

Empowerment Cadres of Muslimat Nahdlatul Ulama in Stunting Prevention through Nutrition Education in Bangil Pasuruan

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Abstract

Stunting is one of the health issues faced globally. The prevalence of stunting in Indonesia is 24.4%, while in Pasuruan is 22.5%. The term "stunting" may not be well known to most people. The purpose of this community service activity is to elevate the knowledge of Muslimat Nahdlatul Ulama (NU) cadres in preventing stunting through nutrition education at Bangil Pasuruan.

Method: The target participants for this activity are the Management of the Muslimat NU Bangil Pasuruan Branch. The pre-test and post-test were given as a measure of the participant's level of knowledge after being given education. Education is delivered to increase awareness about the urgency of coming to Posyandu regularly and the benefits of local food variety, supporting the campaign to consume iron supplements for girl teenagers, assisting bride and groom-to-be, taking care of pregnant women, and promoting an Exclusive Breastfeeding program.

Results and Discussion: This community service activity was held on Saturday, June 12, 2022, at the Office Building of the Muslimat NU Branch, Bangil, Pasuruan. Attended by 32 participants who were Muslimat NU cadres in Bangil Pasuruan aged 40-65 years. There was an increase of 32.58% in scores from the pre-test to the post-test. The statistical analysis results showed a significance value of $p < 0.05$, that there was a significant difference in knowledge among participants in the Pre-Test and Post-Test values. The knowledge learned is a comprehensive effort to prevent stunting and improve the quality of human life to bring about a better generation.

Conclusion: Participants have understood stunting prevention and hopefully will apply their knowledge to reduce stunting rates in Bangil Pasuruan.

Keywords: Stunting; Empowerment of cadres; Muslimat Nahdlatul Ulama; Nutrition Education

Abstrak

Stunting menjadi salah satu masalah kesehatan yang dihadapi dunia. Prevalensi stunting di Indonesia sebesar 24,4%, sedangkan di Pasuruan sebesar 22,5%. Istilah "stunting" mungkin belum banyak dikenal masyarakat. Tujuan dari kegiatan pengabdian masyarakat ini adalah untuk meningkatkan pengetahuan

kader Muslimat Nahdlatul Ulama (NU) dalam pencegahan stunting melalui penyuluhan gizi di Bangil Pasuruan.

Metode : Target peserta kegiatan ini adalah Pengurus Muslimat NU Cabang Bangil Pasuruan. Pre-test dan post-test diberikan sebagai ukuran tingkat pengetahuan peserta setelah dilakukan penyampaian materi. Materi disampaikan untuk meningkatkan kesadaran pentingnya datang ke Posyandu secara rutin dan manfaat keberagaman makanan lokal, mendampingi remaja putri mengkonsumsi tablet zat besi, mendampingi calon pengantin, dan mendukung program ASI Eksklusif.

Hasil dan Diskusi : Kegiatan pengabdian masyarakat dilakukan pada hari Sabtu 12 Juni 2022 di Gedung Kantor Cabang Muslimat NU Bangil Pasuruan. Sebanyak 32 orang peserta merupakan kader Muslimat NU di Bangil Pasuruan yang berusia 40-65 tahun. Terdapat peningkatan skor sebesar 32,58% dari pre-test ke post-test. Hasil analisis statistik menunjukkan nilai signifikan $p < 0,05$, sehingga dapat dikatakan bahwa ada perbedaan pengetahuan yang signifikan antara peserta Pre-Test dan Post-test. Penyampaian materi merupakan upaya komprehensif untuk mencegah stunting dan meningkatkan kualitas hidup manusia dalam mewujudkan generasi lebih baik.

Kesimpulan: Peserta telah memahami bagaimana pencegahan stunting dan diharapkan dapat menerapkan pengetahuannya untuk menurunkan angka stunting di Bangil Pasuruan

Keywords: Stunting; Pemberdayaan kader; Muslimat Nahdlatul Ulama; Pendidikan Gizi

INTRODUCTION

Stunting is one of the most common nutritional problems worldwide, especially in developing countries. One of the Sustainable Development Goals (SDGs) is to reduce stunting. The prevalence of child stunting in Indonesia has remained high over the last decade, it was 24.4% nationally. Indonesia's government has a National Medium-Term Development Plan, or Rencana Pembangunan Jangka Menengah Nasional (RPJMN) which has targetted decreasing stunting prevalence to 19% in 2024 (D. Handayani et al., 2022; Nirmalasari, 2020; Purbowati et al., 2021).

Stunting is associated with a higher risk of death, and suboptimal brain development which can cause motoric problems and children's intelligence. For a baby's growth and development, the first 1000 days of life are crucial. The mother's understanding of nutrition and how to prevent stunting is a key component to supporting this golden period (Amalia et al., 2021; Hijrawati et al., 2021).

The purpose of this community service activity is to elevate the knowledge of Muslimat Nahdlatul Ulama (NU) cadres in preventing stunting through nutrition education at Bangil Pasuruan. Muslimat NU is an Indonesian women's organization that has a significant impact on women, particularly on those who are pregnant or have kids under two. Mothers' knowledge about nutrition contributes to reducing stunting rates in Indonesia.

GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET SOLUTIONS

General description

The prevalence of stunting in Pasuruan was 22.5% which spread in almost all areas. The 10 villages that were recorded as special locations for stunting, including Petung Village, Pasrepan; Semare Village, Kraton District; Tenggilisrejo Village, Gondangwetan District, and several other areas (Beal et al., 2018; D. Handayani et al., 2022; H. Handayani et al., 2022).

