

Handling Stunting as a Management Community Service

Agung Muliawan¹, Difari Afreyra Fauziah², Ahmad Nurdianyah³, Arini Shufia Dwi Sukmawati⁴, Muhammad Rijalus Sholihin⁵

Institut Teknologi dan Sains Mandala^{1,2,5}
Universitas Jember^{3,4}

ABSTRACT

Stunting is a condition of chronic malnutrition caused by insufficient nutritional intake over a long period of time due to inadequate food supply to meet nutritional needs. Stunting is a problem that is difficult to solve if the factors causing stunting in each region cannot be controlled. Basically, the layer that interacts most intensively with patients diagnosed with stunting directly is the posyandu cadres who are the first counselors for mothers and children at the lowest level. The method used in this Collaborative Real Work Lecture (KKN) student service activity is counseling and training to improve the skills and role of the targets, namely posyandu and RDS cadres in the prevention and early detection program of stunting in children and toddlers. This activity aims to directly increase the role of posyandu cadres who are very close to the community in resolving stunting problems and indirectly to motivate the community to participate in paying attention to the growth and development of their children so that their growth and development can be optimal. It is hoped that the knowledge of Lampeji Village cadres and RDS members regarding stunting prevention will increase and the knowledge gained can be applied to the Lampeji Village community so that they can contribute to parenting and assisting children's growth and development.

Keywords: *Stunting, Collaborative, KKN, Lampeji Village, Nutrition*

Corresponding Author:

Agung Muliawan
Agung.muliawan@itsm.ac.id

Received: October 11, 2023

Revised: November 20, 2023

Accepted: December 17, 2023

Published: January 01, 2024



This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

1. INTRODUCTION

Stunting, a consequence of chronic malnutrition stemming from prolonged insufficient nutritional intake, emerges when there's an inadequate food supply to meet basic dietary requirements. It's not merely restricted to children and toddlers; pregnant and breastfeeding mothers can also experience stunting, thereby impacting the health of their offspring. The effects of stunting can be pervasive, beginning even before birth and persisting until a child reaches the age of 2 (Sianturi et al., 2023).

The ramifications of this condition extend far beyond physical appearance. Stunting, if not addressed promptly, can lead to a slowdown in growth rates. This sluggish growth trajectory, linked closely with malnutrition, poses a significant public health concern. It's associated with heightened morbidity and mortality rates, contributing to a pervasive issue in today's society. Moreover, the implications of stunting aren't confined solely to physical stature; they also encompass cognitive and motor skill development, potentially impeding an individual's overall progress (Rahmadhita, 2020).

The genesis of stunting lies in the gradual, inhibited growth that fails to catch up with the expected rate. What's striking is that even children born with normal birth weights can

experience growth retardation if this condition is left untreated. Consequently, the emphasis on timely intervention and comprehensive treatment is crucial to mitigate the long-term consequences of stunting.

One of the primary periods for stunting's inception is during gestation. When a fetus in the womb doesn't receive adequate nutrition, it can lead to stunted growth even before birth. This underscores the critical role maternal nutrition plays in shaping a child's health from the very beginning of life. Furthermore, this condition might not manifest until a child reaches the age of 2, indicating the complexity of diagnosing and addressing stunting within its critical window (Sianturi et al., 2023).

It's pivotal to recognize that the impact of stunting extends beyond physical stature. The repercussions infiltrate into the socio-economic fabric of societies, hindering the potential of individuals and communities. Stunting perpetuates a cycle of diminished productivity, impaired cognitive development, and an increased susceptibility to illnesses. Addressing this issue isn't merely a matter of individual health but a societal imperative.

Effective strategies aimed at combating stunting encompass a multi-dimensional approach. Nutritional interventions targeting both mothers and children are fundamental. Programs focusing on educating communities about proper nutrition, promoting breastfeeding, and enhancing access to diverse and nutritious foods play a pivotal role in mitigating stunting's prevalence.

Moreover, interventions should extend beyond the realm of nutrition. Enhancing healthcare access, ensuring sanitation facilities, and implementing hygiene practices are integral components in curbing the prevalence of stunting. This comprehensive approach addresses not only the nutritional aspect but also the socio-environmental factors contributing to stunted growth.

Investment in early childhood development programs is crucial. Early identification and intervention through healthcare services, coupled with educational initiatives targeting parents and caregivers, are essential components in breaking the cycle of stunting. Additionally, supporting policies that prioritize nutrition, healthcare, and overall child welfare at both local and national levels is imperative to create sustainable change.

In conclusion, stunting's profound implications on physical, cognitive, and societal well-being necessitate a comprehensive and multi-faceted approach. Recognizing its origins, addressing maternal and child nutrition, enhancing healthcare access, and promoting holistic early childhood development are integral to breaking the cycle of stunting and fostering healthier, more prosperous communities.

