

The Role of Science in Handling Stunting in Selengen Village, Kayangan District

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Abstract

The role of science is the main focus discussed in this paper. Knowledge is something that ordinary people must have, such as knowledge about how to care for children in terms of parenting, food, and things that must be paid attention to in terms of a child's health. The aim is so that parents understand how to deal with stunting through science. The reason we took this topic because we brought the theme from the STKIP Hamzar campus with the theme "Making North Lombok Free from Child Marriage and Zero Stunting. This research aims to describe the role of science in handling stunting in Selengen village. The research uses a qualitative approach with data collection techniques from interviews and observations. The research subjects involved Health Midwives, Nutrition Midwives, Gynecology Midwives, and cadres in the local village. The scope of activities such as outreach on the provision of supplementary food (PMT) and immunization.

Keywords: Science, Handling Stunting.

INTRODUCTION

Stunting is a problem among society that causes malnutrition in children under five, especially in poor communities. This can also hinder the growth and development of children. Stunting is a condition of failure to thrive in children under five due to chronic malnutrition, especially in the first thousand days of life. Stunting can affect intelligence levels, body weight, susceptibility to disease, and reduce productivity. Malnutrition in stunting occurs from the time the baby is in the womb in the early days. It is said to be stunting if a mother's pregnancy is less than a month old. The cause of stunting arises from a mother's lack of nutritional intake during pregnancy.

Nutrition is an important factor in determining the quality of human resources. Daily food must contain sufficient nutrients according to the body's needs. Nutrition in pregnant women and toddlers is very influential

health. The importance of nutrition and nutrition for development. optimal growth and development and preventing various diseases, preventing poisoning, and preventing diseases that hinder children's growth and development. And the importance of parental knowledge is to prevent undesirable things from happening, such as failure to thrive or stunting and diseases that hinder children's growth and development.

The role of science is very influential on the community's perspective on how to solve the problems that exist in local communities, such as the current stunting problem, the need or importance of science itself as one of the first solutions to reduce stunting that is currently occurring. amidst society.

As is what happening in the field, regarding the problem of child growth failure or stunting, the majority of ordinary people generally have minimal knowledge about children's health, one of which is what happened in Selengen village, Kayangan sub-district, North Lombok district. Based on the results of research on children who experience stunting in this village, this research aims to describe the problem of stunting in Selengen village and observe the role of science in handling stunting in Selengen village, Kayangan sub-district, North Lombok district.

IMPLEMENTATION METHOD

Based on the problems faced by the STKIP HAMZAR Real Work Lecture (KKN) group, several methods were used, namely:

1. Providing outreach regarding stunting prevention by watching short films together regarding the impacts of early marriage which results in children becoming stunted.

2. Providing outreach to mothers who are in posyandu regarding stunting prevention the goal is to reduce stunting rates in Selengen village and provide good parenting patterns for their children.
3. This service takes place in Selengen village, District: Kayangan, Regency: North Lombok. The type of data used is qualitative data in the form of text and word information that describes the stunting problem that will be discussed. Primary data was obtained from interviews with health midwives, nutritionists, obstetrician midwives, and cadres from Selengen village, Kayangan District, North Lombok Regency. Meanwhile, secondary data comes from sources such as libraries, literature, journals, previous research, books and related documents. Data collection techniques include:
 - a. Observation through passive observation carried out by researchers by observing and seeking information through visits to research locations and direct involvement at the activity site.
 - b. Interviews were conducted through questions and answers to understand the research problems using in-depth and structured interview techniques. The literature study method involves collecting data from various sources such as books, literature, journals, previous research, and related documents.

RESULTS AND DISCUSSION

Stunting is a condition of chronic malnutrition that inhibits a child's growth, causing the child's height to be lower than the age standard. Handling stunting requires a scientific and technological approach to ensure effective and sustainable interventions.

According to M. Quraish Shihab, he believes that science comes from Arabic, *ilm*. The basic meaning of this word is clarity; therefore, all forms of words are taken from the word *ilm* such as the words 'alam (flag), 'ulmat (cleft lip), 'alam (mountains) and 'addresses contain objects of knowledge. Knowledge can be

explained as a deep understanding of something. According to Arthur Thomson (in Cecep Sumarna), science is defined as describing facts and experiences completely and consistently, even though in very simple terms. (Rosita Baiti, Abdur Razzaq, 2017:167-168).

