

## Providing Advanced Processed Food in an Effort to Reduce Stunting Rates in Sigar Penjalin Village

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### Article Info

#### Article history:

Accepted: 21 Oktober 2024

Published: 25 Oktober 2024

#### Keywords:

efforts to reduce stunting rates

### Abstract

*Stunting is a nutritional problem in Indonesia for toddlers and toddlers which is characterized by a height that is shorter than the average age of other children, apart from that, a body weight that is not appropriate for age also affects the child's growth and development, so the child is said to be stunted. There are several problems that cause children to become stunted, not from the age of one year or 2 years, but from within the womb, such as a child in the stomach lacking nutrition and when the child is born, the child does not receive exclusive breast milk from the mother, so the nutrition of the food consumed is not paid attention to by the mother. it will be difficult for the child to develop. Stunting is also a common form of malnutrition in children. How to care is the most important thing to avoid inhibiting growth and development in children. This research aims to determine the number of stunting in toddlers and toddlers aged 20-49 months, and to seek changes to reduce the number of stunted children from the total data of 128 children in Sigar Penjalin village. This research uses qualitative research with a case study approach. Data was obtained by means of in-depth interviews and observations on 40 target children by collecting key information from the B2SA Sigar Penjalin food house, nutrition officers, and posyandu cadres, in areas throughout the Sigar Penjalin village hamlets. The results of the research using in-depth interviews were carried out in collaboration with Rumah Pangan B2SA Sigar Penjalin, following their program, namely providing 4 healthy 5 perfect breakfasts to 40 targets over a period of 3 times a week, 60 times. And our efforts are 6 times providing further preparations (providing vegetables as further preparations at home for children targeted at reducing stunting). Overall, it is hoped that the local government can pay more attention to the community to find out the causes of stunting earlier*

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## 1. INTRODUCTION

Stunting is a cumulative process caused by insufficient food intake or repeated infectious diseases or both. Stunting can also occur before birth because it is caused by very poor nutrition during pregnancy, unhealthy eating habits, poor food quality in accordance with the frequency of infections which can inhibit growth.

Children aged 1-3 years or toddlers are the golden age (golden period). At this age, they are passive consumers who cannot pick and choose their own food. It is also difficult for them to understand the importance of eating and their ability to accept various types of food is still limited. Negative maternal attitudes such as forcing food or allowing children not to eat will make children increasingly unwilling to eat and lacking nutritional intake. Difficult eating behavior can disrupt metabolism in the body, because it results in impaired growth and development and affects the nutritional status of children.

According to Rahayu et al., 2015, stunting is caused by several factors, namely an unbalanced diet (related to the nutritional value of food, including carbohydrates, fats, proteins, minerals and water). The golden period is a period that determines the quality of life, where this period

occurs at the age of 0 to 24 months. Strong nutritional needs are required at this age because the effects of this period are permanent and cannot be repaired (Atica Ramdani 2020).

The Baduta period is also called the "critical period". One indicator of the critical period is when a baby is born with a low birth weight (LBW). Growth in the first two years of life is characterized by accelerated linear growth and a gradual increase in body weight. Baby growth is usually characterized by rapid growth, starting at the age of 3 months to 2 years, then growth in children aged 2-5 years slows down compared to when they were still babies (Djauhari, 2017).

## **2. PROBLEM**

There are several things that we need to pay attention to in the process of our activities to reduce the stunting rate, where the presence of the main target is a problem, because the distance to the location of the B2SA food house collaboration activity with KKN Stkip sometimes becomes an obstacle for mothers to bring the target to our activity location, and so do we. As the organizer, we found it difficult to reach the target houses, and the distance between the house and the activity location made it difficult for us to reach the target location. However, we will entrust the further processed food that we distribute to the target mothers so that children who are not present can still consume the food.

Apart from that, the mother's understanding and knowledge affects the child's growth and development, where mothers who do not understand and continue to agree that what the child consumes is according to their wishes is also a problem, because the mother should try and get used to what the child consumes must have nutritional content. Like carbohydrates, we can generally replace rice with corn and we can make it more attractive so that children are interested in consuming it. Apart from carbohydrates, we also have to choose protein and then process it so that it has an attractive shape, such as star-shaped tempeh, and we can process vegetables so that the taste can be accepted by children.

