

# Stunting Consultation by the Collaborative KKN Team as a Participatory Strategy to Overcome Stunting Early Childhood in Tanjungsari Village

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## ABSTRACT

Stunting Consultation is an initiative of the Collaborative KKN Team that aims to overcome stunting in early childhood in Tanjungsari Village, Umbulsari District. This activity is carried out with a participatory approach involving various parties, including village communities, health workers, and village officials. During program implementation, comprehensive data regarding stunting in Tanjungsari Village was successfully collected, revealing the existence of families at significant risk of stunting. Through Forum Group Discussions (FGD) and participatory meetings, public awareness of the stunting problem increased, and active collaboration between various parties was key in formulating concrete recommendations to tackle stunting effectively. The results reflect the importance of a participatory approach in overcoming the stunting problem, with the hope that these steps will bring significant positive changes in the welfare of young children in Tanjungsari Village.

**Keywords:** *Stunting Consultation, Stunting, Participatory Approach, Early Childhood.*

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**Received:** August 27, 2023

**Revised:** September 18, 2023

**Accepted:** October 12, 2023

**Published:** January 01, 2024



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## 1. INTRODUCTION

Health is a condition of physical, mental, and social well-being that empowers every individual to live a life that is socially and monetarily beneficial. In everyday life, the term healthy is often used to state that something is able to work normally. As explained in Article 28H paragraph 1 of the 1945 Constitution of the Republic of Indonesia, every person has the right to live in physical and mental prosperity, to live and to have a good and healthy living environment, and the right to receive health services. (Bestraningsih et al., 2022).

Stunting is a condition when a child experiences growth disorders so that his height is shorter than the age standard (Yadika et al., 2019). Stunting is caused by chronic malnutrition, recurrent infections, and poor environmental sanitation (Saimu et al., 2023). Stunting can have a negative impact on children's brain development, intelligence, health, and productivity in the future (Yadika et al., 2019). Menurut data dari Kementerian According to data from the Ministry of Health of the Republic of Indonesia, the prevalence of stunting in Indonesia in 2020 reached 21.6%, which still exceeds the World Health Organization (WHO) limit of 20%. (Kemenkes RI, 2023). One area that has a high stunting rate is Jember Regency, East Java. The results of the Indonesian Survey Status Gisi Indonesia

(SSGI), the prevalence of stunting in the Jember Regency reached 34.9 percent (Jemberkab, 2023).

One effort to reduce the stunting rate in the Jember Regency is through the Collaborative Kuliah Kerja Nyata (KKN) program. Collaborative KKN is an academic activity in the form of community service carried out in collaboration between universities throughout Jember. This program was initiated by Brawijaya University in synergy with 13 other universities in Jember.

The location for implementing Collaborative KKN is Tanjungsari Village, Umbulsari District, Jember Regency. Tanjungsari Village, which is located in Umbulsari District, is one of the areas that has quite high cases of stunting, even though the stunting rate is already below the national target. This condition shows that the problem of stunting is still relevant and has a significant impact on the welfare of young children in this village. Therefore, concrete action is needed that focuses on this problem to ensure that the growth and development of children in Tanjungsari Village run optimally.

To overcome the problem of stunting in Tanjungsari Village, the Collaborative KKN team held Consultation Stunting activities as a participatory strategy to increase community awareness and involvement in preventing and handling stunting. Stunting Consultation is a meeting between the Collaborative KKN team and various stakeholders in Tanjungsari Village, such as the village government, posyandu cadres, community leaders, parents of toddlers, and others. The aim of the Stunting Consultation is to discuss the results of the formulation of activities through focused discussions and make a joint commitment to determine convergence activities in dealing with stunting. (Jember, 2023).

With the Stunting Conference, it is hoped that synergy and collaboration can be created between the Collaborative KKN team and the Tanjungsari Village community in overcoming the stunting problem. Apart from that, Stunting Consultation also aims to provide education and advocacy to the community about the importance of good nutritional intake, parenting patterns and environmental sanitation to prevent and reduce stunting rates in early childhood. (Vizianti, 2022).