Problem

Most people may not know the term stunting. Previous research in Banjarnegara showed that mothers' understanding of stunting was still in the intermediate level. Other research has stated that mothers of toddlers are unaware of stunting (Darmini et al., 2022; Herlina et al., 2021; Mulyaningsih et al., 2021; Muzayyarah, 2021).

Target solution

The situation analysis revealed that many people, particularly toddlers, are still high risk for nutritional issues. Despite a decline, efforts are still required to lower the prevalence of stunting in Pasuruan. Numerous efforts need to be made so that mothers can provide adequate nutrition for children. Pasuruan is known as a fish-producing area. Many types of fish are high in protein, which is advantageous for enhancing toddler nutrition. For this reason, it's important to improve the NU Muslim cadres' awareness of how to avoid stunting through nutrition education.

The aims of this community service activity is to elevate the knowledge of Muslimat Nahdlatul Ulama (NU) cadres in preventing stunting through nutrition education at Bangil Pasuruan. It is hoped that it will reduce the prevalence of stunting in Bangil Pasuruan through the NU Bangil Pasuruan Muslimat Cadres who can apply the knowledge of nutrition to prevent stunting to the people around them.

METHOD

This community service activity was held on Saturday, June 12, 2022, at the Office Building of the Muslimat NU Branch, Bangil, Pasuruan. Community service activities began with preparation, that is preparation of materials and pre and post-test questionnaires.

During the activity, the participants filled out the attendance list, then continued with the pre-test questionnaire session, the educational material presentation session, discussion and question and answer session, to the post-test questionnaire session. The pre-test and post-test were carried out as a measure of the participants' level of knowledge after being given education. Education is delivered to increase awareness about the urgency of coming to Posyandu regularly and the benefits of local food variety, supporting the campaign to consume iron supplements for girl teenagers, assisting bride and groom-to-be, taking care of pregnant women, and promoting an Exclusive Breastfeeding program.

Pre- and post-test questionnaires with a total of 10 multiple-choice items were used to assess participants' knowledge about stunting and its prevention. Each participant's responses will be totaled, and the Student T-test statistical test, which compares the differences in knowledge

before and after getting instruction and has a significance value of $p < 0.05$, will be used to examine the differences in pre-test and post-test scores.

RESULTS AND DISCUSSION

This community service activity was held on Saturday, June 12, 2022, at the Office Building of the Muslimat NU Branch, Bangil, Pasuruan. Attended by 32 participants who were Muslimat NU cadres in Bangil Pasuruan aged 40-65 years. The event was held for 90 minutes which was opened by the management's greeting and continued with the administration of a pre-test questionnaire for 10 minutes. Providing education is carried out for 40 minutes about the importance of nutrition in preventing stunting. The presenter showed material and videos that were still related to the topic of stunting. After the presentation, followed by a discussion session. From the responses seen, the participants were very enthusiastic to ask questions (Figure 2). After the discussion session ended, participants were asked to fill out a post-test questionnaire given 10 minutes. The event was closed with a prayer and a group photo (Figure 3).



Figure 1. Community Service Activities: Providing Nutrition Education in preventing stunting for Muslimat NU cadres in Bangil Pasuruan

All participants have completed the pre-test and post-test questionnaires. Recapitulation of the results of the questionnaires from 32 participants was then collected to find out the average value. The recapitulation results showed that there was an increase 32.58% scores from the pre-test to the post-test (Table 1). The results of analysis using the Student T-test showed a significance value of 0.00 ($p < 0.05$), which means that there was a significant difference in the Pre-Test and Post-Test values.

Table 1. The results of the participant's pre-test and post-test.

	Pre-test	Post-test
Average	50,32	82,9
Min	0	50
Max	80	100

The result of this program are in line with past community service projects that educated posyandu cadres on stunting. The findings showed that there was an increase in knowledge about stunting and how to prevent it. It can be concluded that the knowledge of the

community and Posyandu cadres still needs to be improved by carrying out similar activities (Kusumaningati et al., 2019; Lestari and Hanim, 2020; Sari et al., 2020).

This community service is focused so that participants can apply knowledge about nutrition in preventing stunting to their immediate family and those around them, namely through Muslimat NU cadres in Bangil Pasuruan. Participants in community service are encouraged to apply their knowledge of nutrition to avoid stunting in their own families and the people around them. The knowledge learned is a comprehensive effort to prevent stunting and improve the quality of human life to bring about a better generation. Participants can easily re-access through the YouTube link https://www.youtube.com/watch?v=bz89X_ijYFg&. Increasing the knowledge of participants regarding stunting prevention, it is hoped that this will be useful in helping to reduce the prevalence of stunting in Bangil Pasuruan.

CONCLUSIONS AND SUGGESTIONS

Community service activities related to the empowerment of NU Muslimat cadres in preventing stunting through nutrition education at Bangil Pasuruan were carried out well and received a positive response. There was an increase in participants' understanding of stunting prevention through giving of education. This conclusion is based on a comparison of the pre-test and post-test, which has increased by 32.6%, and the results of the statistical analysis showed a significant difference in values. In order to lower the rate of stunting in Bangil, it is hoped that participants would be able to put the knowledge they have received into practice.

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