

Public Health Services “Gemilang” Indonesian Young Generation Fights Stunting

Wiradi Suryanegara^{1*}, Danny Ernest Jonas Luhulima², Gloria J Wafom³,
Lodovicus Bala⁴, Lea Theo Gloria⁵

¹Departemen Komunitas Kedokteran, Fakultas Kedokteran, Universitas Kristen Indonesia

²Departemen Patologi Klinik, Fakultas Kedokteran, Universitas Kristen Indonesia

^{3,4,5}Mahasiswa Kedokteran, Fakultas Kedokteran, Universitas Kristen Indonesia

Corresponding Author: Wiradi Suryanegara wiradi.suryanegara@uki.ac.id

ARTICLE INFO

Keywords: Stunting, Public Health Services, Community Services

Received : 20, February

Revised : 22, March

Accepted: 24, April

©2024 Suryanegara, Luhulima, Eafom, Bala, Gloria: This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by-sa/4.0/).



ABSTRACT

This community service activity was carried out in 7 villages in Rancakalong District, Sumedang Regency, West Java from August to October 2023. The method of implementing the activity was through socialization and counseling which was carried out in parallel by involving a team that had been well organized with a division of tasks and service locations. The results of this service activity were declared very good and had a positive impact on the participants who participated, where from the results of data analysis of participant responses through pre-test and post-test questionnaires, it was found that there was an increase in the number of participants who experienced increased knowledge about stunting in each village.

INTRODUCTION

Indonesia has a fairly serious nutritional problem marked by the many cases of malnutrition. Malnutrition is the effect of nutritional status conditions. Stunting is one of the conditions of malnutrition related to malnutrition in the past, so it is classified as a chronic nutritional problem. Adequate nutrition has a major impact on the growth, development and productivity of children. Currently, Indonesia is still facing nutritional problems that greatly affect the quality of human resources (HR).

One of the problems of malnutrition that is still quite high in Indonesia is stunting and thinness in toddlers and other nutritional problems. The problem of malnutrition in pregnant women can ultimately cause babies to be born with low birth weight (LBW) and malnutrition in toddlers. Nutritional problems are caused by direct causes such as malnutrition and infectious diseases. Stunting prevention propaganda aims to increase the knowledge of parents and educators about PAUD and then these educators implement it in children who are obliged to achieve a healthy, nutritious and intelligent childhood, and prevent growth and development delays.

Nutritional problems are caused by direct causes such as inadequate food intake and infectious diseases. Meanwhile, indirect causes of nutritional problems are poor parenting, high poverty, low environmental sanitation, availability of unhealthy food, and suboptimal health services. The results of the Indonesian Nutritional Status Survey (SSGI) by the Ministry of Health of the Republic of Indonesia in 2022, it was found that the highest proportion of stunting was in East Nusa Tenggara (35.3), followed by West Sulawesi (35.0) and Papua (34.6). In 2022, the SSGI stunting rate had decreased, from 24.4% in 2021 to 21.6% in 2022. Meanwhile, the stunting rate in West Java province reached 20.5% of the total prevalence. Sumedang Regency has the highest prevalence of stunted toddlers in West Java province at 27.6%. Based on the data above, the Community Health Service team, UKI Medical Faculty conducted Community Service activities through counseling activities with the theme "GEMILANG" Young Generation of Indonesia Against Stunting. The activities were carried out in 7 villages in Rancakalong District, Sumedang Regency, West Java.

IMPLEMENTATION AND METHODS

The activity held to realize the objectives of the PKM (public health service) GEMILANG Activity, "Young Generation Against Stunting" is an intervention and counseling activity regarding stunting carried out in 7 villages within the working area of Puskesmas Rancakalong, Sumedang Regency, West Java (Cibungur Village, Cibunar Village, Rancakalong Village, Pamekaran Village, Sukasirnarasa Village, Pangadegan Village, and Pasirbiru Village) on August 7 - October 14, 2023.

RESULTS AND DISCUSSION

Health service activities to the community as one of the real forms of academic involvement in solving community problems, especially regarding stunting which is still a major problem in Indonesia. Stunting is short or very short stature based on length/height according to age which is less than -2 Standard Deviations (SD) on the WHO growth curve, caused by chronic malnutrition related to low socioeconomic status, poor nutritional intake and maternal health, history of repeated illness and inappropriate feeding practices for infants and children. Stunting causes obstacles in achieving the physical and cognitive potential of children. The growth curve used to diagnose stunting is the WHO child growth standard curve in 2006 which is the gold standard for optimal growth of a child. This public health service activity, in general, was carried out very well thanks to the support of various parties starting from the Indonesian Christian University, specifically the Faculty of Medicine, to the local government in Rancakalong District, Sumedang Regency, West Java.



