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Optimizing the Role of the Family in Preventing and Handling Stunting in the Covid 19 Pandemic

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A B S T R A C T

One of the important foundations in toddlerhood is good and healthy nutritional status. However, there were still many problems with nutritional status at that time, one of which was stunting in toddlers. This condition occurs due to parents' lack of awareness and knowledge regarding the pattern of fulfilling nutrition, especially in toddlers. The lack of awareness and knowledge of mothers about bad parenting practices, the variety of ingredients and the variety of types of food provided to fulfill nutrition in toddlers, and the limited health services, will lead to disruption of the process of growth and development of toddlers, especially brain development. The purpose of this community service activity is to increase parents' role in preventing and treating stunting through increasing parental awareness and knowledge. Community service activities are carried out by educating mothers about efforts to prevent and treat stunting in toddlers. The population of under five is 55 children, with a sample of 17 mothers under five. The results of this community service activity show increased knowledge and awareness of mothers under five about preventing and treating stunting in toddlers, with pretest results of 70.4% and posttest (96%). The results of this community service activity are expected to be reference materials for subsequent community service activities.

INTRODUCTION

During the toddler years, good and adequate nutrition is needed. This is an important foundation for future growth and development. If there is malnutrition, it can result in disruption of the growth and development of the toddler. At the age of 1-3 years, there is an increase in rapid growth and development (Sutomo, B dan Anggraini, 2010). Under normal circumstances, height increases with age. Linear growth that is not age-appropriate can reflect a state of malnutrition in the long term, resulting in stunting in children (Ch Rosha et al., 2012).

The condition of poor nutritional status in the long term (chronic) that occurs during the growth and development period since the beginning of life illustrates stunting. This condition is indicated by a z-score according to WHO growth standards which are described by height for age (TB/U) less than -2 standard deviations (SD) (WHO, 2010). Toddlers are a group that is vulnerable to nutrition, and this is due to the need for large amounts of nutrients in toddlers to meet their growth and development, as well as mental and emotional health and growth failure (Lailatul & Ni'mah., 2015).

According to WHO data, 25% of children under the age of five, around 165 million children, are stunted (Who, 2012). Indonesia itself is still experiencing double nutrition, namely malnutrition and excess nutrition. However, the problem of malnutrition is still the focus of the government's attention. The

prevalence of stunting in Indonesia in 2013 was 12.1%, while stunting was 37.2%. Based on these data, 19.2% of children were classified as short and 18.0% as very short. The prevalence of stunting problems in East Java Province in the 2017 PSG was 26.7%. Stunting data in Kediri Regency in February 2018 was 19.79%, and in Darungan Village, there were 50 children.

At the age of five, children experience an increase in intake and appetite, which coincides with a period of rapid growth. The toddler's intake and appetite will also decrease when entering a period of slower growth. Parents must understand that there are variations in appetite and food intake in school-age children so that every condition that occurs in them can be given a good response (Soetjningsih IDN, Bakri, B., and Fajar, 2016).

One of the important factors that influence the nutritional status of toddlers is the mother's knowledge about nutrition in toddlers. The mother's nutritional knowledge determines one of the ways a person's food consumption; people who have good knowledge automatically also can apply nutritional knowledge and good food selection and processing, so it can be expected that the intake of toddlers is more guaranteed, the nutritional status of children can be overcome with knowledge enough parents about nutrition. The lack of the mother's knowledge about the variety of ingredients and the variety of types of food given to fulfill the nutrition of toddlers will cause the process of growth and development of toddlers to be disrupted, especially brain development. Therefore mothers need to provide nutritious food intake to their children. Many parents, especially mothers, do not pay attention to nutritional intake in toddlers, especially during the Covid 19 pandemic, even though toddlers are very vulnerable to disease and infection (Rahayu & Khairiyati, 2014).

Based on the background above, the authors are interested in carrying out community service activities regarding optimizing the role of the family in preventing and handling stunting in Darungan Village, Pare District, Kediri Regency.

METHOD

This community service activity was carried out in one of the assisted villages, namely Darungan Village, Pare District, Kediri Regency, which was carried out virtually. The population of under-five is 55 children, with a sample of 17 mothers under five. The service activity stage includes Preparation, Implementation, and Evaluation. The material presented was about preventing and treating stunting in toddlers during a pandemic.

a. Preparation

1) Socialization and Licensing

The initial stage of this activity is to conduct a survey of the place where the service will be carried out, namely in Darungan Village. After that, taking care of permits with the institution,

socialization, and arranging permits with the land party to get an agreement on time and place. The next activity is socializing with cadres for socialization related to community service activities that will be carried out.