## 2. METHOD

The Stunting Consultation Program is a program where, as a deliberation between village health staff, village residents, and village officials, the aim is to discuss how to prevent and deal with health problems in villages, especially the problem of stunting, by utilizing existing development resources in the village. The aim is to reduce malnutrition in toddlers and prevent stunting itself. The method used in stunting discussion activities is focus group discussion (FGD). FGD is a group discussion method that can develop creativity and express different opinions (Siti Kurnia Widi Hastuti et al., 2022). The stages and techniques for implementing FGD are as follows:

### 1. Preparation Stage

In this step, the team conducted a field survey and coordinated with several policy stakeholders, such as health officers in Tanjungsari Village and local village officials. This process will take place sequentially in early August 2023. During this activity, we collected data on affected groups in general, including information that the stunting rate in Tanjungsari Village is below the national target, but there are still families with a fairly high risk of stunting. . Efforts to handle and prevent stunting in Tanjungsari Village involve various parties with various interests, and although Tanjungsari Village health officers have implemented stunting prevention and control programs, there are still a number of obstacles they face. Apart from that, at this stage, we also prepare material for the FGD in the form of a list of questions and interviews that will be used in sessions with FGD participants.

## 2. Implementation Stage

This stage will be implemented on August 3 2023, from 09.00 to 12.00 WIB, at the Tanjungsari Village Hall. This event was attended by FGD participants who were representatives of the village Posyandu, community, Collaborative KKN Team 103, and was attended by the Head of Tanjungsari Village. A series of activities carried out at the event were as follows:

- a. Opening the event with praying together
- b. Opening spech from the Head of Tanjungsari Village
- c. The core stage of FGD activities and presentation of material from village health workers

## 3. Evaluation Stage

In this stage, evaluation and documentation regarding the results of the FGDs that have been completed are carried out. After that, a report is prepared.

## 3. RESULTS AND DISCUSSION

During the implementation of community service activities known as Stunting Consultation by the Collaborative KKN Team in Tanjungsari Village, Umbulsari District, several significant achievements have been achieved. The Collaborative KKN Team has succeeded in collecting relevant data regarding stunting in early childhood in Tanjungsari Village. This data reveals that even though the stunting rate in Tanjungsari Village is below the national target, there are still families with a fairly high risk of stunting. In addition, efforts to handle and prevent stunting in Tanjungsari Village involve various parties with various interests, and the Collaborative KKN Team has assisted in identifying the obstacles faced by Tanjungsari Village health workers in implementing these programs. The presentation of Stunting Consultation material can be seen in Figure 1.



Figure 1. Presentation of Stunting Consultation Material

In the Stunting Consultation activity, one of the important moments was the FGD (Forum Group Discussion) which involved representatives of the village Posyandu, the Collaborative KKN Team, and the Head of Tanjungsari Village. Through this FGD, a participatory space was created for village communities to discuss, share experiences, and provide input regarding handling stunting. The results of this FGD are very valuable because they provide deeper insight into the condition of stunting in Tanjungsari Village and help in formulating more effective steps to overcome this problem.

After evaluating the results of the FGD, the Collaborative KKN team then continued with the report preparation stage. This report is a document that summarizes all activities, findings and recommendations produced during the community service Stunting Consultation. This report will be the basis for planning and implementing the next steps in efforts to overcome stunting in early childhood in Tanjungsari Village, Umbulsari District. With active cooperation between the Collaborative KKN team, village government and local

communities, it is hoped that effective and sustainable steps can be realized in facing this stunting challenge. Participatory stakeholder consultation on Stunting can be seen in Figure 2.



Figure 2. Tanjungsari Village Stunting Consultation Stakeholders

#### 4. CONCLUSION

In the series of Stunting Consultation activities that we carried out as a Collaborative KKN Team in Tanjungsari Village, Umbulsari District, we succeeded in achieving a number of important achievements. Through FGDs and participatory meetings, we succeeded in building awareness and active collaboration with village communities, village officials, and health workers. The success of this program reflects the importance of a participatory approach in overcoming stunting, where collaboration between various parties is the key to achieving sustainable changes in the welfare of young children in Tanjungsari Village. We are committed to continuing to contribute to efforts to overcome stunting and hope that the steps we have designed together with the community will have a significant positive impact in the future..

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