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Workshop: Stunting Prevention Effort in Sidoraharjo Village, Kedamean District, Gresik Regency

Budhi Setianto^{1,2}, Siti Nur Hasina³, Difran Nobel Bistara³, Agus Aan Adriansyah², Edza Aria Wikurendra², Akas Yekti Pulih Asih², Abdul Hakim Fasya², Dwi Handayani², Aditya Rizky Alfaridzi⁴, Novianti Fatimahtus Zahro⁴, Dewi Sinta Nuriatul Imamate⁴

¹Head of Administration and Human Resources, Rumah Sakit Islam Surabaya, Surabaya, East Java, Indonesia

²Department of Public Health, Faculty of Health, Universitas Nahdlatul Ulama Surabaya, 60237, Surabaya, East Java, Indonesia

³Department of Nursing, Faculty of Nursing and Midwifery, Universitas Nahdlatul Ulama Surabaya, 60237, Surabaya, East Java, Indonesia

⁴Universitas Nahdlatul Ulama Surabaya, 60237, Surabaya, East Java, Indonesia

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CORRESPONDENCE

E-mail: budhisetianto@unusa.ac.id

A B S T R A C T

Stunting is a condition in which children fail to grow, both physically and mentally. Reported from Jawa Pos news on July 23, 2022, information obtained by Jawa Pos, NEW data from the Gresik Regency Health Office, until July 2021, there were 5,288 stunting toddlers. This figure comes from the number of children who were weighed and measured as many as 80,663 toddlers. So KKN activities from Group 18 of Sidoraharjo Village held socialization of stunting prevention activities aimed at residents of Sidoraharjo village. The purpose of this activity is to provide knowledge related to stunting prevention. The method used is holding a workshop involving residents of Sidoraharjo, as well as making brochures and posters so that people are more aware of the importance of stunting prevention. The satisfaction of the workshop participants was 89.3% and there was an increase in knowledge of 16.6%. From this activity, it was concluded that this workshop was very beneficial to the participants. The presentation in simple language and followed by a discussion made the participants happy and increased awareness together to prevent stunting.

INTRODUCTION

The first 1000 days of life are very important because all important organs and body systems begin to form rapidly (Sugiyanto & Sumarlan, 2021). The development that begins is gastrointestinal health, metabolic organ development, cognitive development, physical growth, and immune system maturity. The First 1000 Days of Life are very important because this is a golden period and cannot be repeated (Ruaida, 2018).

Preventing stunting or failure to thrive must be done from the first 1000 days of a child's life. When the condition of pregnant women must pay attention to nutritional adequacy from the beginning of pregnancy (Nila et al., 2014). Stunting can occur since pregnancy if there is a growth restriction in the fetus in the womb (Ernawati, 2020). If the mother's food intake is sufficient and there are no other complications, generally the fetus will grow and develop well (Awaludin, 2019).

The adequacy of this food intake can later be seen by the weight gain of the fetus following gestational age. The recommended food is to consume macronutrients such as carbohydrates, protein, and fat (Fildzah et al., 2020). Prevention of stunting then continues into the breastfeeding period. Mothers must

understand the correct way of breastfeeding so that children do not experience malnutrition, especially malnutrition. Followed by giving the correct complementary feeding to support child growth and development (Wardita et al., 2021).

Stunting is a condition in which children fail to grow, both physically and mentally. Stunting is associated with malnutrition and chronic (non-endocrine) infections (Sutarto, Diana Mayasari, 2018). Therefore, it should be emphasized that stunting is part of short stature (Siallagan et al., 2021). But not all short stature is stunting, Mother. Short stature itself can be caused by pathological or non-pathological conditions (Fildzah et al., 2020).

Characteristics of stunting children Stunting occurs because children are chronically malnourished, so the main characteristics of children are that they look shorter than children their age (Islami & Khourroh, 2021) of the same sex. In addition, the child will also look thinner because other clinical symptoms are not specific (Sentana et al., 2018). However, if laboratory tests are carried out, the child may have a macronutrient deficiency (deficiency). Protein and some micronutrients such as vitamin A, and vitamin D, or minerals such as iron, and zinc (Sediaoetama, 2004).