Further feeding activities were carried out during the period from the 1st Sunday in August, to the 4th Sunday in August, at the B2SA food house in Sigar Village, Lendang Berora Hamlet, activities were carried out for 4 weeks.

1. Observations and visits
2. Advanced processed feeding preparation
3. Socialization about providing further processed food
4. Providing further processed foods

It was shown that there was a positive response and active participation of the community in activities, such as during the implementation of counseling activities and providing B2SA advanced processed food. It is estimated that almost 80% of the community participated in these activities. Another indicator of success is the toddler's weight gain. Without cooperation and very valuable information from the B2SA Sigar Penjalin Village and Food House, of course we would have difficulty getting information and from that we could complete the task with that information.

To deepen our understanding of stunting, we use qualitative methods with a case study approach. Data was obtained by means of in-depth interviews and observations on 40 target children by collecting primary information from the B2SA Sigar Penjalin food house, nutrition officers, and posyandu cadres, in areas throughout the Sigar Penjalin village hamlets. The results of research using in-depth interviews were carried out in collaboration with Rumah Pangan B2SA Sigar Penjalin.

Starting with finding out where we would get stunting data in Sigar Penjalin village, visiting hamlet heads throughout Sigar Penjalin Village to ask for permission to ask about the number of stunted children, from that we met one of the cadres, namely the wife of the Sira Bat hamlet head. From the information we got from one of the posyandu cadres, he finally told us to visit the B2SA food house which is located in Lendang Borora hamlet, precisely at Mother Bilin's house.

We visited the b2sa food house and asked for permission to collaborate with the food house, the b2sa food house program is a village program managed by the PKK of Sigar Penjalin Village, this b2sa food house is a location where the distribution of nutritious 4 healthy 5 perfect food is given to 40 targeted stunted children toddlers in Sigar Penjalin Village. The food provided is an effort to reduce the stunting rate in Sigar Penjalin village by providing 60 meals every 3 times a week.

We, STKIP KKN collaborate with B2SA food houses with the same efforts, namely reducing the stunting rate in Sigar Penjalin village, B2SA food house activities with STKIP KKN activities, namely PKK mothers preparing breakfast for stunted children, of course with advice from officers. local, namely nutritious food that will be given to children every morning, then we provide further preparations where these advanced preparations are in the form of carbohydrates, proteins and vegetables in accordance with the directions of the Community Health Center officers at the activity. Why do we call this food advanced processing because we provide raw food which will be processed by the mothers of the target stunted children so that in their daily lives the stunted children can consume 4 healthy 5 perfect foods in accordance with the directions of the Community Health Center staff.

### 3. METHOD

In accordance with the problems, we face regarding stunting at the B2SA Food House, several other ways as solutions are offered as follows

1. Visits and observations are a starting point for finding problems with targets, especially the target conditions they are experiencing.
2. Socialize how to initially prevent and even reduce stunting by sorting nutritious foods, as well as distributing nutritious foods as further preparations to targets.

#### SUCCESS INDICATORS

The success of this activity can be seen by the enthusiasm of the mothers whose children are B2SA's targets in asking questions during the outreach and socialization activities. The great enthusiasm and participation is very encouraging and we hope it will continue even after the activity has finished. Apart from that, the positive impact of this health program is an increase in knowledge about further processed foods that are nutritious for the healthy growth and development of toddlers.

The most visible and obvious indicator of the program's success is the toddler's weight gain during the activity program, which can be seen from the table below.

No	Nama	J k	Umur	AWAL			AKHIR		
				BB	TB	LILA	BB	TB	LILA
1	Baiq amika Sahila	P	39	10,9	84,1	13,5	11,3	88,1	14,5
2	Alfarizi	L	50	12,8	87,4	14,5	12,8	95,5	16,6
3	Devano	L	34	10,5	84,6	13,3	10,7	86,6	13,5
4	Ulfa zaida H	P	33	10	82	15	11	83	15,3
5	Baiq aresya arika	P	32	10	80	15	11	82	15,5
6	Daffa altap	L	47						
7	Syakila Anastasya	P	47	11,9	81	14	11	81,1	13,5
8	Zihan ayu	P	44	11	85	13	11,3	85	13,2

