



## **Increasing Community Awareness About The Importance Of Stunting Education For Pkk Women In Lumut District, Lumut District, Central Tapanuli District**

**Hasian Rambe, Luthfi Ilham Martua Lumban Tobing, Rahmiatul Zuhro, Zuhrina**

**Harahap**

**North Sumatra State Islamic University**

<sup>1),3),4)</sup>Faculty of Tarbiyah and Teacher Training,

<sup>2)</sup>Ushuluddin Faculty and Islamic Studies

[hasianrambe05@gmail.com](mailto:hasianrambe05@gmail.com)<sup>1)</sup>, [zrahmiatul@gmail.com](mailto:zrahmiatul@gmail.com)<sup>2)</sup>

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### **Abstract**

Lumut Village is a village located in Lumut District, Central Tapanuli Regency, North Sumatra. The majority of the people's livelihoods in Lumut Village are farmers. The area of this moss village is one of the areas with a high prevalence in Central Tapanuli District. With this problem in mind, this journal aims to develop people's thinking by educating or providing information through the UIN SU 156 community service group to the community, especially mothers in the Lumut sub-district about how to prevent stunting, with the hope that the prevalence the rate of stunting in the Lumut District area will decrease. which is used in the context of providing education to mothers is by conducting socialization, the socialization material is provided by the KKN 156 UIN-SU group and assisted by stunting management in the Lumut Village area.

**Keyword:** Education, Stunting, Society

### **Introduction**

The problem of stunting or failure to thrive in children is a problem that is still a big problem in Indonesia. At the end of 2022, the prevalence of stunting will fall to 21.6%, but to date the problem of stunting has not reached the target, namely with a prevalence of 17% by 2023. Currently, the prevalence of stunted children in North Sumatra has reached 25.8 percent. This record places North Sumatra as the 17th province with the highest number of stunted children in Indonesia. And the prevalence of

stunting in Central Tapanuli Regency is ranked 5th with a prevalence of 30.5%.

Lumut District is ranked 2nd for stunting sufferers in Central Tapanuli Regency, North Sumatra. The Lumut village area which is the location of UIN-SU Group 156 KKN has a fairly high stunting problem.

Stunting is a form of growth failure (growth faltering) due to the accumulation of inadequate nutrition that lasts for a long time from pregnancy to adulthood 24 month old. Stunting is a problem because it is associated with an increased risk of

morbidity, death, slowing down the process of motor development and hampering the mental growth process of sufferers. However, after years of neglect, stunting is now identified as a top global health priority and the focus of several high-profile initiatives such as Scaling Up Nutrition, Zero Hunger Challenge, and the Nutrition for Growth Summit (de Onis & Branca, 2016).

Malnourished children (including stunting) are more susceptible to infection and have lower intelligence and impaired cognitive skills, increasing the risk of degenerative diseases in the future (Adair et al., 2013; Vyas, 2021). The government's efforts to reduce stunting rates are through improving nutrition during the 1,000 HPK period, including the nutrition awareness movement to support the 1,000 HPK, improving the quality of posyandu services (equipment and cadre capabilities), breastfeeding orientation/counseling, Infant and Child Feeding (IYCF), classes for pregnant women and toddler mothers, as well as cross-sector and cross-program consolidation and convergence in efforts to prevent stunting, provide micronutrients (taburia), environmental health programs, and provide clean water and sanitation facilities and infrastructure (Trihono et al., 2015; Apriluana & Fikawati, 2018; Sutarto,

Factors that have the potential to cause stunting in children are poverty, health, sanitation and the environment. The level of education and knowledge of parents also has an influence (Aridiyah, Rohmawati, & Ririanty, 2015). Other factors include the social economy of the community, the characteristics of the mother during pregnancy, parenting patterns, and geographical conditions (Rachmi et al., 2016). Based on the survey results, it is known that in general the heads of community families in Lumut Village work as farmers, so that the fulfillment of daily needs is still lacking. As for environmental cleanliness, it generally meets cleanliness standards, but still needs

to be improved. Meanwhile, the majority of people in the subdistrict's educational level have completed junior high school (SMP) and senior high school (SMA).

Based on the description above, KKN Group 156 UIN-SU helps provide community service in the problem of stunting in the Lumut sub-district area by carrying out socialization actions to prevent stunting with the theme smart mothers healthy children, this activity is carried out to provide education to mothers about stunting, this activity is assisted by the posyandu by providing material regarding information about stunting, risk factors that cause stunting, and efforts to prevent stunting.

This socialization was carried out in order to increase the knowledge of mothers of Lumut sub-district residents, because mothers are the people who are always with their children from pregnancy to 24 months of age. So that the development of the baby will continue to be monitored by the mother. Therefore, to be able to monitor the development of her child, a mother must be equipped with knowledge about the health of babies and toddlers so that child care is in accordance with health standards in Indonesia.

In order to educate the public about preventing stunting, the aim of making this journal is to develop public thinking so that they know more about how to prevent stunting and can together help reduce the prevalence rate of stunting in accordance with the targets of the Indonesian Ministry of Health.

