

Challenges To Accelerate The Reduction Of Stunting Prevalence In The Working Area Of Anyar Community Health Center, Kosambironyok Village, Serang District, Year 2022

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Abstract

Indonesia is one of the countries with a high stunting rate. In Indonesia, the strategy to accelerate the reduction of stunting is carried out by involving various figures from the government, academia, the private sector, the community, philanthropy and the mass media, and is coordinated by the Vice President. The aim of this research is to find out the implementation strategy for reducing stunting in Kosambironyok Village, Anyar District, Serang Regency in 2022. The type of research used is a qualitative method. The data sources used in this study are primary and secondary data. The informants who played a role in this study consisted of 2 groups, namely the group of informants and the group of key informants. The results of this study indicate that health workers at the Puskesmas, District officials and village officials understand their respective roles in working together to accelerate the reduction of stunting. It is hoped that all health workers will take an active role with the government in implementing the program to reduce stunting rates in toddlers. The stunting reduction program can be carried out by conducting socialization regarding the process of preventing stunting from an early age and how to overcome it.

Keywords: Stunting; Strategy; nutrition

PRELIMINARY

Many studies examining stunting have been carried out with their own characteristics by each researcher. The researcher examines stunting including the causes of stunting, stunting prevention collaboration, who is involved (Toga, Toma, Cadres, Mothers with toddlers) the stages that are passed during the collaboration, the obstacles overcome, and the authority of each involved (nutrition, sub-district heads, heads of health centers, village heads) (Tschida et al., 2021).

Several previous studies have discussed "The relationship between family behavior that is aware of nutrition and the incidence of stunting". "Differences in the fine motor development of stunted and non-stunted toddlers). "Relationship between knowledge, attitudes, support and family independence in stunted children" (Mahalia Ocha Dana, STIKES Hang Tuah, Surabaya, 2019). This research tends to focus on the implementation strategy of accelerating stunting reduction based on policy and authority between the Central, Provincial, District, Sub-District Governments so that they can carry out the tasks and role of convergence action in order to reduce stunting rates in harmony (Adhikari et al., 2019).

The Covid-19 pandemic has resulted in more health resources being focused on dealing with this health problem. This condition causes other health problems to be neglected, one of which is stunting. Stunting (short) is a condition of a toddler who has a length or height that is less in terms of age (TB/U). Stunting in toddlers

will cause many health problems and other problems in the future. Some examples of the impact of stunting are decreased levels of intelligence, susceptibility to infectious and non-communicable diseases, and becoming less productive in adulthood (Supatmi, 2021).

The national development priority in the 2019-2024 National Medium-Term Development Plan (RPJMN) is to create competitive and quality Human Resources (HR). Human resources are the main capital of a nation in order to create an equitable and inclusive national development in Indonesia. The fulfillment of targets and targets in the health sector is one of the indicators related to the creation of high quality human resources. One of the indicators is the achievement of reducing the stunting rate in Indonesia. The President of Indonesia has paid special attention to this stunting problem.

Accelerating the Reduction of Stunting in Indonesia. The strategy to accelerate the reduction of stunting in Indonesia is carried out by involving various figures and actors including the government, academia, the general public, the private sector, the community, philanthropy and various mass media, and is directly coordinated by the Vice President. The determination of this strategy was carried out because this method was considered to be more effective if it was carried out across sectors because the problem of stunting is not just a health problem. In 2024 the President stipulates that the incidence of stunting can be minimized by up to 14%. This achievement target is higher than the target set by Bappenas, which is 19%. The *World Health Organization* (WHO) defines stunting as a condition in which a child's height is shorter or abnormal in terms of age in children under one year old. Suggests that based on the results of studies that have been conducted, heredity or genetic factors only contribute 15% of the number of causes of stunting, the dominant determinants of stunting are nutritional intake problems, growth hormone problems, and the presence of recurrent diseases. . The impact caused by stunting can be in the form of long-term or short-term effects (Bustami & Ampera, 2020). The short-term effects that can be experienced by children under five who experience stunting are low body resistance and easy to contract disease while in the long term it can result in cognitive and motor development not being optimal. If this condition is not corrected, it will ultimately affect the quality of human resources for the future in Indonesia. This condition requires the Indonesian government to pay special attention to the prevention and control of stunting and to improve nutrition in the community (Baye, 2019).

In August 2017 the government launched the National Action Plan for Stunting Management by focusing on convergence activities at the national, regional and village levels to prioritize Specific Nutrition Intervention activities and Sensitive Nutrition in the First 1000 Days of Life (HPK) up to the age of 6 years. The Specific Nutrition Intervention targets pregnant women and children in the First 1000 Days of Life (HPK) with a contribution of 30%. Reducing the incidence of stunting is usually only implemented in the health sector.

