



# The Importance of Stunting Prevention in Children in Simpang Tiga Village, Sawit Seberbang, Langkat District

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**Abstract.** In Indonesia, the National Strategy (Stranas) for the Acceleration of Stunting Child Prevention for the 2018-2024 period is a guide document for the implementation framework for stunting reduction. Following up on this, the government issued Presidential Regulation (Perpres) Number 72 of 2021 concerning the Acceleration of Stunting Reduction with the intention of strengthening the intervention and institutional framework in the process of implementing the acceleration of stunting reduction. A condition known as stunting occurs when a child's height is much lower than expected for their age. In addition to being physically shorter than classmates, children with stunted development often experience cognitive impairment and weakened immunity. If a child suffers from stunting, the effects are generally never reversible. A solution is in sight, despite the fact that there is still a significant threat to the safety of millions of young people. A number of elements, including the consumption of food throughout the first thousand days of a person's life (HPK). To achieve the target of 14 percent by 2024 as stipulated in the 2020-2024 RPJMN, future stunting eradication measures must be strengthened and accelerated. It is hoped that all parties involved will care and participate in efforts to prevent stunting in children. It has to do with community service. Previous research on elements related to stunting in children and toddlers was carried out in support of this service. The findings are that maternal characteristics, such as mother's height and education level, are related to the occurrence of stunting in children and toddlers. Girls who are now teenagers will become mothers in the next generation. The importance of getting education for adolescents, especially in raising awareness about various methods to reduce stunting can break the chain that leads to the prevalence of stunting in children and toddlers.

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## 1. Introduction

It is important to pay attention to stunting and immediately follow up on its prevention. Around 150.8 million children under five worldwide (22.2%) experienced stunting in 2017 [1]. If you look at Indonesian statistics, it is no less surprising to find that the stunting prevalence rate in 2019 was 27.67% [2] and then in 2021 it was 24.4% [3]. Based on evidence, one in three Indonesian toddlers is considered to have stunted growth [4]. This needs to be addressed because it is a priority that must be addressed immediately, and the second goal of the Sustainable Development Goals (SDGs) is to find a long-term solution in reducing the maternal mortality ratio from 305 to 70 per 100 thousand live births, including reducing the infant mortality rate to at least 12 per 1000 live births and reducing the under-5 mortality rate to 25 per thousand [5] until 2030, including taking concrete actions. Langkat Regency is one of the areas that has become a priority for stunting intervention.

The central government has set a target for 2022 to reduce the stunting rate in Langkat by 27.64 percent [6] and must achieve a reduction in the prevalence of stunting set in the RMPJN 2020-2024 [5] to 14 percent

in 2024 [3] [7]. Based on BPS data, the total population of children in Langkat Regency in 2021 is 100,975 people aged 0-4 years [7]. Ineffective parenting stems from other, more systemic factors, such as lack of access to adequate health care and financial resources. Based on the information presented above, it appears that handling training is very important. In children, stunting causes delays in cognitive and motor development as well as an increased risk of obesity and other degenerative diseases and conditions, decreases learning capacity, productivity and work performance [4]. If not handled properly, stunting can have an impact not only on affected individuals but also on the economy of rural communities. This is unfortunate because 201.8 million Indonesians will reach productive age in 2030 [8].



Fig 1. Factors Causing Stunting

This is reinforced by findings [9][10] which found that educated parents reduce the likelihood of their children experiencing stunting. Educated parents choose a nutritious and varied diet and practice good parenting, which improves children's health. In addition, mothers/to-be mothers with higher levels of education can become leaders in the community, influencing other parents to practice excellent parenting. On the other hand, not everyone has access to an adequate standard of education. This component has a strong relationship with family financial difficulties, which is often referred to as systemic or hereditary poverty. Poverty will have a direct impact on parenting, such as providing unhealthy or insufficient food to meet a child's needs, increasing a child's exposure to communicable diseases, and preventing children from gaining access to health care services. This means that the way parents raise their children is a determining factor in the provision of basic health services, as well as nutritional and hygienic patterns. When viewed from the village's perspective, one of the problems that often arises is the lack of knowledge about good and ideal parenting. This can be seen as a problem. Access to information is difficult for most parents in the village. The majority of them are not information literate and stutter when talking about technology issues. The reason behind this is because many parents do not have smartphones that can connect to the internet. Books or brochures purchased from Posyandu are also seen as ineffective, because they are written in scientific language and contain a lot of technical data, which is difficult to understand. In Simpang Tiga Sawit Seberang Village, the main factor contributing to the prevalence of stunting is the lack of information about the condition. In this situation, the participation of KKNT students is urgently needed so that they can help draw attention to the problem of stunting in the village context. The application of development has a logical impact, one of which is the empowerment of young people, through involvement, students can empower their community (community empowerment), which is participatory and sustainable.

