

Efforts to Reduce Stunting Rates among Children in Sambik Bangkol Village

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Abstract

STKIP Hamzar Real Work Lecture (KKN) in Sambik Bangkol Village, which aims to instill awareness among residents, especially parents, to work together to reduce the stunting rate in Sambik Bangkol Village. Stunting is a child's growth problem which can be seen from the lack of nutrition that the child receives. In this case, we conducted observations and interviews as researchers to obtain information related to this stunting problem with several sources from the health administrators for children under five in the village or what are usually called administrators in the posyandu program. This stunting is usually caused by maternal negligence when pregnant who does not pay attention to diet. In terms of health, it is usually referred to as mothers who experience (keks) or nutritional deficiencies during pregnancy. As for other problems, stunting usually occurs among families who are considered economically disadvantaged. The impact of stunting can be seen from the child's growth, such as weight, height, children's health and thinking patterns.

Keywords: Reduction in stunting rates, impact of stunting

INTRODUCTION

Basically, Indonesia has a fairly high stunting rate which is caused by food patterns during pregnancy that are not paid attention to and which have an effect on the child. This stunting has a bad impact on children. This stunting occurs in the womb and will appear when the child reaches the age of 2 years (Widjayatri et al., 2020).

The implementation of real work training (KKN) was carried out in Sambik Bangkol village, which consists of 16 hamlets. From the data we obtained, the number of children experiencing stunting was 135 children. Stunting is a child's growth problem which can be seen from the lack of nutrition that the child receives. This stunting is usually caused by maternal negligence when pregnant who does not pay attention to diet. In terms of health, it is usually referred to as mothers who experience (keks) or nutritional deficiencies during pregnancy.

As for other problems, stunting usually occurs among families who are considered economically disadvantaged. The impact of stunting can be seen from the child's growth, such as weight, height, children's health and thinking patterns. Stunting is a problem caused by malnutrition, where stunting usually starts with pregnant women who do not pay attention to the condition of their womb and pay attention to healthy eating patterns. This stunting has a huge impact on children's learning styles, resulting in children being unable to think critically due to

cognitive limitations caused by stunting problems.

This stunting problem is quite worrying for the survival of the community. This stunting problem affects children's health both physically and cognitively. This stunting is experienced by many children, including toddlers, children and pregnant women. There are many factors that cause this stunting problem, one of which is the food factor. With economic shortages, people eat things that are not suitable for consumption for the sake of survival. In this stunting problem there are also problems related to social inequality (Widya et al., 2023)

The problem of stunting is not only among underprivileged communities, but people who are considered well off do not rule out the possibility of being affected by stunting as well. It is important for a mother to check the condition of her womb and check her health so that it does not cause stunting problems. And it is also important for a teacher to learn about the problem of stunting to be careful when teaching so as not to force students to think critically.

Based on the facts and results of interviews with community leaders or cadres from Sambik Bangkol village, it is stated that the main factors causing stunting are parents' negligence in fulfilling children's nutrition, as well as the many cases of early marriage in Sambik Bangkol village, this can certainly affect children from the womb until the child was born.

By looking at the problems that occur, this service aims to provide knowledge and awareness to the local community, especially parents, so that they can prevent stunting. It is hoped that through this activity, family members can participate in reducing the stunting rate in Sambik Bangkol village.

Food is a source of life that humans need to survive. And food is also a factor that causes disease. In fact, it is not uncommon to hear about humans being exposed to poison from food. That is why it is necessary to take care of food and the properties of that food. And one of the important things is to check health related to allergies that you experience so you can minimize the food you consume. Regarding stunting, food has an important role that must be paid attention to.

Based on the background explained above regarding the stunting problem in 3 hamlets in Sambik Bangkol Village, the following problems can be identified:

1. Lack of nutritional intake obtained by the mother during pregnancy: the health and nutritional conditions of the mother before and during pregnancy also affect fetal growth and the risk of stunting.
2. Less Effective Parenting: lack of attention from parents is also a trigger for stunting.
3. Lack of Awareness Regarding Child Marriage; This problem is also one of the triggers for stunting due to young mothers-to-be.
4. Lack of Provision of Nutritious Food: During the growing period of children, nutritious food is very important to support the health of their bodies.

