

Stunting Prevention Movement Through Education Programs in Kumbang Village Community

Lensoni^{1*}, Juliana Sakinah²

^{1,2}Public Health Study Program, Faculty of Health Sciences, Universitas Abulyatama, Aceh, Indonesia
Email: ¹⁾ soni@abulyatama.ac.id

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Abstract

Stunting is one of the main health problems in Indonesia that affects children's physical growth and cognitive development. To overcome this, increasing students' knowledge and awareness through educational activities about balanced nutrition is a strategic effort that can be implemented in the school environment. This research aims to measure the effectiveness of nutrition education activities at School 2 Lhoksukon in increasing students' knowledge about balanced nutrition and the importance of preventing stunting. Educational activities are carried out with an interactive approach involving lecture sessions, group discussions and direct practice regarding the selection and processing of nutritious food. The results of the analysis show a significant increase in the level of students' understanding of the concept of balanced nutrition, the importance of nutritious food, and the impact of stunting on health. Apart from that, there was a change in students' behavior in choosing healthier food after attending the education. In conclusion, this educational activity is effective in increasing students' knowledge and awareness about balanced nutrition and stunting prevention. Similar programs need to be expanded and implemented sustainably as part of the national strategy to reduce stunting rates in Indonesia.

Keywords: Balanced Nutrition, Stunting Prevention, Nutrition Education, Health Awareness, Public Health Strategy.

1. Introduction

Indonesia as the country with the largest population in Southeast Asia, faces great challenges in improving the quality of health of its people (MCAI, 2016). One health issue that is increasingly receiving serious attention is stunting (UNICEF & Group, 2020). Stunting is a condition in which a child experiences stunted physical growth due to chronic malnutrition, especially in the first 1,000 days of life, which is crucial for child development. This condition not only impacts physical growth, but also has long-term consequences for cognitive development, learning ability, and quality of life in the future. Stunting is a complex problem, as its impact covers various aspects of life, from education to economic productivity (Beal et al., 2018; Fentiana et al., 2022).

In Indonesia, stunting is a public health problem that has become a major focus of government policy. Based on data from the Ministry of Health of the Republic of Indonesia, the prevalence of stunting in children in Indonesia is still high, although various efforts have been made to reduce this figure. According to the Riskesdas or known as Basic Health Research in 2018, the prevalence of stunting in Indonesian children under five reached 30.8% (Badan Penelitian dan Pengembangan Kesehatan Kementerian RI, 2018). Despite the decline,



this figure is still far from the target set by the World Health Organization (WHO), which is below 20% by 2025 (WHO, 2018).

The causes of stunting are diverse, but the most influential factor is malnutrition during pregnancy and the first 1,000 days of life. During this time, pregnant women and children need optimal nutrition to support healthy growth and development. In addition, environmental factors such as poor sanitation, lack of knowledge about nutrition, and limited access to nutritious food also exacerbate the problem of stunting. At the community level, low awareness of the importance of balanced nutrition and a healthy diet is one of the main obstacles in stunting prevention efforts.

To overcome this problem, it is important to involve various parties, both from the government, the community, and the private sector (Patimah et al., 2020). One approach that can be taken is through educational programs to the community, especially at the village level, about the importance of balanced nutrition, healthy eating patterns, and ways to prevent stunting. This education program aims to increase community knowledge and awareness of how they can contribute to stunting prevention efforts, both by choosing nutritious food, maintaining sanitation, and paying more attention to the health of pregnant women and children.

Kumbang Village, as one of the villages located in a rural area, faces its own challenges in overcoming stunting. The community is largely dependent on the agricultural sector and has limited access to health facilities and adequate information on nutrition. Therefore, the stunting prevention movement through educational programs in Kumbang Village is a very important step to improve the quality of public health in this village. Education about balanced nutrition, the importance of nutritious food intake, and stunting prevention carried out in a structured and sustainable manner can be a solution to reduce the existing stunting rate.

Stunting is one of the main problems faced by the community in Kumbang Village. The people of this village often consume less nutritious food, such as rice with side dishes that are limited to local resources that are less varied. This makes children in the village vulnerable to malnutrition, which leads to stunting. In addition, community awareness of the importance of balanced nutrition is low, and most do not understand the long-term consequences of stunting. They are often unaware that stunting not only affects physical growth, but also affects children's learning ability and their future productivity.

The stunting prevention movement carried out through this education program is expected to change the mindset and behavior of the community in Kumbang Village. With the right approach, education about balanced nutrition can increase the community's understanding of how to meet optimal nutritional needs for pregnant women, infants, and children. The education provided is also expected to provide useful information for the community on how to choose and process nutritious food with ingredients that are easily found around them, as well as the importance of exclusive breastfeeding for the first 6 months of a child's life.

In addition, this movement also aims to raise awareness about the important role of maternal health in stunting prevention. Providing the right information about monitoring the health of pregnant women and children and implementing a healthy lifestyle that includes a balanced diet, personal hygiene, and a healthy environment, is expected to prevent stunting and improve the nutritional status of the people of Kumbang Village.