The objective of the priority issues in Simpang Tiga Sawit Seberang Village is that stunting is caused by behavior in relation to: 1) Lack of maternal health and nutrition education before, during and after pregnancy; 2) Food and nutrition cycles for pregnant women and children aged 0-2 years and 3-5 years; 2) babysitting; 3) poor sanitation. This disease shows that community action on stunting prevention is still inadequate. This is due to the fact that: (1) The public does not know enough about stunting; (2) Parents of teenagers, pregnant women, nursing mothers, parents/family of children aged 6 months-24 months, and aged 3-5 months do not have access to information; (3) Posyandu cadres do not provide special counseling related to behavior in order to optimize children's growth and development; (4) Learning media for posyandu cadres, teenagers, mothers of toddlers are still limited; (5) people's access to sufficient quantities

of food and their ability to obtain it; (6) the community has not been able to meet the nutritional needs needed for a healthy life with a minimum amount of food consumption.

This literature [15, 16] confirms that the majority of mothers provide complementary foods (MPASI) to their children once they reach the age of 6 months, usually in the form of rice porridge and vegetables. Consumption of foods very high in protein is limited, usually occurring no more than twice a day. This is to benefit from the widespread practice in society of consuming processed foods, which are unhealthy. Behavior is influenced directly and indirectly by environmental social and economic groups, and the public and private policies that guide them. The socio-ecological model that is often used to illustrate aspects of context is seen as one of the most relevant simultaneously facilitating changes in the social, physical, market, and policy environment to enable individuals to adopt and maintain existing behaviors. Given the diversity of influencing factors, behavior must be promoted through various approaches, for many approaches as influencers (eg KKNT students, family members, peers, health workers).

The target problems of Simpang Tiga Village, Sawit Seberang District, ideally include the behavior that will be promoted in this service, of course it must be decided collaboratively with various fields of knowledge, stakeholders, based on the characteristics of the local context, including cultural and resource barriers, as well as a structure for making decisions at home..



**Fig 2.** Stunting Prevention Efforts in Creating an Anti-Stunting Village Before Genteng

To identify the most critical behaviors, program designers need to review available data, conduct formative research, and analyze the causes of stunting in specific contexts and for specific populations.



**Fig 3.** Anti-Stunting Village Flow Before Genteng

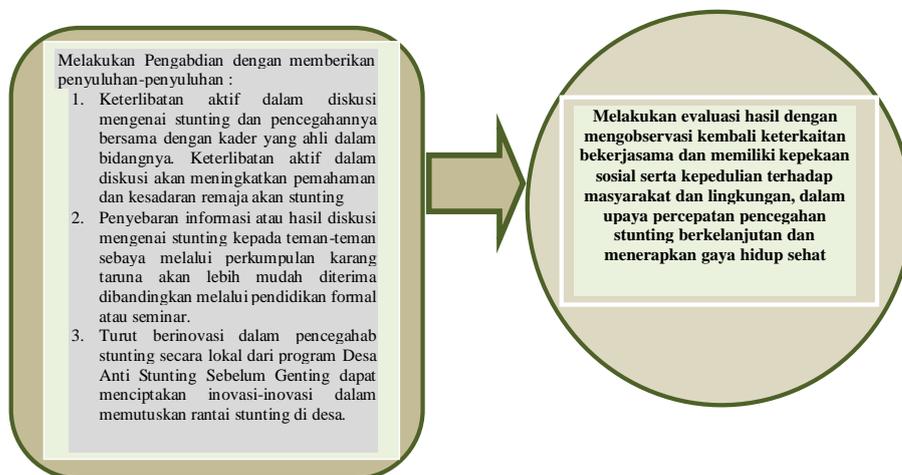
It's a shame that Posyandu and Puskesmas have not been able to close the educational gap between the sub-district and village levels, because they are very promising in ending the cycle of stunting. This information shows that the gap mentioned above integrates the Importance of Stunting Prevention in

