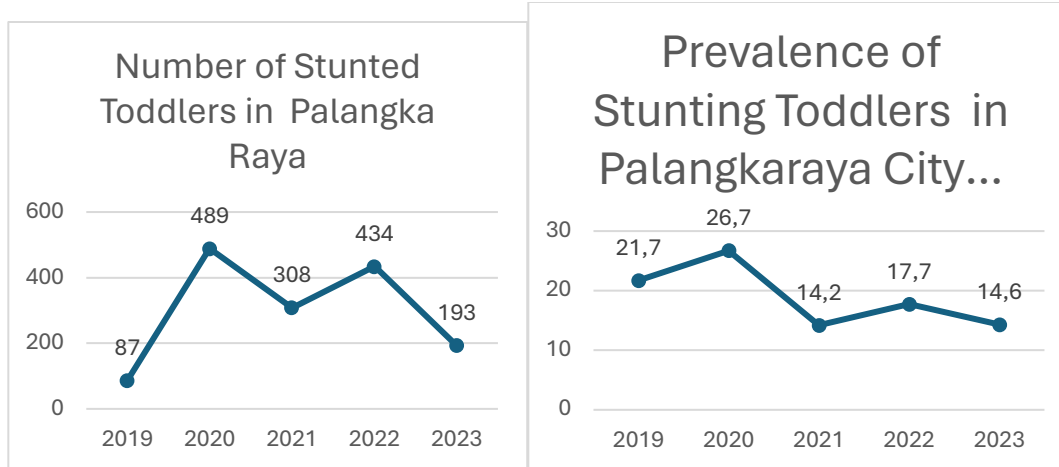


Figure 3. Number and Prevalence of Toddlers Stunting in Palangkaraya City 2019-2023
 Source: Indonesian Nutrition Status Survey 2019-2022. Processed by the Author, 2024

It was found that the number of children stunted In Palangkaraya City in 2023, 193 children were recorded as stunting. The percentage of children stunting amounts to 14.63% based on data from measurements at Posyandu and Puskesmas in Palangkaraya City, which do not comprehensively describe the number of children stunting in Palangkaraya City. That's only a representative percentage and not the population. It is certain that there are still many children out there who are stunted who do not receive attention or protection from the government because they are not recorded as measurable children. Data problems are the main problem in determining policy stunting in Palangkaraya City. Apart from the data constraints mentioned above, there are other constraints, namely:

1. The data is not integrated because it is spread across many other health facilities, such as hospitals and children's clinics.
2. The data is not accompanied by valid and accurate specifications by name or address.

3. The increase in data resulting from collecting data using more exploratory methods is biased by the dynamics of population growth.

The government needs to make preventative efforts primarily for at-risk families stunting to handle problems starting from upstream before child cases arise (New Zero Stunting). This is a step to identify possible risks of early stunting in vulnerable and risky times through various programs aimed at preventing and handling risky family stunting in Palangkaraya City. Efforts to prevent and handle risky family stunting will be described and classified into four main dimensions of social protection, namely promoter, preventive, protective, transformative.

Promotive Efforts to Increase Family Risk Awareness Stunting

Indicators used to measure promotional efforts made by the government to prevent high stunting risk families are an increase in community awareness about the risk of stunting. This research observed that the promotional

efforts carried out by the Palangkaraya City DisdaldukKBP3APM were realized in several programs, including counseling through Posyandu Toddler Cadres, the

implementation of toddler family development, and youth family development.

Table 1. Palangkaraya City DisdaldukKBP3APM Promotive Program

Social Protection	Effort	Information
Promotive Efforts to Increase Family Risk Awareness of <i>Stunting</i>	Role Utilization Integrated Healthcare Center	It went well but there were problems with community participation
	Toddler Family Building Program (BKB) and Teenage Family Building Program (BKR)	Runs well in accordance with existing objectives and procedures

Source: Processed by Author

Obstacles to implementing health education at Posyandu Mekar Sari in Palangkaraya City include:

1. Several posyandu cadres do not have competence in the health sector. The community complained about the credibility of posyandu cadres who were not skilled in dealing with problems regarding children's health conditions that mothers complained about.
2. There is low public interest (for mothers and children) in going to Posyandu. This is caused by several things, including:
 - a. The interpersonal communication style between mothers and health officials creates people's reluctance to go to Posyandu. Interpersonal communication among Posyandu cadres is key because it creates a comfortable environment so that people feel appreciated and motivated to come to Posyandu. (Putri & Pohan, 2023)

- b. Posyandu implementation hours are not appropriate for busy families.
- c. People prefer health facilities such as practical doctors and children's clinics, which are considered more credible and competent.
- c. Limited operational funds for implementation. The implementation of posyandu is not only a burden on the government budget but is also supported by the results of community empowerment. Subsidized operational funds are not sufficient to accommodate the needs of the posyandu; therefore, the "jimpitan" tradition carried out by cadres and community volunteer money is used to facilitate the implementation of the posyandu.