The problem of stunting is the main nutritional problem being faced in this country. In the last 3 years, the results of Nutritional Status Monitoring (PSG) show that the prevalence of stunting under five is the highest compared to other nutritional problems such as malnutrition, thin children, and even obesity. The prevalence of short toddlers from 2015 experienced ups and downs starting from

29.0% and decreased in 2016, namely 27.5%, then increased in 2017, namely 29.6% (Ministry of Health RI, 2018). Basic 3 Health Research Data (Risikesdas) suggests that the number of stunting in toddlers with short and very short nutritional status in Indonesia has decreased from 37.2% in 2013 to 30.8% in 2018 (Risikesdas, 2018).

Efforts to prevent and overcome stunting cases require comprehensive, continuous and integrated efforts. One of the stunting prevention and management strategies is contained in Presidential Regulation Number 42 of 2013 on Scaling Up Nutrition (SUN) which involves cross-sectors that require good coordination at the national level to the regional level. Information dissemination and advocacy for all stakeholders and other stakeholders across sectors at the same level and is needed in training and education for officials and all structural staff so that the nutritional status of the community can be improved. Direct handling is needed to strengthen the 1000 HPK era which has become one of the most important parts of culture and habits in social life.

Based on the background above, the researchers became interested in knowing the strategies for reducing stunting in Kosambironyok Village, Anyar District, Serang Regency.

RESEARCH METHODS

The design of this research is descriptive research using the Rapid Assessment Procedure (RAP), which is a qualitative data collection technique used in an effort to improve and understand the success of various problems being faced in a health program. This type of research is a qualitative method. This research was conducted with the aim of disclosing a problem or condition and even an event factually as it is, so that it can reveal facts that occur in the field and can produce an objective picture of real and actual events on the object of research (Sugiyono, 2019). This research was conducted in Anyar District, Serang Regency, in the working area of the Anyar Community Health Center, Kosambironyok Village. The informants to be studied consisted of 2 groups, namely the Informant Group, namely people who use Posyandu namely pregnant women, mothers giving birth, couples of childbearing age, the elderly, mothers under five and heads of families in Kosambironyok Village totaling 12 people with each Posyandu numbering 6 people. A group of 11 key informants (key informants) consisting of 2 cadres, 1 village head, 1 village midwife, 2 community leaders (tomas), 1 religious figure (toga), 1 subdistrict TPK person, 1 staff member Nutrition Health Center, 1 person head of Community Health Center and 1 head of district head area.

RESEARCH RESULT

Table 1. Results of an in-depth interview with a nutritionist regarding ways to improve the nutritional quality of individuals, families and communities according to nutritionists in New Health Center

Informant	Statement
New Health Center Nutritionist	<p>1. "Activities are carried out such as assisting families who are aware of nutrition and conducting counseling, holding meetings, and providing information regarding nutrition. Information about stunting is also provided in depth. Important points regarding the meaning of stunting, its causes, symptoms and countermeasures for stunting were also conveyed in the socialization activities provided.</p> <p>2. "As a nutritionist, I have to provide information and understanding to the whole community regarding good food to consume, eat a variety of foods, and we also socialize to all cadres regarding this information so that cadres can convey to the community how to signify nutritional fulfillment balanced, so don't just eat and just be full, but nutrition from food must also be prioritized.</p>

Table 2. Results of an In-depth Interview with a Sanitarian Regarding How to Improve the Nutritional Quality of Individuals, Families and Communities According to Nutritionists at the Anyar Health Center

Informant	Statement
Sanitarian New Health Center	"If we improve the nutritional status of the community, we are more likely to be sensitive to nutrition, yes, we will make efforts to improve the quality of community nutrition, by utilizing the resources available in our area so that it is hoped that the community can process clean water sources in Kosambironyok Village for use for their daily needs. day".

Table 3. Results of In-Depth Interviews on Carrying Out Joint Actions or Breakthroughs as Efforts to Reduce Stunting at Anyar Community Health Centers

Informant	Statement
Head of New Health Center	"There is a joint campaign activity with the District and the Anyar Education Office in 2021, I will present material about stunting."

Table 4. Results of In-Depth Interviews regarding Joint Action or Breakthroughs as Efforts to Reduce Stunting by the Family Assistance Team (TPK) New District

Informant	Statement
Anyar District Family Assistance Team (TPK).	"Yes there is, from November to December we will carry out campaign activities in the villages in order to socialize stunting. For example, last November we distributed leaflets on efforts to prevent stunting to the community, especially for people who have babies under 2 years old and we also worked with the village to disseminate information on ways to prevent stunting and how to deal with it to the community so that all people in the village could know and understand what stunting is."