## Method

The method used by KKN 156 UIN-SU participants uses educational methods directly to the community and accompanied by community observations. In the observation activity, we carry out an implementation stage which begins with a situation analysis activity or survey at the location of the activity, then determines the targets to be reviewed to study the problems in the environment, apart from that. At this stage, a permit process is also carried out for the local village head to carry out stunting outreach. . As well as identification of problems that exist in the area. This observation technique is used to observe and describe the subject's behavior to get the information we need. Especially in terms of social sciences and human behavior, Qualitative research (Hasanah, nd). In addition, we also conducted interviews with PKK cadres in the Lumut Village area to obtain more accurate data regarding stunting.

## Results and Discussion

The stunting socialization activity was held on Tuesday, August 15 2023 at the Lumut Village Hall, which was attended by PKK women. The theme carried in this activity is "Smart Mother, Healthy Child". It is hoped that through this socialization, mothers can be educated so that they have intelligence in acting and thinking, to be able to care for them properly and correctly to produce healthy children.



**Figure 1. Foreword by Lumut Village Head**

In Figure 1, the implementation of socialization on stunting prevention was attended by the Head of Lumut Subdistrict, Chair of the PKK, and Midwives. The presence of the village head and PKK chairman also gives us hope that the issue of stunting can be addressed together by the government and local community organizations so that we can move more quickly towards change for the community in Lumut Subdistrict.



**Figure 2. Presentation of Stunting Prevention Material**

In the second picture above, there is a presentation on stunting material opened by 2 KKN 156 students, namely Silvi Roma Rizkina, who is a student majoring in public health, accompanied by Lutfi L Tobing. Presentation of opening material regarding what is stunting?; Causes of stunting;

Stunted characteristics; How to prevent stunting; Micro substances that fight to avoid stunting; and, the impact of stunting. According to WHO (2020) stunting is short or very short based on length/height for age that is less than -2 standard deviations (SD) on the WHO growth curve that occurs due to irreversible conditions due to inadequate nutritional intake and/or repeated/chronic infections which occurs in 1000 HPK. The characteristics that we can recognize are the height growth of children who are not in accordance with their peers, as well as the cognitive level of children who are seen as not good. The way to prevent it is through nutritional intake and the environment. Namely by fulfilling balanced nutrition for children, it will support the growth of the child, and the environment is able to help children's growth and development can train their cognitive abilities to be better.

Then it continued with an explanation from the midwife, namely Mrs. Shahdayani. He said that currently Lumut Village is ranked second in Central Tapanuli as an area where stunting is critical. In fact, in posyandu activities there is always outreach about stunting and the provision of vitamins to children for free. As well as providing tips on identifying whether the child is definitely affected by stunting or not, and how to fulfill nutrition with local food ingredients.



**Figure 3. Question and Answer Session**

Figure 3 relates to the presenter of the material which is followed by a question and answer session here. In the question and answer session, the mothers began to

enthusiastically ask questions because they began to realize the dangers of stunting for the growth and development of children. Starting with the question of how to regulate good nutritional intake for children, then the question about whether children who were nutritionally inadequate as a child and then have good cognitive abilities are they still classified as stunted children?

Mrs. Shahdayani answered that according to research, it is true that children who do not have adequate nutrition can have poor cognitive abilities. However, when the child turns out to be able to develop well then it is the role of the environment that helps him grow well.

Ms. Shahdayani also said that to prevent stunting this had also been carried out in schools in the Lumut Village by providing anemia prevention education. Education on anemia prevention was carried out for three consecutive weeks using different methods (Table 3). Young women need to get knowledge of anemia prevention because menstruation is one of the causes (Di Renzo et al., 2015; Mengistu, Azage, & Gutema, 2019). An integrated health service system model to prevent anemia in young women requires awareness and collaboration from all parties, starting from policy makers, health workers, and young women, supported by parents, teachers, and the community (Sari et al., 2022).

After the question and answer session was over, the event closed with the distribution of green bean porridge as one of the healthy foods that mothers can give to their children at home. So, after this event was held, we can see that mothers actually know about stunting, but are still reluctant to consult a midwife or complete a check on their child's development at the posyandu because they think that their child is growing well even though the opposite happens.





**Figure 4. Documentation**

### Conclusion

It can be concluded that stunting is the latest issue occurring in the Lumut sub-district community, ranking second in Central Tapanuli. This is due to a lack of awareness of the importance of stunting education and the assumption that their children grow according to their age, when on the contrary. So, the role of local government and community organizations is very helpful in efforts to increase awareness of stunting education among mothers. Supported by midwives and posyandu, education about stunting is easy to obtain. It is hoped that after carrying out this stunting education, it can be the beginning of change in the health sector in Lumut sub-district. The fastest strategy for disseminating information is through human speech, especially among mothers. Rapid dissemination of information regarding the importance of stunting education can also bridge efforts to reduce stunting rates in the Lumut sub-district.

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