2. Methods

2.1. Research Design

This research uses a descriptive method to analyze stunting prevention in Kumbang Village through education and promotion programs (Sugiyono, 2015). This method was chosen because it is able to describe the conditions and factors that influence stunting prevention in Kumbang Village systematically and measurably.

In addition, lectures and question and answer activities were also carried out to provide an understanding to the people of Kumbang Village about stunting prevention. Lecture and question and answer material are provided in accordance with the discussion discussed, namely material on stunting prevention.

2.2. Location and Time of Research

The implementation time and location took place in Kumbang Village on Wednesday, October 16, 2024, from 10:00 AM until completion. The sample size was determined based on the population size and research needs. The primary instrument used to measure the community's knowledge level and attitudes toward stunting prevention in the village was a questionnaire. The questionnaire was designed using a Likert scale with response options ranging from strongly agree to strongly disagree.

3. Results and Discussion

The study was conducted to measure the level of knowledge of the Kumbang village community about stunting prevention and balanced nutrition in the Kumbang village community area in North Aceh district. The initial step of this research is to coordinate with the health center and village regarding licensing and furnishing the place or location of counseling. The research began by conducting (pre-test) with the aim of measuring the initial knowledge of the Kumbang village community related to balanced nutrition and stunting prevention, then the counseling process was delivered by the research team then after the counseling was completed the Kumbang village community gave the final test (post-test) to measure the increase in knowledge of the Kumbang village community related to balanced nutrition and stunting prevention after counseling whether there was an increase or not.

Table 1. Demographics of respondents based on gender

No	Gender	(f)	(%)
1.	Male	13	47.3%
2.	Female	17	56.7%
	Total	30	100.0%

Based on table 1, it is known that the male gender is 13 people (47.3%) and the female gender is 17 people (56.7%).

Table 2. Community knowledge before counseling

No	Knowledge	(f)	(%)
1.	Good	10	33.3%
2.	Poor	20	66.3%
	Total	30	100.0%

Based on table 2, it can be seen that the results of the calculation of respondents' knowledge before counseling were mostly good knowledge with a total of 10 respondents

(33.3%) and 20 respondents (66.3%) getting unfavorable results from a total of 30 respondents (100.0%).

Table 3. Community knowledge after counseling

No	Knowledge	(f)	(%)
1.	Good	23	76.3%
2.	Poor	7	23.3%
	Total	30	100.0%

Table 3 shows that respondents with good knowledge after counseling were 23 respondents (76.3%) and respondents with poor knowledge were 7 respondents (23.3%) out of a total of 30 respondents (100%).

3.1. Discussion

Based on the results of the research that has been conducted, it shows that the results are quite good, where there is an increase in the average knowledge of the Kumbang village community regarding balanced nutrition and stunting prevention. The results of this study indicate that the counseling program can be one of the methods that can be used to increase the knowledge of the Kumbang village community regarding balanced nutrition and prevention of stunting. The importance of maintaining balanced nutrition and preventing stunting for children to maintain their food to prevent stunting or malnutrition. By increasing the knowledge of the Kumbang village community, it is hoped that it can reduce the risk of children who do not maintain a balanced diet. The counseling provided can affect a person's behavior if the information received by a research object should be applied directly in everyday life so that it becomes a pattern of behavior changing towards the better.

The study highlights the importance of maintaining a healthy diet and adopting measures to prevent stunting in children. Educating communities on proper nutrition can significantly decrease the risks associated with poor dietary habits and lack of essential nutrients in children. The effectiveness of counseling is particularly impressive as it directly impacts behavior change - when individuals apply their new knowledge in their daily lives, it leads to improved health practices over time.

The educational program has had a positive impact on the Kumbang village community, arming them with valuable information that can be put into practice in their everyday lives. This empowerment of knowledge is a key step towards reducing stunting rates and enhancing child health outcomes in the community (Abdurrahman et al., 2022; Nadiyah et al., 2014). The study shows that targeted educational initiatives can fill knowledge gaps and result in lasting health improvements when information is not only received but also actively utilized.

4. Conclusion

Educating pregnant women, breastfeeding mothers, and families about the importance of balanced nutrition is essential in preventing stunting. Raising awareness about the fulfillment of good nutrition, such as protein, carbohydrate, vitamin and mineral intake, is done through counseling and training. Providing nutritious food for children and pregnant women is one of the stunting prevention measures implemented. Providing additional food that is in accordance with the nutritional needs of children and pregnant women is expected to prevent nutritional deficiencies that can potentially cause stunting. Efforts to improve community access to health services such as routine examinations of pregnant women, immunizations, monitoring of child growth and development, and treatment of diseases that can affect child growth are important focuses in preventing stunting. Posyandu or Community

Health Post and health cadres have a huge role in early detection of nutritional problems in toddlers and pregnant women. With training and debriefing, health cadres in this village can provide the right information and conduct regular monitoring to prevent stunting. Efforts to improve environmental sanitation are also part of stunting prevention, because a clean and healthy environment plays a role in maintaining the health of mothers and children from infections that can affect child growth and development.

5. References

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