Children program as a multi-sector solution in empowering women, youth, especially KKNT students related to upholding child care at the sub-district/village level as well as efforts to improve the quality of ASI cadres and counselors are two potential approaches to break the chain of stunting in the village. The solution given is 2 main activities, namely Joint Education literacy and Local Based Health Education. This shared educational literacy will mainly focus on two main groups: women (mothers and mothers-to-be) and adolescents aged 15-25 years. This will be achieved through consistent counseling of Posyandu cadres and breastfeeding counselors to PKK mothers and youth associations (such as coral cadets and young women). These groups will be the main target of this education. The implementation of education is carried out according to the target, namely as follows: for mothers or prospective mothers, education is carried out regarding good parenting, including IMD, breastfeeding, and solids, as well as information about nutritionally balanced, diverse, inexpensive, and easy to obtain food. Technically, the cadres will help arrange the MPASI menu according to the child's age and local food availability. Teenagers receive instruction in the full 12 years of schooling, the importance of living a healthy lifestyle, and health education.

Local-Based Health Education is the second activity that can be carried out in the Village Program on the Importance of Stunting Prevention in Children. Being a form of counselor training that can be given to ASI cadres or younger generation cadres at the sub-district or village level. The main mission of Edu-Kader is to improve the quality of its cadres and counselors to provide useful information to mothers, expectant mothers, pregnant women and adolescents about childcare. In addition, it is hoped that this program will correct misinformation and myths about foster parenting. The frequency of training is once a year every three months, and can be achieved by collaborating with other organizations, such as educational institutions, in the field of community service and energy health.

## 2. Method

The series of approach methods for the program The Importance of Stunting Prevention in Children offered will be illustrated as follows:



**Fig 4. Approach Method Offered**

Work procedures to support the realization of the solutions offered, so first make initial observations in the field to approach through interviews and find problem phenomena. After observation and outreach, an assessment of the problem is carried out and finding a solution to be offered, then setting priorities for the implementation stages and then doing community service by providing counseling on the Importance of Stunting Prevention in Children by becoming responsible parents and living a healthy lifestyle. starting at puberty, by taking significant actions aimed specifically at the younger generation in an effort to maximize their role in breaking the cycle of stunting in the village. The roles of KKNT Students in this program are:

- a. Educating supplementary food for pregnant women, promotion and counseling on breastfeeding and complementary foods as well as monitoring and promotion of child growth to posyandu.
- b. Educating on the provision of clean water and sanitation facilities, increasing access and quality of health services in the form of nutrition, increasing awareness, commitment and changing interpersonal behavior as well as empowering mothers and young women.
- c. The last is to evaluate the results by observing that they work together again and have social sensitivity and care for the community to break the stunting cycle through the Anti Stunting Village program.

### 3. Finding

The program "The Importance of Stunting Prevention in Children in Simpang Tiga Sawit Seberang Village, Langkat Regency" will be implemented in December 2022. Thus the dedication of the Proposal Team and students will be integrated with education and training activities and mentoring. The expected outputs from this activity are:

- a. Created to build an anti-stunting village before it was precarious
- b. Creating parenting education
- c. Creating young generation cadres in Simpang Tiga Village hamlet
- d. Providing an understanding of nutritional food literacy for babies, nursing mothers and pregnant women.

In the implementation of community empowerment activities in preventing stunting in children in Simpang Tiga Sawit Seberang Village, Langkat Regency. Steps taken to prevent stunting need to be increased in reducing the number of people who are stunted. Parents play a very significant role in their children's lives by ensuring that they exclusively breastfeed their children for the first six months of their life, provide them with healthy complementary foods, and practice good hygienic habits. By doing so, they ensure that their children receive an adequate amount of nutrition and are protected from infectious diseases. Meanwhile, the role of health workers is equally important, such as village midwives and posyandu cadres. The health worker's responsibilities include reminding and making parents aware of this, disseminating health nutrition education to pregnant women and parents of toddlers, and monitoring the growth of toddlers every month at the posyandu.