Based on the results of the 2021 SSGI, the national stunting rate decreased by 1.6 percent per year from 27.7 percent in 2019 to 24.4 percent in 2021. Most of the 34 provinces showed a decline compared to 2019 and only 5 provinces showed an increase. This shows that the implementation of government policies to accelerate the reduction of stunting in Indonesia has given good results.

The 2021 SSGI conducted by the Health Research and Development Agency of the Ministry of Health not only provides an overview of the nutritional status of children under five but can also be used as an instrument for monitoring and evaluating the achievement of specific intervention indicators and sensitive interventions both at the national and district/city levels that have been carried out since 2019 and until 2024.

Stunting or undernourished toddlers is still a problem in Gresik Regency so far. The number is still quite high. Therefore, the Gresik Regency Government continues to try to reduce the stunting case. Such as carried out by the family planning, women's empowerment, and child protection (KBP3A) office. This OPD held a competition to accelerate the target of zero stunting. Among them, is the integrated development of the Planned Healthy Sustainable PKK (Posyandu Proud Kencana).

As reported from Jawa Pos news on July 23, 2022, information obtained by Jawa Pos, NEW data from the Gresik Regency Health Office, until July 2021, there were 5,288 stunting toddlers. This figure comes from the number of children who were weighed and measured as many as 80,663 toddlers. So KKN activities from Group 18 of Sidoraharjo Village held socialization of stunting prevention activities aimed at residents of Sidoraharjo village. The purpose of this activity is to provide knowledge related to stunting prevention.

METHOD

This year's 2022 Nahdlatul Ulama University Real Work Lecture is in Gresik Regency. Group 18 carried out activities in Sidoraharjo village, Kedamean sub-district, one of the tasks that must be done was to provide counselling related to stunting prevention.

Stages of Activities

1. Preparation

At the preparatory stage, we conducted brainstorming and ideation discussions regarding what theme we would choose to design further activities (Hanik et al., 2021). The discussion was conducted with the Sidoluhur Village apparatus. The next preparation is by preparing modules, making posters, making brochures and making flyers that are used as invitations to the public.

2. Implementation

On the day of implementation, the activity will be opened by the moderator and filled with several remarks by related parties. Then, the speaker explains according to the material that has been made. The material is presented for 30 minutes and followed by a discussion for 30 minutes

3. Evaluation

Each participant will fill out a google response form regarding this workshop activity as our reference in evaluating this activity and fill out a pretest and post-test to determine the improvement of the workshop participants' abilities (Damanik et al., 2021).

4. Follow Up

An evaluation will be made as learning material. We will use the evaluation results as a reference in planning the next activity

RESULT AND DISCUSSION

This activity is carried out based on several stages, namely the preparation stage, implementation/ execution stage, evaluation and follow-up. At the preparation stage, it begins with a discussion with policymakers/ village officials and a workshop activity with the theme of stunting prevention is set. After determining the topic, a module related to stunting prevention was immediately made by making brochures, posters and activity flyers. Posters and brochures are expected to increase knowledge about the importance of fighting stunting in Sidoraharjo village.



Figure 1. Meeting with village officials regarding the determination of the theme of preventing stunting in Sidoraharjo Village



Figure 2. Stunting flyer to promote stunting prevention workshop in Sidoraharjo Village



Figure 3. Stunting Poster for Stunting Prevention in Sidoraharjo Village

Table 1. Characteristics of Stunting Workshop Participants in Sidoraharjo Village

No	Characteristics	Amount	Percentage
Age			
1	< 25 Years	6	21,4
2	25 - 35 Years	12	42,9
3	36 - 45 Years	5	17,9
4	> 45 Years	3	10,7
Profession			
1	Housewife	24	92,0
2	Worker	2	8,0
Number of children			
1	Don't Have Children	4	15,0
2	One	12	46,0
3	Two	7	27,0
4	More Than two	3	12,0
Amount		26	100,0

Table 1 provides information that this workshop was attended by 26 mothers, most of whom were aged 25-35 years while being housewives and most of them still had children.

