

JOURNAL OF HEALTH COMMUNITY SERVICE



PMT Demonstration on Cadres and Stunting Counseling in Kedamean Village

Muhammad Azizi Al Waridz¹, Siti Rutbatul Aliyah Atsan¹, Khusainiyatun¹

¹Universitas Nahdlatul Ulama Surabaya, East Java, Indonesia

ARTICLE INFORMATION

Received: September 9, 2023

Revised: November 28, 2023

Available online: January 2024

KEYWORDS

Stunting, Socialization, Education

CORRESPONDENCE

E-mail: kknkedamean23@gmail.com

A B S T R A C T

Stunting or a condition of failure to thrive in toddlers is a condition where toddlers have a length or height that is less than their age due to chronic malnutrition. The dangers of stunting have become the main focus of national nutritional problems in Indonesia, this can be seen from the SDG's Indonesia indicator which states the target of reducing stunting by 24%. Kedamean Village is a village located in Kedamean District, Gresik District, East Java which has stunting cases of around 15 toddlers. The low level of education and early marriage contribute to the impact of stunting in Kedamean Village. In solving the problem of stunting in Kedamean Village, the solution that can be applied is through increasing community participation through stunting socialization and education as a way to overcome stunting in Kedamean Village. The target of this activity is 10 pregnant women in Kedamean Village. The purpose of this service is to assist cadres and village officials in overcoming stunting in Kedamean Village. The implementation of community service activities in the form of stunting socialization and education to increase community participation in Kedamean Village is considered effective and able to help overcome stunting in Kedamean Village.

INTRODUCTION

Stunting in toddlers is when their growth is stunted so that their height or length does not match their age, which is caused by long-term malnutrition (Rahayu et al., 2018). Stunting can have a negative impact on brain development and increase the risk of degenerative diseases in adulthood (Tanoto Foundation, 2021). In Indonesia, stunting is a major concern in nutrition issues, with a target of reducing stunting by 40% based on SDG's indicators (Yoto et al., 2020). Data from the 2018 Basic Health Research shows that the national prevalence of malnutrition and undernutrition is 17.7%, with a figure of 16.8% in East Java. In Gresik Regency, the prevalence of malnutrition and undernutrition was 16%, while stunting reached 28% in the same year Riskesdas 2018. The results of the 2019 SSGBI study which integrated March 2019 Susenas data reported the prevalence of stunting in Indonesia at 27.67% (27.22%-28.11%) (Sudikno et al., 2019).

Kedamean Village is a village located in Kedamean District, Gresik Regency, East Java, with most of the people working as farmers. Formal educational institutions in this village are only SD/MI and TK/RA so that some of the people do not continue their education to a higher level, this has an impact on early marriages found in Kedamean Village. Based on coordination with cadres in Kedamean Village, data was obtained that there were approximately 3 children experiencing stunting. The factors causing stunting cases in Kedamean Village include parenting patterns caused by their lack of knowledge, socio-economic

factors which are the impact of discontinuing education. Whereas education adequate for women will lead them to have husbands with at least the same level of education, this is important for the social and economic status of the family. In addition, the large number of early marriages in Kedamean Village is also one of the causes of lack of nutritional intake, especially for pregnant women and toddlers.

Research by Rahmawati et al. (2020) shows the need for broader recognition of stunting, its impacts, the urgency of handling it, and efforts to prevent stunting as a form of individual preventive efforts, without only relying on government programs. Handling stunting is considered an urgent problem that must be addressed by all parties without waiting. Research by Ekayanthi & Suryani (2019) highlights the need for special efforts on maternal nutrition as one way to overcome stunting. Pregnant women's classes are considered effective in disseminating information related to nutrition and health during pregnancy, to prevent stunting.

To overcome stunting in Kedamean Village, the proposed solution is to increase community participation through socialization and education about stunting. This method involves providing psychoeducational understanding to individuals or groups (Sujarwo et al., 2021). The active role of the community is key to implementing a healthy lifestyle and consuming nutritious food to prevent stunting. This solution was chosen because it is expected to raise public awareness, especially prospective mothers, in dealing with stunting. With the information provided through socialization and education, public knowledge about stunting, its causes, and impacts is expected to be increased.

METHOD

Methods applied in activities demonstration and outreach involve four steps, namely planning, preparation, implementation, and evaluation. In the planning stage, permission was obtained from related parties such as the Village Head, Posyandu cadre mothers, and the Kedamean Village Midwife who acted as partners in this activity. Discussions with partners revealed that the lack of knowledge of prospective mothers about stunting was the result of minimal interest in going to school and early marriage in Kedamean Village. After planning, the preparation stage involved compiling materials related to stunting, selecting speakers, determining the place, time, and target of the activity, namely pregnant women and mothers with toddlers and cadres in Kedamean Village.