Table 5. Results of in-depth interviews regarding efforts to reduce stunting by implementing health education strategies as well Nutrition through Family Independence according to the Head of Kosambironyok Village

Informant	Statement
Head of Kosambironyok Village	"The main target of education regarding reducing the incidence of stunting is at Posyandu which is the right one which has an important role as a cadre who must be given understanding and training to be conveyed to families in order to increase the ability of each family to meet nutritional intake needs and be

	able to identify problems nutrition in the family”.
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Table 6. Results of in-depth interviews with midwives regarding efforts to reduce stunting by implementing health and nutrition education strategies through family independence in villages Kosambironyok

Informant	Statement
Kosambironyok village midwife	"We as midwives have provided counseling to the community, if the community visits the Posyandu, we routinely provide counseling regarding balanced nutrition. Posyandu is the main place for providing health education, especially nutrition issues.

Table 7. Results of In-Depth Interviews with New Health Promotion Program Holders regarding Ways to Accelerate the Reduction of Stunting Through Healthy Living Community Movement

Informant	Statement
The holder of the Anyar Community Health Center Promkes Program	"We have carried out socialization of the healthy living community movement in the promeks section, by involving the community en masse, our activity is campaigning for indicators of community movement in this case stunting. We have tried this activity to reduce the stunting rate.

Table 8. Results of In-depth Interviews with the Kosambironyok Village Midwife regarding the 1000 HPK Movement to Accelerate Stunting Reduction

Informant	Statement
Kosambironyok village midwife	"The 1000 HPK socialization activities have actually become our routine, yes, we are assisted by the health office. We have given Fe tablets to pregnant women and PMT as well as we routinely give them to every pregnant woman. In addition, we also provide assistance in monitoring the nutrition of pregnant women. Even after the delivery process, we continue to monitor postpartum and breastfeeding mothers through their respective MCH books.

Table 9. Results of in-depth interviews with nutritionists Anyar Community Health Center regarding the 1000 HPK Movement to Accelerate the Reduction of Stunting according to

Informant	Statement
New Health Center Nutritionist	"We always carry out outreach to adolescents in the integrated BKB group."

Table 10. Results of an In-depth Interview with the Head of Kosambironyok Village regarding the 1000 HPK Movement to Accelerate the Reduction of Stunting

Informant	Statement
Head of Kosambironyok Village	"The 1,000 HPK movement has been carried out by midwives in our village to monitor the welfare of pregnant women and their babies from the first trimester of pregnancy to 24 months old babies with our goal so that the nutritional needs of babies and pregnant women can be optimally met. We also provide PMT".

Implementation of Reducing Stunting by the Anyar Health Center

Table 11. Results of In-Depth Interviews on the Implementation of Stunting Reduction by the Anyar Health Center

Informant	Statement
Head of New Health Center	"We have carried out activities based on regulations made by the government, yes, in which we as people who work in the health sector have taken action regarding the fulfillment of specific nutrition which plays a role of 30% in terms of fulfilling nutrition. First of all we give iron tablets (Fe) for teenage girls, in 2021 yesterday we also gave Fe tablets to children at school age who started menstruating around the age of 11-12 years up to teenagers aged 18 years (children aged middle school and high school). We also give Fe tablets to pregnant women as many as 90 tablets, and give PMT to pregnant women who have CED. We also have counseling or outreach activities in the villages by focusing on stunting, actually we from the department have focused on providing counseling on how to prevent stunting, how to handle it and what are the causes of stunting itself. For individual prevention, we direct them directly to the health center to get treatment, such as being given extra blood tablets during pregnancy, mothers are also given mosquito nets and additional food for pregnant women who experience chronic energy deficiency (KEK). Then for mothers in labor we always monitor the development of the mother and baby by carrying out regular weighing, providing complete basic immunization, advising and facilitating early breastfeeding initiation (IMD) activities, suggesting exclusive breastfeeding and breastfeeding up to 2 years of age and providing complementary food for breastfeeding (MP). - ASI) properly and according to age.

Obstacles in the Implementation of Stunting Reduction

Obstacles in the Implementation of Stunting Reduction according to the Head of Kosambironyok Village

Table 12. Results of In-Depth Interview Obstacles in Reduction Implementation Stunting according to the Head of Kosambironyok Village

Informant	Statement
Head of Kosambironyok Village	"The obstacle we are experiencing is actually a classic problem, namely the problem of funds which are still relatively limited but we are still working on it from the village budget budget.

Table 13. Results of In-Depth Interview Obstacles in the Implementation of Stunting Reduction according to the Anyar Health Center

Informant	Statement
Holder of the Nutrition Program (Nutritionist) at the Anyar Health Center	"The problem we found is that there are still young women who don't like taking iron tablets because they say that after taking blood tablets they feel nauseous and their bowel movements change color"

Monitoring and Evaluation (MONEV) in the Implementation of Stunting Reduction

Table 14. In-depth Monitoring and Evaluation Interview Results Implementation of Reducing Stunting by the Head of the Anyar Health Center

Informant	Statement
Head of New Health Center	"..... we continue to monitor the nutritional status of toddlers who have received PMT and for pregnant women who have been given PMT we monitor for 90 days the PMT is also 90 days, Activities such as PMT are not reported every month but for 3 months. We also carry out monitoring and evaluation activities for each program once a year.