According to the explanation above, it can be concluded that science is a clarity regarding relevant facts as a real and consistent experience even in a simple form. Knowledge is very important for society, especially for parents, because they have knowledge about the basics of how to care for and regulate good food patterns, especially during the pregnancy process.

Most parents rarely pay attention to small things or simple things such as knowledge about pregnancy, care and good care for children so that, if something happens to a child, parents can understand a little about what is going on, from here we can understand the importance the role of parental knowledge on stunting.

Based on the results of an interview with Mrs. Ela as a Health Midwife, she said that the most important thing in raising children and in the pregnancy, process is knowledge, so it is not recommended for children to marry early due to lack of knowledge and experience. Mothers really have to be smart, because they are the ones who give birth to the next generation, so every mother is encouraged to learn about the science of pregnancy, not based on myths or the history of previous parents. There is a lot that parents, especially mothers, have to learn, for example about nutrition and public awareness education.

1. Nutrition Science

Nutrition is very important for health, especially as it supports children's growth and development. Nutrition is one of the determinants of the quality of human resources, eating patterns that are not nutritious can cause children to fail to grow and have a body weight that is less than the ideal standards determined by Health.

According to Setiawan (2019), in the Big Indonesian Dictionary (KBBI), nutrition is a substance contained in the food we consume. In the book (Deasy Handayani Purba, et al, 2021), nutrition is referred to as substances contained in the food we consume. This substance is important to support the growth

and development of our body. Nutrition is a key element in health and development. One indicator of public health is the nutritional status and health of mothers and children (Weise, 2012). Nutrition has a close relationship with health, and vice versa.

Based on the results of an interview with Mrs. Mita as a nutrition midwife who said that knowledge about nutrition plays a very important role in handling stunting, especially for ordinary people in the sense of a lack of knowledge and information regarding the causes of stunting itself, consuming good nutrition for children during the process. growth to anticipate stunting.

From the statement above, it can be concluded that nutrition is a substance that must be consumed by children, even after pregnancy, parents, especially mothers, must maintain a good diet because the baby in the womb also needs nutritious intake so that the baby in the womb can develop well. Every parent must understand and learn for every matter related to health, you must at least know what food is good to consume, live a healthy lifestyle, and regularly read about every problem you are experiencing, especially in terms of health (pregnancy and nutrition).

2. Public Education and Awareness

The importance of education regarding a balanced diet and understanding stunting is also a result of studying scientific, educational programs based on data and research that can help the public understand the importance of balanced nutrition and prevent stunting.

Public education and awareness of stunting is an effort to increase knowledge and community awareness about balanced nutrition, community services and care for pregnant women. By increasing public awareness, people can reduce the risk of stunting and other health problems.

Based on the results of observations and in-depth interviews with health midwives, the author was able to obtain data related to education and community awareness in handling stunting in Selengen village, from

the results of our interview with one of the nutrition expert midwives, namely Mrs. Mita, who said that community awareness plays a very important role in handling stunting, especially from an environmental and parenting perspective. The environment and parenting patterns are related to each other because the environment is useless, but poor parenting patterns can also have an impact on children's health, leading to stunting. From that point on, parents take care of these two things.

From the statement above, it can be concluded that public education and awareness is an effort to increase knowledge and community awareness about balanced nutrition, community services and care for pregnant women. By increasing public awareness, people can reduce the risk of stunting and other health problems. Community awareness plays a very important role in handling stunting, especially from an environmental and parenting perspective. The environment and parenting patterns are related to each other because the environment is useless, but poor parenting patterns can also have an impact on children's health, leading to stunting. From there, parents take care of these two things.

CONCLUSION

Based on the statement above, it can be concluded that stunting is a problem of chronic malnutrition that influences a child's growth, so that the child's height is lower than the age standard. Handling stunting requires a science and technology-based approach to ensure effective and sustainable interventions. Your role as a team member is very important. Good cooperation and communication between team members is the key to project success. So, make sure you are always actively involved in discussions and contribute useful ideas to achieve common goals. Hopefully we can work together well to achieve mutual success. Thank You.

Science is very influential on the community's perspective on how to solve the problems that exist in the local community, such as the current stunting problem, the need or

importance of science itself as one of the first solutions to reduce stunting that occurs in society. .

SUGGESTION

Hopefully this service article can have a good impact on readers, especially educators, so that it can become reference material for creating future generations who are free from stunting. Preventing a reduction in stunting rates also requires mature cooperation from various parties.

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