METHOD

The Real Work Lecture activities were carried out in Lampeji Village, Mumbulsari District, Jember, East Java on 17 July-26 August 2023. The target audience for this activity is posyandu cadres and RDS members of Lampeji Village.

The method used was classical presentation of the material and continued with practical activities in the form of demonstrations and direct mentoring between resource persons and participants which were divided into two major events (Sianturi et al., 2023). The first event began with activities to deliver written and oral material, interactive discussions, and direct measurement practice in the event 'Increasing the Role of Cadres as Agents of Change in Handling Stunting in Lampeji Village, Mumbulsari District' which was delivered by a resource person who works as a midwife from the Mumbulsari Community Health Center. The second event carried out activities to deliver material verbally and in writing, interactive discussions, and practice creating social media content to increase public awareness of cases related to women and children (Ardhana & Rahman, 2021), one of which was stunting, in the collaborative event 'Gender Responsive Media Production Training'. as a means of increasing the role of the Lampeji community towards a women-friendly and child-caring

village, delivered by resource persons from the community service team who came from Jember University lecturers.

Indicators of the success of this service activity are increasing understanding and appropriate direct practice on how to measure and determine children affected by stunting (Sudirman et al., 2023), as well as creating educational content to prevent stunting among the people of Lampeji Village. Apart from that, indicators of success can also be seen from the level of interest and enthusiasm of invited participants who participate and are active in taking part in a series of training activities

RESULTS AND DISCUSSION

Referring to existing data, the community in Lampeji Village, especially those who act as posyandu cadres in each post, on average still do not have a proper understanding regarding measuring children's weight and TB as a first step in identifying children who are indicated to be stunted, as well as the level of awareness and concern of the village community. There is still a shortage of children affected by stunting, which means that appropriate treatment is needed so that posyandu cadres and RDS members are able to minimize the problem of stunting in Lampeji Village by holding training activities in collaboration with students of Collaborative KKN Group 65 of 2023. These training activities include :

Increasing the role of cadres as agents of change in handling stunting in Lampeji Village, Mumbulsari District. In this activity, counseling and training methods were used by Collaborative KKN Group 65 2023 students in Lampeji Village. Counseling is defined as a step in seeking change in a particular society toward a better and more desirable state of society (Rahayu et al., 2023). Meanwhile, training is defined as a planned process to modify attitudes or behavior, knowledge, or certain skills through learning experiences aimed at achieving effective performance in each activity concerned.

The resource person presented at this event was a health worker who works as a nutritionist from the Mumbulsari Community Health Center UPTD, namely Mrs. Ranti Setiyo Nengrum A.Md.Gz. Before the material presentation activity was carried out by the resource person, Collaborative KKN 65 Year 2023 students provided a module that functioned as a 'Stunting Measurement Guidebook' (Figure 1). This module was created on the initiative of Collaborative KKN students 65 which contains material from the resource person along with easy-to-remember measurement steps to make it easier for participants to understand the material that will be presented and practice it directly during the event or after returning home



Figure 1. Symbolic handover of the Stunting Measurement Guidebook Module from Collaborative KKN Group 65 Students

After the symbolic handover of the module, the activity continued with the presentation of the material by the resource person. Participants consisting of posyandu cadres and members of the RDS of Lampeji Village received several materials related to stunting, including: understanding, characteristics and dangers of stunting, early detection and

treatment of children affected by stunting, cheap and healthy menus for handling malnutrition in children, getting to know tools and how to measure weight and TB to detect stunted children. After the presentation of the material, there was an interactive discussion as well as direct practice regarding direct measurement methods (Figure 2) as well as learning directly to convert toddler and child measurement result data into the Z-Score table



Figure 2. Correct Measurement Training Practices in Toddlers 0-<24 Months

Gender Responsive Media Production Training as a Means of Increasing Roles. In the second event, Collaborative KKN 65 Year 2023 students collaborated with the community service team of Jember University lecturers. Where in this event, the people who participate in the outreach and training event have a wider reach, namely people who have a direct impact on social media with a larger circle of followers so that it is easy to spread educational content related to women and child friendly villages, one of which is related to the problem of stunting (Sudirman et al., 2023). The resource persons presented at this event were the Community Service Team from Jember University Lecturers. The activity stages in this event were divided into three stages, namely: 1) Material Presentation Stage, 2) Content Discussion Stage for Each Team, and 3) Content Creation Stage. The invitations presented by Collaborative KKN Students 65 of 2023 included representatives from: RDS members and Posyandu cadres in Lampeji Village, PKK mothers in Lampeji Village, and TK/RA teachers throughout Lampeji. The event was immediately opened by the Jember University Lecturer Team to deliver the material (Figure 3). The material presented includes: women-friendly and caring for children, the importance of using and managing educational social media for women and child-friendly, the added value of using social media by creating content, as well as tips for creating easy and interesting social media content.