The government is working to provide IEC to layers directly involved in prevention stunting with various efforts, one of which is through the use of

counseling for toddler posyandu cadres and the implementation of BKB and BKR programs to increase awareness in society about the importance of being aware of stunting and preventing risks early on (Thoif et al., n.d.). Promoting a holistic view of nutrition stunting, strengthening maternal and adolescent girl health interventions, and increasing understanding of stunting can be a form of promotion that can reduce stunting (Ramadhan et al., 2023).

Preventive Efforts to Prevent Risky Targets from Stunting

Preventive efforts are determined by efforts to prevent risk vulnerabilities and stunting (Wheeler & Devereux, 2007). The preventive efforts encountered by researchers in research at DisdaldukKBP3APM Palangkaraya City are the Family Assistance Team, especially prospective brides and grooms through the Elsimil Application, and the Implementation of the Risk Family Assistance Team Stunting. Prevention efforts are closely related to assistance. The implementation of the preventive efforts described above is summarized in the following table:

Table 2. Palangkaraya City DisdaldukKBP3APM Preventive Program

Social Protection	Effort	Information
Preventive Efforts to Prevent Targets Risky <i>Stunting</i>	Catin and Bride Assistance via the Elsimil Application	Running well but not in accordance with the SOP that has been implemented
	Support Team Family (TPK)	Running well but not controlled and monitored optimally and still oriented towards results and ignoring the process

Source: Processed by Author

The implementation of Catin's assistance through Elsimil input has not proceeded according to the SOP because communication and socialization have not been established. Catin's proactiveness and sub-district responsiveness are needed so that this program runs as it should. data input problems in Elsimil. Some data cannot be input so another alternative is used, namely manual reporting. Manual recording which is not input into the Elsimil Application is due to several obstacles such as ownership of an Android or gadget, TPK Human Resources which are not yet competent and compatible, and also problems with the

Elsimil Application which often has errors. Other problems which are obstacles to assistance by TPK are 1) limitations TPK is only able to handle a few risk families stunting priority, 2) determining targets is based on data that has not been collected comprehensively. The TPK only relies on sub-district instructions based on word-of-mouth information and activities at home; 3) the lack of assistance by the TPK is due to a lack of monitoring and control over the performance carried out by the TPK because so far the focus has only been on the results, not the mentoring process. out of the record.

Protective Efforts at Risk Targets Stunting

This protection includes a safety net program which aims to see the achievement of targets and objectives for risk family protection stunting through prevention (Wheeler & Devereux, 2007). In its implementation, there are two mainstay programs for protecting family

risks stunting namely the Foster Father/Mother Program Stunting (BAAS) and the Overcome Healthy Kitchen Program Stunting (Dashat) which comes into direct contact and targets the target stunting. The implementation of the protective efforts described above is summarized in the following table:

Table 3. Palangkaraya City DisdaldukKBP3APM Protective Program

Social Protection	Effort	Information
Protective Efforts on Risky Targets <i>Stunting</i>	Foster Father/Mother Program <i>Stunting</i> (BOSS)	It is running well but does not yet have rigid legitimacy so it has the potential to become a temporary program
	Overcome Healthy Kitchen Program <i>Stunting</i> (Dashat)	It goes well but it doesn't sustainable due to operational costs

Source: Processed by Author

The above program is based on the concept of the Jimpitan tradition with elements of human values that uphold mutual cooperation. This also means that the policies implemented are not yet rigidly systematized, so that implementation is only based on incidental 'carrying out obligations' efforts whose period is determined by whether or not the commitment still exists after the target is achieved. Apart from that, the domain of division of institutional affairs is not systematic because program implementation is based on strong legitimacy, refers to procedures and standards, and there is a fixed operational budget stimulus.