Table 2. Workshop Participant's Satisfaction Levels Related to the Implementation of the Stunting Prevention Workshop

No	Satisfaction Level	Satisfaction
1	Material Presentation	87,6
2	Material Clarity	89,6
3	Retention of material	91,5
4	Props Used	83,8
5	Timely Serving Time	87,8
6	Follow-up Plans that need to be carried out	89,2
7	The material is presented in an interesting way	91,2
8	Interactive and interesting	93,4
9	Participant Engagement	91,4
10	The Relationship between Participants and Speakers	87,6
Satisfaction Average		89,3

Table 2 provides information that delivery, clarity and understanding provide pretty good value for satisfaction. Meanwhile, demonstrations involving timely workshop participants related to the implementation were also considered good. Meanwhile, an interesting interactive follow-up plan that involves participants and presenters is also considered good. In general, the entire implementation of the workshop was considered good. To measure the success of this workshop, participants were allowed to fill out pre-test and post-test. The pre-test is filled in before the workshop. While the post-test is filled after doing the workshop. The following are the results of the pretest and posttest scores.

Table 3. Results of the Percentage of Pretest and Posttest

No	Question	Average value	
		Pre-Test	Post Test
1	Introduction of 1000 HPK	76,0	87,2
2	Stage - Stage 1000 HPK	75,0	88,4
3	Definition of Stunting	65,0	82,5
4	Stunting features	66,0	84,8
5	Causes of Stunting	64,0	83,4
6	Stunting Prevention	64,3	81,6
7	The Role of Parents in Handling Stunting	75,0	84,4
8	Community Participation in Community Handling	65,4	82,2
9	1000 HPK Growth Stage	66,2	87,6
10	Development Stage 1000 HPK	61,5	81,4

Table 3 provides information that there was an increase of 16,6 from the pretest and posttest carried out by the workshop participants.



Figure 4 Stunting Prevention Workshop Participants



Figure 5 Presentation by the Speaker

The speaker is the 18th Community Service Group at Nahdlatul Ulama University, Surabaya, Here are the presenters (1) Aditya Rizky Alfaridzi, Department of Medical Education, Medical Faculty, Nahdlatul Ulama University Surabaya, 60237, East Java, Surabaya Indonesia, (2) Novianti Fatimahtus Zahro, Department of Nursing, Nursing and Midwifery Faculty, Nahdlatul Ulama University Surabaya, 60237,

East Java, Surabaya Indonesia, (3) Dewi Sinta Nuriatul Imamah, Department of Midwifery, Nursing and Midwifery Faculty, Nahdlatul Ulama University Surabaya, 60237.



Figure 6 Demo of Making Nutritious MPASI

The prevention of stunting can be prevented by one of them is providing nutritious food rich in calories and fibre, The demonstration of making nutritious food was enthusiastically followed by the workshop participants.

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From the result provides information that delivery, clarity and understanding provide pretty good value for satisfaction. Meanwhile, demonstrations involving timely workshop participants related to the implementation were also considered good. Meanwhile, an interesting interactive follow-up plan that involves participants and presenters is also considered good. In general, the entire implementation of the workshop was considered good. To measure the success of this workshop, participants were allowed to fill out pre-test and post-test. The pre-test is filled in before the workshop. While the post-test is filled after doing the workshop. The following are the results of the pretest and posttest scores.

CONCLUSION

The stunting prevention workshop which was attended by 26 women from Sidoraharjo residents was very beneficial to the participants, the satisfaction of the workshop participants was 89,3 and there was an increase in knowledge of 16,6, the presentation in simple language and followed by a discussion made the participants happy and increased awareness together to prevent stunting.

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