Figure 1. PkM Gemilang Activity Banners in 7 Villages in Rancakalong District, Sumedang Regency

Counseling on stunting was carried out in 7 villages simultaneously with an organized team consisting of lecturers and students. Counseling was carried out in the form of socialization and education by first checking the initial knowledge of participants before participating in counseling activities in the form of a pre-test, and after participating in counseling in the form of a post-test. From the results of data analysis on the pre-test and post-test, in general the results obtained were that there was an increase in the number of participants with increased knowledge about stunting after participating in counseling from before participating in counseling. The data is described in table 1 below.

Table 1. Description of Knowledge about Stunting in Each Village

Description of Knowledge about Stunting in Each Village		Frequency	Percentage (%)
Cibungur Village	Increase	12	48
	Stay on	10	40
	Decrease	3	12
	Total	25	100
Cibunar Village	Increase	45	75
	Stay on	5	8.3
	Decrease	10	16.7
	Total	60	100
Rancakalong Village	Increase	22	84.6
	Stay on	4	15.4
	Decrease	0	0
	Total	26	100
Pamekaran Village	Increase	20	76.9
	Stay on	6	23.1
	Decrease	0	0
	Total	26	100
Sukasirnarasa Village	Increase	14	70
	Stay on	4	20
	Decrease	2	10
	Total	20	100
Pangadegan Village	Increase	12	92.3
	Stay on	1	7.7
	Decrease	0	0
	Total	13	100
Pasir Biru Village	Increase	15	75
	Stay on	5	25
	Decrease	0	0
	Total	20	100

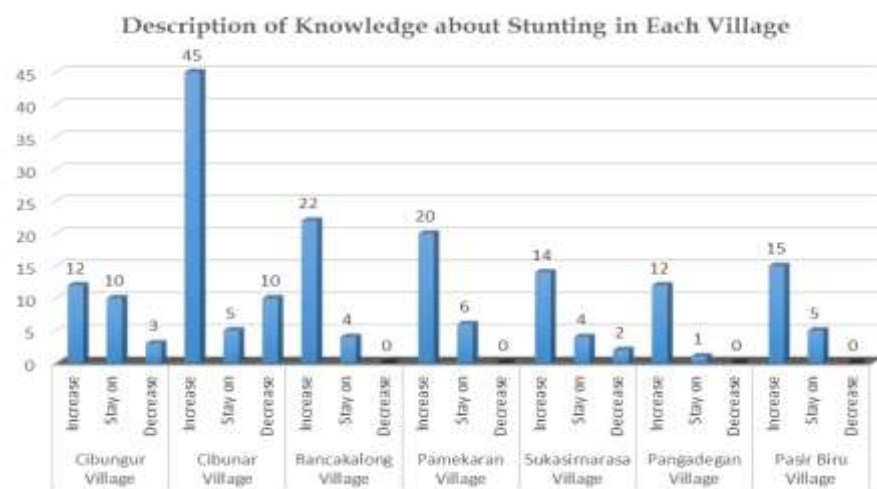


Figure 2. Graph of Increase in Participants' Knowledge about Stunting in 7 Villages in Sumedang Regency, West Java

Counseling activities through Public Health Services activities are stunting prevention measures. Stunting prevention is important and is the responsibility of the Indonesian government and every Indonesian family. Addressing this issue is essential, as long-term stunting adversely affects not only the physical growth and development of children but also their emotional development, leading to economic repercussions. The fundamental measures to prevent stunting are outlined in Presidential Decree Number 42 of 2013, which addresses the National Movement (Gernas) for the Acceleration of Nutrition Improvement. This initiative represents a collaborative effort between the government and the community, aimed at mobilizing the participation and engagement of stakeholders in a systematic and coordinated approach to enhance community nutrition, with a particular focus on the First Thousand Days of Life (1000 HPK).

Through the determination of the main strategy of Gernas for the Acceleration of Nutrition Improvement, namely: a) Making nutrition improvement the mainstream of resource development; b) Increasing effective evidence-based interventions in various levels in society; c) Increasing community participation in the implementation of social norms that support nutrition-conscious behavior. Based on the National Strategy for the Acceleration of Stunting Prevention 2018 - 2024, there are several obstacles to the implementation of the acceleration of stunting prevention, consisting of: 1) Ineffectiveness of stunting prevention programs; 2) Ineffective coordination of the implementation of specific and sensitive nutrition interventions at all levels related to planning and budgeting, implementation, and monitoring and evaluation; 3) Ineffective and inefficient allocation and utilization of resources and funding sources; 4) Limited capacity and quality of program implementation and 5) Still minimal advocacy, campaigns and dissemination related to stunting and various prevention efforts.