2) Preparation of tools and facilities, as well as media

The counseling media used in this activity included power points, laptops, and zoom links for online meetings. Educational media in the form of leaflets and booklets are given before the delivery of the material.

b. Implementation Stage

1) Counseling on the Prevention and Handling of Stunting for Toddlers. The work process of health education for mothers of toddlers is carried out online through zoom meetings, distributed on invitation forms and Whatsapp groups. Before the activity begins, participants first fill in the registration link via the Google form link.

2) Health education with the theme of Prevention and handling of stunting in toddlers during a pandemic was given by facilitators from Stikes Karya Husada Kediri.

3) The material was delivered using PowerPoint media and leaflets and booklets that had been distributed previously. While delivering the material, it was followed by a discussion between the mother of the toddler and the facilitator of the theme being conveyed.

c. Evaluation stage

Assessment evaluation of the results of activities is carried out during pre- and post-counseling. The counseling participants took part in the evaluation process by assessing knowledge about the prevention and handling of stunting in toddlers as initial knowledge data before counseling was carried out via the Google form link and then carrying out counseling activities on the prevention and treatment of stunting in toddlers. All participants in community service activities were able to participate and were active in asking questions during these activities. They stated that they understood more about their children's condition after being given counseling about early detection and prevention of stunting in children.

RESULT AND DISCUSSION

This community service activity was carried out in Darungan Village, Pare District, Kediri Regency, which is one of the assisted villages of Stikes Karya Husada Kediri. Cadres and mothers of toddlers in Darungan Village attended this activity. The results of this community service activity showed that the pretest majority (70.4%) of mothers under five did not know information about stunting prevention in toddlers and their treatment, the level of awareness of mothers under five in fulfilling toddler nutrition

was also in the low category. The posttest almost entirely (96%) increased the knowledge and awareness of mothers of toddlers about the prevention and treatment of stunting in toddlers.

One of the most decisive interventions in the 1000 HPK is good parenting practices and access to proper nutritious food. Therefore, it is necessary to have the participation of parents in this process to avoid the dangers of stunting. The Program to Increase the Role of Parents in preventing and treating stunting in toddlers includes programs: 1). Cadre Formation Program, 2). Stunting prevention education program for toddlers.

a. The program to form cadres

Prevention and treatment of stunting are programs issued by the government to reduce the number of nutritional emergencies in toddlers. This program is also a program of the Stikes Karya Husada Kediri community service activities. The program was carried out in Darungan village to increase knowledge and awareness of mothers of toddlers or parents of mothers of toddlers in efforts to prevent stunting in toddlers. This activity was carried out on Saturday, April 10, 2021.

The target of this program is mothers of toddlers, and two facilitators assist with this activity. This program has the following objectives: 1) Increase the knowledge and awareness of mothers with toddlers regarding the prevention and treatment of stunting in toddlers, as well as the importance of maintaining a balanced nutritional intake. 2) Growing parental behavior in fulfilling and preventing stunting in children to optimize children's growth and development. In the next stage, online classes, and training for posyandu cadres will be held. Online classes are held via zoom (Online). The cadres and participants must attend and fill out the pretest and posttest questionnaires to determine the participants' knowledge before and after the program is implemented. The role of the next cadre is to provide educational materials to mothers of toddlers whom a facilitator from the Husada Kediri Stikes Community Service Team accompanies.

b. Education Program Via zoom meeting regarding the prevention and treatment of stunting.

This community service activity is carried out through an educational program via zoom meetings given by toddler mothers by cadres in Darungan Village. This program was carried out on Thursday, April 15, 2021. In this activity, educational media used leaflets and booklets previously distributed via the WhatsApp group to mothers of toddlers. The educational media used in the leaflets and booklets explains the definition of stunting in toddlers, ways to prevent and detect stunting in toddlers, handling stunting in toddlers, and fulfilling nutrition in toddlers. This activity aims to determine the level of knowledge of toddler mothers regarding the prevention and treatment of stunting in toddlers. The aim of the program is for toddler mothers to be able to carry out nutritional assessments for toddlers so they can take action to prevent and treat stunting in toddlers because one of the right interventions in the process of prevention of stunting is good parenting practices from parents and fulfillment of good

nutrition for toddlers. Reducing the risk of stunting in children will create optimal growth and development to create an intelligent generation of people.



Picture 1. (a) Android booklet application cover; (b) Submission of Certificates to partners; (c) Process of activities via zoom meeting

CONCLUSION

This community service activity ran smoothly. The results of this community service activity are expected to become reference material for community service activities and further research. Further activities are expected to be more comprehensive and delivered through innovative media supporting information related to toddlers' stunting. In addition, this community service activity is expected to optimize the growth and development of toddlers to create an intelligent generation in the future.

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