Transformative Efforts as a Follow-up to the Handling and Prevention of Risk Families Stunting

Transformative is a follow-up action taken by the government to prevent and treat stunting to continue business sustainability. Transformative efforts refer to follow-up actions to prevent family risk stunting involving technological innovation (Wheeler & Devereux, 2007). One of these transformation efforts is the launch of the Call Center program Stunting. On November 27, 2023, This application was initiated by the Head of DisdaldukKBP3APM together with the Acting Mayor of Palangkaraya. This public service aims to provide fast service if potential stunting or high risk of stunting is found in the Palangkaraya City area. WhatsApp is an application-based service that can be accessed directly by the people of Palangkaraya City. The implementation of the transformative efforts described above is summarized in the following table:

Table 4. Palangkaraya City DisdaldukKBP3APM Transformative Program

Social Protection	Effort	Information
Transformative Efforts as a Follow-up to Prevention and Handling of High-Risk of Stunting Families	Call Center <i>Stunting</i>	Running well but not yet visible <i>progress</i> because it is a new program

Source: Processed by Author

The Stunting Call Center provides other services, such as

1. follow-up to carry out interventions for families who are reported to be suffering from stunting or are at risk of stunting.
2. connected with several parties who work together to prevent and manage the risk of stunting, namely the Family Assistance Team closest to the reported domicile, and coordinated to be recorded in the intervention.
3. providing access to health services needed by the target and facilities for advice and recommendations for families at risk of stunting regarding the nutrition needed for optimal growth and development, as well as monitoring the development of the target periodically.

Discussion of the Main Research Findings

The high prevalence of stunting is evidence of the government's failure to prevent and deal with malnutrition problems holistically (Haryanti & Hayati, 2019). The findings of this research state

that the increase in prevalence is due to data collection that has not been verified, valid, or popular. The escalation that occurs is often concluded to be due to growth dynamics that increase from year to year. However, this premise is biased because the increasing amount of data is also factored in by the existence of more exploratory data collection methods, so that more and more findings are recorded. Stunting can be prevented and controlled through nutritional education and social protection interventions (Azhari & Mahwati, 2022). In addition, this research is intended to compare the obstacles to handling stunting to several research results that state that the obstacles to handling are a lack of synergy (Agustino & Widodo, 2022), a lack of community participation (Rahmah, 2022), and a lack of the availability of competent human resources (Nurva & Maharani, 2023). The research findings illustrate that educational interventions through counseling for posyandu cadres and social protection in protective efforts of the Foster Care Fathers/Mothers Program and Healthy Kitchens to Overcome Stunting by providing additional food can control the rate of stunting. The obstacle is that there is no rigid and binding policy regarding the assistance obligations imposed on each OPD, so there is a need for a systematic domain for dividing institutional affairs. The community's pro-active participation in going to the posyandu and the lack of

performance of the family assistance team hamper efforts to reduce stunting in Palangkaraya City. As well as to compare whether a comprehensive strategy with a prevention approach can reduce the prevalence of stunting (Leatemala & Timisela, 2023). DisdaldukKBP3APM Palangkaraya City uses a family approach to identify risk factors early through prevention and treatment of risky family stunting.

Discussion of Other Interesting Findings

The authentic difference in this research is the research results, which illustrate the importance of data management as a starting point for determining policy interventions. Providing data on families at There needs to be data fulfillment through activities to update family data, which then needs to be verified and validated periodically so as to produce valid and up-to-date data as a work map. Stunting is a priority activity in efforts to accelerate the reduction of stunting. There needs to be data fulfillment through activities to update family data, which then needs to be verified and validated periodically so as to produce valid and up-to-date data as a work map.

Conclusion

Through comprehensive research related to social protection in preventing and handling high-stunting-risk's family stunting in Palangkaraya City, it was concluded that the Palangkaraya City DisdaldukKBP3APM was the implementer of the reduction stunting and carried out good promotion, preventive, protective, and transformative efforts. DisdaldukKBP3APM Palangkaraya City has carried out a protection function with intervention policies for vulnerable people, namely risk families stunting

properly in accordance with the standard procedures that have been regulated. This research suggests the need for comprehensive, valid, and one-stop verification for data integration and families at risk of stunting. There should be a population collection of measurement data on all children under five in Palangkaraya City. There needs to be a structured division of affairs in a systematic manner so that the program can be implemented and control and balance can be realized in accordance with the specified domain and procedures.

Acknowledgement

Thank you to all levels of the Palangkaraya City DisdaldukKBP3APM who have helped and provided the opportunity in time and space to make this research and observation process a success.