CONCLUSIONS AND RECOMMENDATIONS

From the results of the analysis of pre-test and post-test data on knowledge about stunting, data was obtained that there was an increase in the number of participants whose knowledge increased from before attending counseling and after attending counseling. This can be interpreted that community health service activities through counseling activities on stunting have a positive impact on residents in 7 villages in Rancakalong District, Sumedang Regency, West Java.

ACKNOWLEDGMENT

We express our deepest gratitude to the Faculty of Medicine, Indonesian Christian University, especially the Public Health Sciences Office, the Sumedang Regency officials, the Sumedang Regency Health Office officials, the officials of the 7 intervention villages (Cibungur Village, Pangadegan, Rancakalong, Cibunar, Pamekaran, Pasirbiru, Sukasirnarasa), village midwives, cadres, village communities, and to us personally as the committee and all parties who have provided us with assistance both morally and materially in order to make our public health service event a success.

REFERENCES

- Banjarmasin and P. Asuh, "Hubungan Pola Asuh Ibu dengan Kejadian Stunting Anak Usia 12-59 Bulan," *J. Ilmu Keperawatan Anak*, vol. 4, no. 1, 2021, doi: 10.32584/jika.v4i1.959.
- Barus, "Hubungan Pemberian ASI Eksklusif dengan Status Gizi Bayi 6-12 Bulan di Puskesmas Onan Hasang Tahun 2019," *J. Midwifery Sr.*, vol. 4, no. 1, pp. 69-73, Mar. 2021, [Online]. Available: <https://midwifery.jurnalsenior.com/index.php/ms/article/view/62>.
- Ch Rosha, A. Susilowati, N. Amaliah, and Y. Permanasari, "Penyebab Langsung dan Tidak Langsung Stunting di Lima Kelurahan di Kecamatan Bogor Tengah, Kota Bogor (Study Kualitatif Kohor Tumbuh Kembang Anak Tahun 2019) DIRECT AND INDIRECT CAUSES OF STUNTING AT FIVE SUB-DISTRICTIN CENTRAL BOGOR DISTRICT, BOGOR CITY ," *Bul. Penelit. Kesehat.*, vol. 48, no. 3, pp. 169-182, Mar. 2020, [Online]. Available: [https://repository.badankebijakan.kemkes.go.id/id/eprint/5127/1/Buletin penelitian kesehatan artikel-3 169-182%29.pdf](https://repository.badankebijakan.kemkes.go.id/id/eprint/5127/1/Buletin%20penelitian%20kesehatan%20artikel-3%20169-182%29.pdf).
- De Onis et al., "The world health organization's global target for reducing childhood stunting by 2025: Rationale and proposed actions," *Matern. Child Nutr.*, vol. 9, no. S2, pp. 6-26, 2013, doi: 10.1111/mcn.12075.
- Ernawati, Y. Rosamalina, and Y. Permanasari, "Pengaruh Asupan Protein Ibu Hamil Dan Panjang Badan Bayi Lahir Terhadap Kejadian Stunting Pada Anak Usia 12 Bulan Di Kabupaten Bogor (Effect of the Pregnant Women's Protein Intake and Their Baby Length at Birth to the Incidence of Stunting Among Children," *Penelit. Gizi dan Makanan (The J. Nutr. Food Res.*, vol. 36, no. 1, pp. 1-11, Mar. 2013, [Online]. Available: <http://pgm.persagi.org/index.php/pgm/article/view/90>.
- Hartiningrum and N. Fitriyah, "Bayi Berat Lahir Rendah (BBLR) di Provinsi Jawa Timur Tahun 2012-2016," *J. Biometrika dan Kependud.*, vol. 7, no. 2, p. 97, 2019, doi: 10.20473/jbk.v7i2.2018.97-104.
- Kusuma Rahayu, B. I. Kandarina, and A. Wahab, "Antenatal care visit frequency of short stature mother as risk factor of stunting among children aged 6-23 months in Indonesia (IFLS 5 Study Analysis)," *Indones. J. Nutr. Diet.*, vol. 7, no. 3, pp. 107-113, 2019, [Online]. Available: <http://dx.doi.org/10.21927/ijnd.2019.7>.
- Mutiarasari, "hubungan status gizi dengan kejadian anemia pada ibu hamil di Puskesmas Tinggede," *Heal. Tadulako J. (Jurnal Kesehat. Tadulako)*, vol. 5, no. 2, pp. 42-48, Mar. 2019, [Online]. Available: <http://jurnal.fk.untad.ac.id/index.php/htj/article/view/119>.