Figure 3. Presentation of Material by UNEJ Lecturers

After the presentation of the material was complete, an interactive discussion of a smaller scope continued by dividing the participants into three teams accompanied by mentors from the team of Jember University service lecturers and Collaborative KKN Students 65 of 2023

(Figure 4). During discussion activities, each team is free to choose topics that will be used as educational content, related to gender but still within the scope of being friendly to women and children. At this discussion event, participants' enthusiasm was relatively high in creating scripts and dividing the tasks of taking roles in creating content. Starting from highlighting stories and scripts that really describe the lives of women in villages, such as the causes of many errors in parenting patterns and nutritional problems in children, causing stunting, which is caused by early marriage, to higher education which is put aside by most parents.



Figure 4. Discussion and Mentoring of Participant Groups with the UNEJ Service Team and KKN Students in Creating Content Scripts

After each group of participants finished creating scripts and dividing roles in creating content, the groups were immediately directed and accompanied in direct practice in creating content with the Jember University Lecturer Service Team and KKN Students (Figure 5). Not only were they active in discussions, it turned out that the participants' enthusiasm did not fade amidst the hot sun in creating content outdoors. In fact, the roles that the participants played, from protagonist to antagonist, looked very total in order to convey a deep message in the educational content they created for their targets. The event then closed with editing and displaying content that had been completed by the participants, friendly activities, and group photos (Figure 6)



Figure 5. Content Creation by Participant Groups with Assistance from the UNEJ Lecturer Service Team and Collaborative KKN Students 65



Figure 6. Group Photo of Participants, UNEJ Lecturer Service Team and 65 Collaborative KKN Students

CONCLUSION

The community service of Collaborative KKN Students 65 of 2023 in Lampeji Village by carrying out a series of outreach and training activities in handling stunting reduction cases in Lampeji Village was able to provide broader insight, better understanding, and new skills for the participants. Apart from that, it is hoped that this activity will also be an alternative solution in resolving the problem of mothers and children who have minimal information regarding the nutritional status of children, so increasing the role of posyandu cadres as the first counselor for mothers and children is very important to avoid cases of stunting in pregnant women at risk and child occurred in Lampeji Village

REFERENCES

- Ardhana, A., & Rahman, S. (2021). Edukasi Bahaya Stunting pada Anak yang Perlu Diketahui Orangtua di Kelurahan Pasar Merah Barat. *Jurnal Implementa Husada*, 2(3), Article 3. <https://doi.org/10.30596/jih.v2i3.11637>
- Fauziyah, F., & Sholihin, M. R. (2019). Mendongkrak Volume Penjualan Produk UMKM Melalui Akun Organisasi E-Commerce. *Wiga: Jurnal Penelitian Ilmu Ekonomi*, 9(2), 99-109.
- Rahayu, A., Surasno, D. M., Mansyur, S., Andiani, & Musiana. (2023). Penyuluhan Tentang Cegah Stunting Menuju Kelurahan Sehat. *Jurnal Inovasi Dan Pengabdian Masyarakat Indonesia*, 2(1), Article 1. <https://doi.org/10.26714/jipmi.v2i1.86>
- Rahmadhita, K. (2020). Permasalahan Stunting dan Pencegahannya. *Jurnal Ilmiah Kesehatan Sandi Husada*, 9(1), Article 1. <https://doi.org/10.35816/jiskh.v11i1.253>
- Sholihin, M. R., Arianto, W., & Khasanah, D. F. (2018). Keunggulan Sosial Media Dalam Perkembangan Ekonomi Kreatif Era Digital Di Indonesia. *Prosiding Ekonomi Kreatif Di Era Digital*, 1(1).
- Sianturi, S. R., Alfriyani, M., & Cintya, S. (2023). Edukasi Kader Kesehatan dan Ibu Balita Mengenai Stunting dan Makanan Sehat di Kecamatan Johar Baru. *Prosiding Seminar Nasional Penelitian Dan Pengabdian Kepada Masyarakat*, 1(1), Article 1. <https://doi.org/10.24002/senapas.v1i1.7391>
- Sudirman, A. A., Harismayanti, H., & Mohamad, I. (2023). Faktor Risiko Karakteristik Ibu Dengan Kejadian Stunting Di Wilayah Kerja Puskesmas Limboto Barat. *Termometer: Jurnal Ilmiah Ilmu Kesehatan Dan Kedokteran*, 1(2), Article 2..