9	Atta aligbran	L	43	11, 3	88	13	11	93	15,3
10	Maulidan hadi	L	42	12	89	15	12, 2	89, 5	15,5
11	Daniayal cahiril	L	41	11, 2	91, 2	15	11, 5	91, 5	15,3
12	Aulian Pratama	L	40	10, 9	88	15	10, 8	84, 2	15,5
13	Rafka alfaqih	L	38	10, 6	89, 6	14	11	90	14,3
14	Zikrul rahman	L	37	10	80	14,3	10, 3	80, 2	14,5
15	Syakila Ramadhani	P	37	10	81, 6	14	10	82	14,3
16	Irsya adinda	P	32	10	70	14,4	10	78	
17	Marlina juana	P	49	12, 6	86, 9	14,4	12, 5	90, 5	15,5
18	Yumna	P	26	9,5	77, 6	14,4	10	82, 2	16
19	M. Imam alfaqih	L	45	12, 9	87	15	12, 6	90, 8	145
20	Baiq nafa urrahmi	P	30	10	85	15	10, 5	85, 5	15
21	Kinan alfatian	L	28	9,8	79	13	10	80	13
22	M. Hisbullah	L	27	8	79	13	8,3	80	13,3
23	Azwa karunia	P	45	11, 2	84	14,5	11, 5	90	14,6
24	Afkar alfarizi	L	33	11, 6	80, 5	15	12, 4	83, 3	16,5
25	M. Saka	L	28	9,3	80	14	9	82, 2	13,5
26	Rayyan alfarizi	L	22	10, 5	82, 9	15	10, 8	83	15
27	Maida akila	P	35	10, 6	81	14	10, 2	86, 1	15,5
28	Zaki algazi	L	20	10	80	15	10	80, 5	15
29	Hayatun nufus	P	43	11, 4	91, 1	14,5	12	91, 5	15
30	Ahmad fatan A	L	43	12, 6	94, 2	15	13	95	16
31	Naura aulia	P	31	9,7	82	13,5	10	82	14
32	Fatin hasila	P	27	9,7	83	13,7	9,6	96	15
33	Nara azkia	P	40	10	85	13	10, 2	85, 5	13
34	Sherina akila	P	31	10	82	13	10	87, 4	15
35	Azkia agustin	P	43	12	90	14	12	91	14,3
36	Devin aqial alfatih	L	35	11, 5	90	14,7	11	90, 2	15

37	Baiq lukyana N	P	22	8,9	71	15	9	75,1	15
38	Baiq julaika rosada	P	19	9	75	14	9,5	76	14,5
39	Dinda askia	P	24	12	94	15	12,4	94,4	15,3
40	Denda Alya nida	P	24	10	82	15	10,3	85	15

The results of the overall evaluation show that the outreach activities on providing advanced processed food have had a positive impact, especially for toddlers targeted at B2SA food houses. The success of the program cannot be separated from the involvement and active participation of the target during the program activities. Such as support from the village government and community, apart from that, this work program provides significant understanding of the targets.

It is hoped that the knowledge they have gained can be maintained and applied in a comprehensive and sustainable manner and can further motivate mothers of toddlers to provide nutritious food to support the growth and development of toddlers.

#### 4. CONCLUSION

Stunting is a delay in growth and development in toddlers which is caused by many factors, the main thing is that children will grow as before if from the womb the mother understands the importance of consuming highly nutritious food to avoid stunting. Stunting does not only occur when the child is born, but from the womb the mother must understand the child's condition, not only pay attention to her own health, children are said to be stunted because they have many factors, one of which is due to child marriage or early marriage. Early marriage is a factor that can influence the growth and development of children because they are born to parents who are still underage, in other words the parents are not old enough or mentally strong enough to give birth to the child, therefore stunted children are born from child marriage.

We can prevent stunting in many ways, such as consuming healthy and highly nutritious food from the moment we are pregnant. To ensure the growth and development of the baby in the stomach, to avoid stunting, parents must understand the importance of checking their own womb. Not only is the mother healthy, but we must pay attention to the baby. in the womb by frequently checking the womb.

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