IMPLEMENTATION METHOD

In this activity, we used several methods to find out the extent of parents' knowledge about stunting and how to prevent it in the community and the impact it has on the community. The methods used were:

a. Observation Method

This method is an activity of going directly into the field to find the data you want to explore. The observation method is often a complement to data obtained from in-depth interviews. This research aims to gain deeper insight into the problems that exist in

the area. This research was carried out by interacting directly with the community to obtain clearer data (Gunawan, 2015).

b. Interview

An interview is a discussion process carried out by two people, consisting of an interviewer and a resource person. This is related to interviews, which are a method of collecting data carried out by two people face to face by conducting direct questions and answers (Sugiyono, 2020). In this case, to dig deeper regarding stunting, we obtained information by interviewing several sources on the posyandu team (cadres) in the area concerned.

Therefore, the method used to reduce the stunting rate was carried out in three hamlets in Sambik Bangkol Village, Gangga District, North Lombok Regency, by providing additional food (PMT) to children who were stunted.

Community service carried out in Kelongkong hamlet, Sambik Bangkol village, with a focus on one of the efforts to reduce stunting rates in Sambik Bangkol village, by distributing PMT (providing additional food) to children affected by stunting in 3 hamlets in Sambik Bangkol village involving parties who have experience and responsibility for preventing stunting in Sambik Bangkol village, such as the women cadres in this village.

After we conducted observations and interviews with one of the cadres in 3 hamlets in Sambik Bangkol, we obtained data on 16 children experiencing stunting. After we get children who are stunted, then we prepare the materials for making PMT.

The following is a photo of the PMT giving program activities in Sambik Bangkol Village:



Figures 1 and 2. Visits to residents' homes for observation and interviews as well as providing PMT to residents or children affected by stunting.

RESULTS AND DISCUSSION

Community service activities carried out in Sambik Bangkol village aim to instill awareness in the community, especially parents, to pay more attention to children's nutrition and nutrition in order to prevent or reduce stunting rates in Sambik Bangkol village. Sambik Bangkol Village has 16 hamlets, from the data we obtained the number of children experiencing stunting is 135 children.

From the results of observations, we made at routine posyandu once a month in each hamlet, one of the efforts made by the relevant parties was providing vitamins and providing additional food (PMT) to support nutrition and nutrition for children.

From the results of our discussions with village officials and women cadres from each hamlet, one of the efforts we can make to prevent stunting is to distribute (PMT) to 3 hamlets in Sambik Bangkol village, namely Oman Telaga hamlet with 6 stunted children, Kelongkong 3 children and a boarding house with 6 stunted children.

1. Implementation of activities

After we get data on the number of children who are stunted, the next activity begins with preparing several types of healthy food that will be given to children who are stunted, such as milk, rice, side dishes containing chicken and vegetables, and fruit, the food preparation process We do it very cleanly so that the food we prepare is hygienic.

The next step was distributing PMT to children who experienced stunting in the three hamlets. We started the implementation of this PMT distribution in Oman Telaga hamlet, which experienced the impact of stunting, totaling 6 children, we were accompanied by one of the cadre members in Oman Telaga hamlet. Furthermore, in the second hamlet, namely Kelongkong and Papanda hamlets, the number of stunted children in Kelongkong hamlet was 3 children, while in Papanda hamlet there were 3 children.

2. Understanding Stunting

Stunting is a condition where a person's height is shorter than the height of other people in general. Stunting or low height is thought to influence a toddler's history of malnutrition over a long period of time. Stunting in toddlers is a condition of lack of height which causes a lack of nutrition in toddlers and children (Damanik et al., 2021). In line with this (Ningrum et al., 2023) explains that Stunting can be said if

the body length and height match the age and gender of the toddler.

Stunting is a condition of growth failure experienced by children at this age due to malnutrition which causes children to have heights that are not the same as their peers. Malnutrition since pregnancy can occur, this can result in stunting, this happens when the baby is in the womb and in the early days after the child is born, stunting is not yet visible and stunting will appear when the child is two years old.

Starting from two years old, a child's age really determines the development of life, so it is called an important year or golden year.

The impact of stunting on children is:

- a) The short term is interference with brain growth, affecting the child's intelligence, physique, and disorders involving the body's immunity.
- b) Furthermore, the second is long-term, which is caused by a decrease in children's cognitive abilities, including in terms of performance, immunity in the body which is easily attacked by disease and can be at risk, resulting in the emergence of obesity, diabetes, heart disease and disability in old age. (Anik Supriani et al., 2022)

The causes of stunting include:

- a) Family Factors and Home Environment
In this condition it can result in a lack of nutrition during pregnancy, and which does not get enough attention, and can also be caused by genetic factors and so on.
- b) Insufficient complementary foods for breast milk. During the age of six months, children need healthy food or breast milk substitutes (MP-ASI). Giving MPASI needs to be given gradually. Poor food quality includes a lack of food intake from animal sources, such as rarely giving meat, so the food content is less nutritious, and low energy content in food. Sometimes parents also rarely give food.
- c) Mistakes in giving breast milk. Lack of parental attention to the importance of

giving breast milk at the baby age can cause a lack of parental knowledge about the importance of giving breast milk to children, a lack of socialization about the importance of giving breast milk to children carried out by health workers in providing counseling, regional traditions that influence giving complementary foods to breast milk too much. early onset, and poor breastfeeding after giving birth., not giving exclusive breast milk, stopping drinking breast milk from an early age. Giving breast milk to children is very beneficial for health, for example in the child's growth. Giving breast milk can increase the child's immunity against diseases that will attack the child's body. such as chronic diseases, respiratory tract infections and ear infections.

- d) Infection. The cause of children experiencing infections is inadequate malnutrition (diet), usually due to differences in the amount of nutrients the child absorbs, resulting in a lack of appetite which affects the absorption of nutrients in the intestine.
- e) Endocrine Disorders. Stunting can be caused by endocrine and non-endocrine disorders. It can result in chronic disease, lack of nutrition, gastrointestinal abnormalities, and socio-economic factors (Maya, 2023).

Stunting is a condition of growth failure in children caused by chronic malnutrition, usually occurring during early development, especially before the age of 2 years. This results in the child having a height that is shorter than the normal height that was previously appropriate for his age.

Regarding stunting, which is in accordance with our discussion regarding stunting in 3 hamlets in Sambik Bangkol Village. Based on the results of interviews with cadre members in Sambik Bangkol Village, it appears that in these 3 hamlets there are still 15 children experiencing stunting. .

Stunting experienced by children is not a form of disease or stunting is not classified as a disease, but the impact of stunting causes the child's immune system to become reduced so that

they are susceptible to disease. Diseases that are repeatedly infected can endanger children who experience stunting. In Indonesia, stunting has become a topic of discussion among children and pregnant women. Pregnant women who experience stunting since pregnancy have a big impact on their children who will suffer from stunting. That's why from the moment pregnant women are required to meet their nutritional needs and require more intake.

As experienced by children in the 3 hamlets, they tend to experience different growth from children their age. The child's height is very different and even his weight makes his body small.

Stunting does not occur in children from certain economic backgrounds. Meeting children's nutritional intake doesn't have to be expensive. The family economy is not something that influences the occurrence of stunting (Ningrum et al., 2023). Like children who experience stunting in Sambik Bangkol Village, their parents' economic conditions are not low, but their children experience stunting. From the results of an interview with a member of the Samik Bangkol Village cadre, "one of the children who experienced stunting, his parents had a lot of money, his father was a village employee and had a lot of garden produce, but the child still experienced stunting even though his parents' bodies were healthy."

In general, there are no food restrictions for children who are stunted as long as the food is healthy and nutritious and does not contain MSG or excess food coloring. In Samik Bangkol Village, the government has a special program to provide food for stunted children and provide outreach to community members about stunting. As the results of the interview with "The government's role in stunting children is to provide additional food to babies and toddlers every month during posyandu services. "Apart from that, children who are stunted are given additional food in the form of honey, milk, vegetables, fruit, side dishes and so on."

CONCLUSION

The real work lecture activity program carried out by several STKIP HAMZAR students in Sambik Bangkol Village is an effort to reduce

stunting rates in 3 hamlets, namely Oman Telaga, Papanda, Kelongkong hamlets, where the program we carry out to prevent stunting is the distribution of additional food (PMT). The number of children experiencing stunting in these three hamlets is 16.

Before we distributed the PMTs, we made observations and interviews with several cadres in three hamlets, namely Oman Telaga, Kelongkong, and Papanda Bawah, about what problems caused children to experience stunting in Sambik Bangkol Village. These include a lack of attention from parents towards their children, for example, one of their parents going to work resulting in a lack of breast milk intake when the child is still a toddler/baby from a mother, the child does not get more attention, a lack of nutritional intake obtained from the womb, marriage at the child's age as well. Very influential on children's growth because people who marry at an early age are not old enough so their wombs are still too young. We can see during our observations that some of the children we observe are due to a lack of cleanliness, which means the child could have worms, which can result in the child becoming unhealthy. A child's body is also very important because cleanliness also has an impact on the child's own growth and development.

Before we made observations that there were 136 children experiencing stunting in Sambik Bangkol village from 16 hamlets, of the 136 children experiencing stunting there were several children whose growth and development began to increase slowly.

SUGGESTION

After carrying out this activity, it is hoped that the community will understand and care more about stunting, especially how to prevent it and its impact on children's development.

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