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Empowerment of Human Resources in Wedoroanom Village, Gresik Through Stunting Prevention and Mitigation Program

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ABSTRACT

Stunting is a priority health problem that describes a lack of nutritional value in children. Stunting is one of the major problems faced by the Gresik community, one of the villages with high stunting cases in Gresik is Wedoroanom village. The reason is that cases of stunting, dwarfism or malnutrition have an impact on the development of children, of which many cases are found in Wedoroanom village. The role of various parties including academics is very much needed in the process of overcoming stunting. Therefore, through the Real Work Lecture Program (KKN) aimed at Wedoroanom Village, Gresik Regency, the team wants to contribute to the process of empowering human resources with a program to prevent and overcome stunting through counseling activities, measuring nutritional status, and providing additional food recipes. The implementation methods are Wedoroanom Village Survey, Identifying Problems and Formulating Solutions, Work Program Planning, Implementation of Counseling Programs and Providing Food Recipes, Implementation of Information Programs about Pregnant Women and also Exercise Programs for Pregnant Women, Evaluation. The results of the implementation of this work program are that the Wedoroanom community is enthusiastic about empowering the community in terms of increasing knowledge and understanding the actions that need to be taken regarding the prevention and overcoming of stunting.

INTRODUCTION

Stunting is still a major nutritional problem faced by Indonesia. Based on data from the 2018 Basic Health Research (Riskesdas), the stunting rate in Indonesia was 30.8%. This figure is still relatively high compared to the target of the National Medium-Term Development Plan (RPJMN) of 19% in the year 2024. Stunting has prevalence compared to other nutritional problems such as malnutrition, thinness, and fat. Stunting is defined as a condition nutritional status of toddlers who have length or height of the body is considered less when compared to age (Kemenkes, 2018).

Measurement done using WHO child growth standards, namely with the interpretation of stunting if more than minus two standard deviations of the median (WHO, 2009). Stunting in toddlers can be caused by many factors such as socio-economic conditions, maternal nutrition during pregnancy, illness in infants, and lack of nutritional intake in infants. Generally, these various causes last for a long time (chronic). Stunting deserves more attention because it has an impact on children's lives until they grow up, especially the risk of impaired physical and cognitive development if not handled properly immediately (Christiana et al., 2022).

The short-term impact of stunting can be a decrease in learning ability due to lack of cognitive development in children. Meanwhile, in the long term, it can reduce the quality of life of children as adults due to decreased opportunities for education, job opportunities, and better income. In addition, there is also a risk of obesity later, so that increases the risk of various non-communicable diseases, such as diabetes, hypertension, cancer, and others (Rahmidini, 2020).

Regarding the problem of stunting, it has become one of the major problems faced by the Gresik community, one of the villages with high stunting cases in Gresik is Wedoroanom village. The reason is that cases of stunting, dwarfism or malnutrition have an impact on the development of children, of which many cases are found in Wedoroanom village. So that to overcome stunting, the Gresik Regency Government (Pemkab) has made 21 villages/sub-districts including Wedoroanom village into locus villages where the locus here becomes the focus for solving the problem. However, the existence of this grouping does not necessarily break the chain of stunting that has spread. It is no less important to find a focus on the root of the problem that occurs, namely the mother's irregular eating patterns during pregnancy and while breastfeeding. In fact, if observed, mothers have the main responsibility to choose, prepare, and serve nutritious food for their children (Junaidin & Ikong, 2021). In addition to the mother's diet, infectious diseases are also a factor causing stunting (Putri, 2020). Providing foods high in zinc is very appropriate for toddlers.

Zinc nutrition is important for human health, especially for toddlers, because zinc is involved in various metabolic processes as a catalyst, regulatory ion or structural element of protein (Azizah et al., 2023). However, the challenge is how to present high-zinc foods in the form of snacks so that they are attractive to eat.

The role of various parties, including academics, is very much needed in the process of overcoming stunting. Therefore, through the Real Work Lecture Program (KKN) aimed at Wedoroanom Village, Gresik Regency, the team wants to contribute to the process of empowering human resources with a program to prevent and overcome stunting through counseling activities, measuring nutritional status, and providing additional food recipes.

This activity aims to provide education to mothers with toddlers regarding stunting prevention, measuring the nutritional status of toddlers, and providing additional food to toddlers in Wedoroanom Village, Driyorejo District, Gresik Regency, East Java.