Table 14. Results of in-depth interviews with nutritionists at Anyar Health Center regarding Monitoring and Evaluation in the Implementation of Stunting Reduction

Informant	Statement
Holder of the Nutrition Program (Nutritionist) at the Anyar Health Center	"Yes, we carry out monitoring such as giving fe tablets, we will still monitor that because if we don't monitor it we are afraid they won't take the blood supplement tablets given. So we keep monitoring, we give directions, we inform the importance of taking iron tablets. But we haven't done any evaluation so far."

DISCUSSION

1. History of breastfeeding

From the results of the study, it was found that from the history of breastfeeding, most babies who experienced stunting had received exclusive breastfeeding. This research is in line with research that has been conducted in Kosambironyok Village

by Renni Roostriyani (2022) which stated the results that mothers who give ASI with a combination of formula milk, exclusive breastfeeding until the age of more than 6 months, and giving MP-ASI that are not suitable for age into secondary data so that the results are less accurate. The results of this study are also in line with research conducted in the work area of the Anyar Health Center by nutritionists who stated the results that exclusive breastfeeding, low birth weight, and complementary breastfeeding factors were not one of the triggering factors causing stunting but there were other factors such as body length at birth, low, the factor of gestational age, as well as the age at which the baby first starts eating are also risk factors for stunting.

2. Parental Education Level

The results showed that in terms of parents' education level, it was known that the incidence of stunting was experienced by the majority of families with relatively lower levels of mother's and father's education. The results of this study are also in line with research conducted in Kosambironyok Village by Renni Roostriyani which stated the results that a low level of maternal education can affect the way and pattern of mothers in exclusive breastfeeding. The results of research in Bangladesh by Chaudhry also showed similar results that the father's low education will affect knowledge about nutrition and parenting so that it affects the opportunity to work which will ultimately affect family income.

3. Parents Income

From the results of the study it was found that parents with lower incomes will affect the incidence of stunting. The results of this study are in line with research conducted by Renni Roostriyani in Kosambironyok Village which stated that the level of family income is one of the factors related to fiber and is significant with the incidence of stunting in children under five. The availability of food in the family will affect the fulfillment of nutritional needs in infants. Food availability is related to family income and purchasing power within a family. Children who grow and develop in families with relatively low economic status tend to consume less food in terms of the quantity, quality of food, and the lack of variety of types of food they get.

4. History of Low Birth Weight Babies

From the research results, it was found that babies with a history of low birth weight will tend to be at risk of stunting compared to children born with normal weight. In addition, the condition of LBW will also affect the growth and development of children if they do not get adequate nutrition and stimulation from the surrounding environment that can support the development and growth of these toddlers.

5. Feeding Patterns

The results of the study showed that the pattern of feeding was related to the incidence of stunting. Most cases of stunting in children are caused by the wrong or incorrect diet. The results of this study are also in line with research in

Kosambironyok Village, Anyar District, which suggests that parenting style in terms of feeding is a risk factor for stunting. This can occur because the provision of food that does not vary will cause children to become bored and lazy to eat. This is also related to the knowledge of a mother in terms of providing food for children. Renni Roostriyani in her research in 2022 also stated that wrong feeding patterns would increase the risk of stunting in toddlers. wrong diet,

6. Stunting Reduction Program

The results of the interviews in this study found that according to nutritionists at the Anyar Health Center, Serang Regency, efforts to reduce stunting had been carried out by maximizing the quality of nutrition consumed by the community by assisting families who were aware of nutrition (KADARZI), conducting various socializations, holding meetings, and conveying routinely information about nutrition that is directly related to the incidence of stunting in the community. Nutritionists have also socialized the provision of varied and nutrient-dense foods through cadres so that the public can find out how to fulfill balanced nutrition for babies in an effort to reduce the incidence of stunting in Indonesia.

CONCLUSION

Health workers at the Puskesmas, sub-district apparatus and village officials understand their respective roles in working together to accelerate the reduction of stunting. Health workers at the Anyar Health Center, especially village midwives, received TPK Desa training and training for Facilitators of Important posters (Care for Stunting). After receiving training, health cadres can provide assistance to families of stunted toddlers and pregnant women. Monitoring Blood Supplement Tablets for pregnant women using the MCH book which is monitored every day during pregnancy. The Anyar Community Health Center team conducted monitoring and evaluation regarding consistent and sustainable behavior change at the sub-district and village levels

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