Implementation of activities demonstration and counseling focuses on providing materials to pregnant women and mothers with toddlers and cadres in Kedamean Village, then followed by an evaluation involving assessment of the material, presenters, and demonstration of making PMT with tofu ingredients.

RESULT AND DISCUSSION

Implementation of Activities

The implementation of this community service activity is on August 8, 2023, and implemented in Hamlet Balong Jrambah. The purpose of this activity is PMT demonstration and counseling. This stunting is in the form of increasing community participation in overcoming stunting in Kedamean Village. This activity was attended by 20 Kedamean Village mothers as the target of the activity, as well as village midwives and integrated health post cadres as implementing partners of the activity. The activity of providing materials and discussions for 30 minutes. Then continue by doing a demo of making PMT knows fantasy.

Activity Results

The success of stunting socialization and education activities in Kedamean Village in overcoming stunting is measured through evaluation activities after the discussion session is completed. The evaluation is carried out to measure the level of assessment of the implementation of community service activities by distributing questionnaires to participants. The following is a table of questions along with a summary of answers from participants.

Table 2. Questions in the questionnaire and participants' answers

No	Question	Information
1	Do you know what stunting is?	All participants answered "Yes"
2	Do you know the causes of stunting?	All participants answered "Yes"
3	According to malnutrition cause stunting?	18 participants answered "Yes" and 2 participants answered "Enough"
4	Is not maintaining environmental cleanliness one of the causes of stunting?	13 participants answered "Yes" and 7 participants answered "Enough"
5	Do you know the characteristics of children who suffer from stunting?	18 participants answered "Yes" and 2 participants answered "Enough"
6	Is stunted growth a sign of stunting?	19 participants answered "Good" and 1 participant answered "Enough"
7	What do you think about the speaker's delivery of the material?	19 participants answered "Good" and 1 participant answered "Enough"
8	What is your response to the implementation time that was conveyed?	19 participants answered "Okay" and 1 participant answered "Enough"

Based on the evaluation of the activities that have been carried out, it was found that the implementation of stunting socialization and education activities in Kedamean Village was considered effective and able to help overcome stunting in Kedamean Village through information or material content that had been delivered during the activity, in addition, this activity was also considered to be able to run well including the implementation of activities and speakers. The following is a picture of the activities carried out.



Figure 1. Implementation of stunting socialization and education activities

Implementation of stunting socialization and education activities includes providing materials to 20 participants who are mothers in Kedamean Village.

The materials used include materials about stunting from the characteristics of stunting, the process of stunting, factors causing stunting, the impact of stunting, prevention and handling of stunting including socialization of diet, balanced nutrition, parenting patterns, breastfeeding, and improving sanitation. The participants gave a positive response to participating in this activity, especially when the material was delivered. However, in the discussion stage, participants were less active in asking questions about the material that had been delivered.

CONCLUSION

After the stunting socialization and education was carried out in Kedamean Village, participants have understood the material about stunting from the characteristics of stunting, the process of stunting, factors causing stunting, the impact of stunting, prevention and handling of stunting including socialization of diet, balanced nutrition, parenting patterns, breastfeeding, and improving sanitation. This activity can raise public awareness in overcoming stunting, especially for prospective mothers, and with this socialization and education, it can increase public knowledge about stunting, the causes, and the effects of stunting. Suggestions for further community service activities are ongoing assistance for other target participants such as unmarried teenagers or breastfeeding mothers.

UNKNOWLEDGEMENTS

We would like to thank the Universitas Nahdlatul Ulama Surabaya.

REFERENCES

- Ekayanthi, NWD, & Suryani, P. (2019). Nutrition Education for Pregnant Women Prevents Stunting in Pregnant Women's Class. *Journal of Health*, 10(3), 312. <https://doi.org/10.26630/jk.v10i3.1389>

- Rahayu, A. et al. (2018) Stunting and Prevention Efforts, Stunting and prevention efforts for public health students. Bantul: CV MIne.
- Rahmawati, R., Bagata, DTR, Raodah, R., Almah, U., Azis, MI, Zadi,
- Sudikno et al. (2019) Final Report of the 2019 Toddler Nutritional Status Research, Ministry of Health of the Republic of Indonesia. Jakarta: Ministry of Health of The Republic of Indonesia.
- Sujarwo, S., Buana, ANT, & Marita, M. (2021). Psychoeducation of Health Protocols in Preventing the Spread of Covid-19 in Bandung Agung Village. Dharma: Journal of Community Service, 2(1), 128–145. <https://doi.org/10.35309/dharma.v2i1.5185>
- Tanoto Foundation (2021) Prevent Stunting Before It's Critical The Role of Adolescents in Preventing Stunting. Jakarta: Gramedia Popular Library.
- Yoto, M. et al. (2020) Social Determinants of Stunting Eradication: Participatory Action Research of Empowered Healthy Villages Focusing on Stunting Eradication, Health Advocacy. Surabaya: Health Advocacy.