METHOD

The Community Service Lecture activity in the context of preventing and overcoming stunting was carried out from July 20 to August 12, 2022, which took place in Wedoroanom Village. Therefore, there are several stages that need to be carried out in implementing the activity, as follows:

a. Wedoroanom Village Survey

Implementation of Village Location Survey Wedoroanom was held on Monday, June 27, 2022, which in the implementation team received a good response from the villagers and the village apparatus. At the beginning of the survey, the team focused on seeing the location more details about geographic location village, then the location that can be used as a post and location of RW hall for meeting place. From the implementation of this survey, many things were discovered and the team understood more and more, which allowed them to get closer to villagers around and know access to the village. In addition, the team also obtained additional information regarding the problems in Wedoroanom village in terms of community health and existing human resources.

b. Identifying Problems and Formulating Solutions

The survey results of the team held a discussion to classify existing problems and from the results of the classification, the team determined the problem that had the most cases with complaints, namely stunting cases. The number of stunting in Wedoroanom Village is still quite high, namely as of June 2022 there were 41 stunted children based on data obtained from the midwife of Wedoroanom Village. Based on the survey, it was found that stunting in Wedoroanom Village was caused by a lack of knowledge about stunting, children who have a poor appetite, and an inappropriate way of measuring height and weight. Furthermore, after determining the problem, KKN group 16 discussed to determine the right solution in solve the problem.

c. Work Program Planning Work program planning formulated from the results of previously collected solutions, which where to get results namely empower resources human being specially society Wedoroanom village through the program prevention and control of stunting with stages or procedures carried out in the form of providing health education and direct practice.

d. Implementation of Stunting Prevention Counselling Program and Provision of Food Recipes

In the process of implementing the Real Work Lecture program, the thing that is done is determining the target, where this activity is aimed at the Wedoroanom village community consisting of posyandu cadres, parents who have children under the age of five, especially mothers who have stunted children. Furthermore, regarding the strategy for implementing the program, it is carried out by holding counselling on preventing stunting and teaching about giving/making additional food to improve nutrition in children. Counselling is given through leaflets containing the definition of stunting, causes of stunting, characteristics of stunted children, the impact of stunting on the future of children, and how to prevent stunting. Stunting prevention is divided into several important times, namely, during pregnancy, in babies aged 0-6 months, and in babies aged 6 months - 2 years. In addition, it is also explained about 5 important times to wash hands and how to measure height and weight properly and

correctly. During the counselling, a pretest and posttest were also given. After that, it was held demo how to cook creative foods to increase children's appetite.

e. Implementation of Pregnant Women's Class Program

The target of this activity is the Wedoroanom village community, consisting of integrated health post cadres and pregnant women in the village Wedoroanom. Next regarding the strategy of implementing the program, it is done by holding a class for pregnant women which is a means for mothers to increase their knowledge about pregnancy, childbirth, postpartum and newborn care. In this class for pregnant women, the definition, early signs, and dangers during pregnancy, childbirth and postpartum are explained. In this class for pregnant women, education is also provided about newborns, routine visits to newborns, danger signs and signs of healthy newborns. During the counselling, a pretest and posttest were also given. After that, stretching was held for pregnant women and was followed with great enthusiasm by the pregnant women. The stretching taught by KKN Group 16 is an easy movement and does not endanger the mother and baby in accordance with the recommendations of the Ministry of Health.

f. Evaluation

Regarding the implementation of evaluations, they are carried out every day with the aim of obtaining agreement and resolving problems related to implementation. work programs and in daily activities, the evaluation results will then become material for improving the implementation of subsequent activities.

RESULT AND DISCUSSION

The stunting prevention counseling and demonstration of how to cook tofu katsu that has been done gave positive results. This can be seen from the post-test results, which are better than the pre-test results before the stunting prevention counseling was carried out, indicating that participants paid attention and increased their knowledge about stunting.



Figure 1. Stunting Prevention Counseling



Figure 2. Demo og How to Cook Tofu Katsu

Meanwhile, through the tofu katsu cooking demonstration, participants were very enthusiastic and actively asked questions and participants, both mothers and their children, said that the results of the cooking were delicious when they tasted the results and could be an attraction for children when making it at home.

Meanwhile, the prenatal class that has been implemented also gave positive results. This activity received quite high enthusiasm from pregnant women and cadres, as can be seen from the high number of participants, which was 16 people.



Figure 3. Pregnant Women's Class

During the counseling, a pretest and posttest were also given, where the posttest results were higher than the pretest results indicating that the mothers understood better than before the counseling. After that, stretching was held for pregnant women and was followed very enthusiastically by the pregnant women.

CONCLUSION

The Real Work Lecture activity is carried out as a form of devotion to the community. The Real Work Lecture carried out in Wedoroanom village is one of the activities, namely the stunting prevention program which has several series, namely stunting prevention counseling, cooking demonstrations, and pregnant women's classes.

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