- Ramadhini, D. Sulastri, and D. Irfandi, "Antenatal Care Relationship to the Incidence of Stunting in Toddlers Aged 0-24 Months in the Working Area of the Seberang Padang Health Center in 2019," *J. Ilmu Kesehat. Indones.*, vol. 1, no. 3, pp. 246-253, 2021, [Online]. Available: [10.25077/jikesi.v1i3.62](https://doi.org/10.25077/jikesi.v1i3.62).
- Susmita Sari et al., "Hubungan Pola Pemberian Makan Dan Tingkat Pendidikan Dengan Kejadian Stunting Pada Anak Usia 12-59 Bulan," *J. Ilm. Kesehat. Diagnosis*, vol. 17, no. 4, pp. 161-167, 2022, [Online]. Available: <https://jurnal.stikesnh.ac.id/index.php/jikd/article/view/1202>.
- T. A. E. Permatasari, "Pengaruh pola asuh pemberian makan terhadap kejadian stunting pada balita," *J. Kesehat. Masy. Andalas*, vol. 14, no. 2, pp. 3-11, Mar. 2020, [Online]. Available: <https://jurnal.fkm.unand.ac.id/index.php/jkma/article/view/527>.
- V. P. A. Simarmata and K. A. Patriawati, "A Descriptive Study on Stunting in Toddlers & Contributing Factors in Cibungur Village, Sumedang District, Indonesia," *J. Complement. Altern. Med. Res.*, vol. 25, no. 7, pp. 58-72, Apr. 2024, [Online]. Available: <http://repository.uki.ac.id/id/eprint/14847>.
- V. P. A. Simarmata, L. Marlina, D. E. J. Luhulima, G. I. V. W. Udjung, and L. A. Langi, "Antenatal Care Counseling for Pregnant Women as an Effort to Prevent Stunting," *Asian J. Community Serv.*, vol. 3, no. 4, pp. 285-392, Apr. 2024, [Online]. Available: <http://repository.uki.ac.id/id/eprint/14524>.
- V. P. A. Simarmata, N. Reviani, W. Suryanegara, L. A. Langi, N. N. Prihantini, and S. Novelyn, "Counseling on Clean and Healthy Lifestyles (PHBS) in Rancakalong District, Sumedang, West Java," *Asian J. Community Serv.*, vol. 2, no. 11, pp. 917-926, Apr. 2023, [Online]. Available: <http://repository.uki.ac.id/id/eprint/13033>.
- W. Suryanegara, N. Reviani, and P. D. Kusumo, "Kesehatan Reproduksi dan Gizi 1000 HPK untuk Pencegahan dan Edukasi Stunting di Sumedang," *Multidiscip. Natl. Proceeding*, vol. 1, pp. 211-216, Apr. 2023, [Online]. Available: <https://publishing.impola.co.id/index.php/Prosiding/article/view/37>.
- Walimah and D. N. Rahma, "Relationship Between Antenatal Care Visits And LBW With Stunting Incidence In Toddlers Aged 24-59 Months In The Working Area Of The Situraja Health Center Sumedang 2022," *PHSAJ-Public Heal. Sebel. April J.*, vol. 1, no. 1, pp. 21-29, 2022, [Online]. Available: <https://ejournal.unsap.ac.id/index.php/phsaj>.

- Y. Rosmalina, E. Luciasari, A. Aditianti, and F. Ernawati, "Upaya pencegahan dan penanggulangan batita stunting: systematic review," *Gizi Indones.*, vol. 41, no. 1, pp. 1-14, Mar. 2018, [Online]. Available: https://persagi.org/ejournal/index.php/Gizi_Indon/article/view/221.
- Zen Rahfiludin, R. Aruben, B. Gizi Kesehatan Masyarakat, F. Kesehatan Masyarakat Universitas Diponegoro, and F. Kesehatan, "FAKTOR RISIKO KEJADIAN STUNTING PADA ANAK BALITA USIA 24-59 BULAN (Studi Kasus di Wilayah Kerja Puskesmas Gabus II Kabupaten Pati Tahun 2017)," *J. Kesehat. Masy.*, vol. 6, pp. 2356-3346, 2018, [Online]. Available: <http://ejournal3.undip.ac.id/index.php/jkm>.