References

- Abdussamad, Z. (2021). *Qualitative Research Methods Book*.
- Agustino, H., & Widodo, E. (2022). Analysis of the Implementation of Social Policy for Stunting Prevention. (Online) *Sospol: Journal of Social Politics*, 8(2), 241–252. https://doi.org/10.22219/journals_ospol.v8i2.22558
- Akbar, S. (2021). Analysis of Types of Vulnerable Groups in Pematang Reba Village in 2021. *Jiaganis*, Vol 7, No 2.
- Aryastami, N. K. (2017). Policy Study and Overcoming Stunting Nutrition Problems in Indonesia. *Health Research Bulletin*, 45(4). <https://doi.org/10.22435/bpk.v45i4.7465.233-240>

- Azhari, C., & Mahwati, Y. (2022). Proceedings of the Multidisciplinary National Symposium on Narrative Studies: Stunting Prevention and Control Interventions. Muhammadiyah University of Tangerang, 4. [Http://jurnal.umt.ac.id/index.php/senamu/index](http://jurnal.umt.ac.id/index.php/senamu/index)
- Dewi, R., & Yusran, R. (2023). Dynamics of Stunting Prevention Policy Advocacy in Padang City. *Journal of Social Sciences and Education*, Vol 7(No 2).
- Economy, J., And Social, B., & Agus Sugianto Badung Regency Research and Development Agency, M. (2021). Analysis of Stunting Prevention and Control Policies in Indonesia: Using a What Is The Problem Represented To Be Approach? *Mei 2021 Embiss*, 1(3), 197–209. <https://embiss.com/index.php/embiss>
- Haryanti, T., & Hayati, N. (2019). Enforcement of Human Rights Laws for Children Suffering from Stunting. *Journal Ham*, 10(2), 249. <https://doi.org/10.30641/ham.2019.10.249-260>
- Health, J. I., Husada, S., & Rahmadhita, K. (2020). Stunting Problems And Prevention Stunting Problems And Prevention. *June*, 11(1), 225–229. <https://doi.org/10.35816/jiskh.v10i2.253>
- Leatemia, E. D., & Timisela, N. (2023). Accelerating Stunting Reduction Through Upstream Prevention in Maluku. *Nusantara: Journal of Social Sciences*, 10(2), 666–675. <https://doi.org/10.31604/jips.v10i2.2023.2545-2550>
- Moerdijat, L. (2023, March). Importance in National Human Resources Development. *Information and Communication Media Constitutional Assembly*, 20. https://www.mpr.go.id/img/majalah/file/1679293481_file_mpr.pdf
- Nurcholis, H. (2005). *Theory and Practice of Government and Regional Autonomy*. Grasindo. 13.
- Nurva, L., & Maharani, C. (2023). Analysis of Stunting Management Policy Implementation: Case Study in Brebes Regency Analysis of Stunting Management Policy Implementation: A Case Study in Brebes Regency. In • *Indonesian Health Policy Journal: Jkki* (Vol. 12).
- Putri, F. R. A., & Pohan, S. (2023). Analysis of Public Service Communication for Posyandu Cadres at Pb Selayang II Community Health Center in Stunting Prevention. *Maras: Multidisciplinary Research Journal*, 1(3), 543–550. <https://doi.org/10.60126/maras.v1i3.102>
- Rahmah, M. (2022). The Role of the Banda Aceh City Government in Integrated Stunting Prevention and Management. *Unsyiah Faculty of Social and Political Sciences Student Scientific Journal*, Volume 07 Number 03.
- Rahman, Z., & Werenfridus, M. (2014). Analysis of Stunting Prevention Policies and the Relevance of Implementation in Society. *Climate Change 2013 – The Physical Science Basis*, 1–30. <https://doi.org/10.1017/Cbo9781107415324.004>

- Ramadhan, A., Ayu Wardani, D., Maula Pulungan, N., & Afria Nanda Safitri, N. (2023). Analysis of Community Awareness of the Urgency of Stunting Influences Increasing Toddler Growth (Community Service in Tegal Sari Village). *Modeling: Journal of the Pgmi Modeling Study Program*, 10(1).
- Rasyid, R., & et al. (2007). Regional Autonomy in a Unitary State. Student Library. 19. Retnaningsih, H., Research, P., Ahli, B., Ri, D., Jenderal, J., & Subroto, G. (2021). Social Protection in Efforts to Fulfill the Rights of Orphaned Children Victims of the Covid-19 Pandemic. *Journal of Social Problems* |, 12(2), 2614-5863.
<https://doi.org/10.46807/Aspirasi.V12i2.2101>
- Thoif, M., Bagus Sugiharto, F., Sunan Bonang Tuban, U., Tribhuwana Tunggadewi, U., & Health Bhakti Indonesia Medika Kota Blitar, S. (N.D.). Stunting Prevention Through Toddler Family Development Cadres (Bkb) at Posyandu in the Working Area of the Ngantang District Health Center, Malang Regency. In *Journal of Indonesian Service Access* (Vol. 8, Issue 3).
- Wheeler, S., & Devereux, S. (2007). Social Protection. *Ids Bulletin Institute Of Developments Studies*, 38.