**Tabel 1.** Distribusi Sampel Berdasarkan Jenis Kelamin, Usia BALITA dan Kejadian Terdeteksi Stunting

1. Gender		
No.	Gender	Frequency
1	Male	955
2	Female	902
Total		1857
2. Age		
Usia (Month/Year)	Male	Female
0-12	11	8
1	11	12
2	16	9
3	15	11
4	20	9
5	13	13

Total	86	62
<b>3. Kejadian Terdeteksi Stunting</b>		
No.	Gender	Frequency
1	Male	2
2	Famele	4
Total		6

Source : Desa Simpang Tiga, year 2022

From the data above, the total number of sexes in 2022 will be men with 955 people, while women will be 902 people. For toddlers, the most are at the age of 4 years with the criteria of 20 boys and 9 girls, while those aged 2 years have around 16 boys and 9 girls. For stunting detection there were 6 children. This is believed to be due to the element of concern or concern for the mother and the closeness of the mother to her daughter. As a result, girls are believed to be weak children so they can receive additional attention compared to boys who are believed to be stronger. In addition, compared to girls, boys tend to engage in more physically demanding play activities, which result in greater energy expenditure. This can lead to stunting if the body is not given a balanced diet and the right amount of nutrients.

There is no doubt that careful consideration went into the formation or selection of these cadres. Stunting is a problem that contributes to the creation of cadres in the village. Functions obtained from this dedication:

- a. Raise awareness among community groups, such as young women, brides-to-be, and pregnant women, regarding the importance of stunting prevention based on local initiatives, and work to broaden their understanding and knowledge of the topic.
- b. Explain to community organizations how they can best educate the public about the need for a healthy diet for young children and provide them with the information they need.
- c. Providing training for the younger generation of community groups, especially Karang Taruna, in relation to the need to prepare a superior next generation by providing training for young cadres to be able to socialize with the community. This is related to the need to prepare a superior next generation.
- d. The prevention of stunting through local efforts is to evaluate the results by observing the relationship between cooperation and social sensitivity as well as concern for society, health and the environment.

### 3.1. The Benefits of Community Service Results

One of the villages in Indonesia that is still struggling with the effects of stunting is called Simpang Tiga Village, and it is located in Sawit Seberang District within the Langkat Regency. According to information provided by the village health center midwife, there are now 6 toddlers in the village who have been diagnosed with stunting. There are 108 toddlers in the community. Lack of knowledge among parents in Simpang Tiga village about how to be good parents makes their children vulnerable to stunting.

First, to help actualize the proposed solution, preparatory observations need to be made in the field to approach problem phenomena through interviews and discover them. After making observations and engaging in social interactions, a thorough analysis of the problem at hand is carried out, which identifies potential solutions. Next, priority lists for the various implementation phases were developed. Finally, the necessary counseling services are provided. The final step is to analyze the results of the evaluation of results by observing cooperation again and having social sensitivity and concern for society and the environment, all in an effort to accelerate the stunting prevention process. The benefits of community service

- a. Increase the knowledge of health cadres (Posyandu) about stunting early detection of nutritional needs in the first 1000 days of a child's life, detection of growth and development, exclusive breastfeeding and MP ASI through cadre training which was carried out by 8 hamlets as many as 40 village cadres in Simpang Village Three Sawit Seberang Districts on 5-6 December 2022.
- b. Increasing the understanding and knowledge of the community such as young women, brides-to-be, pregnant women about the importance of stunting prevention based on local initiatives, as well as providing understanding to community groups in conducting education about nutritious food and improving eating patterns for toddlers. This activity was carried out on December 19-20 2022.

### **3.2. Economic And Social Impacts**

Urban areas are experiencing growth rates that are three times that of rural areas, according to population estimates. It is projected that more than 80% of the world's poorest region population will live in metropolitan areas by 2025 [11]. Poverty and hunger are also increasing in the cities of developing countries as their populations grow. Children in both urban and rural areas are at increased risk of stunting if their birth weight is low, their social and economic status is low, and their parents are short in stature. However, the number of people living in the household is the most significant risk factor for severe stunting in rural areas, whereas the number of children under five years of age is the most significant risk factor for severe stunting in urban areas. According to the findings of this devotional, the majority of children who are stunted or severely stunted live in unhygienic environments that do not have adequate access to clean water and sanitation and hygiene facilities.

Stunting in children under the age of five is an indicator of chronic nutritional status which can provide an overview of the overall disturbance of the socio-economic situation in the past. In addition, the socio-economic status of the family is affected by the educational level of the parents, which is an indirect cause of the stunting problem. The more likely a person will be able to accumulate enough wealth to be able to have the opportunity to live in a pleasant and healthy environment, while having a better job parents are always busy working, so they are not interested in paying attention to the challenges faced by children, but in fact children really need parental love.

The family's ability to meet the nutritional needs of toddlers is influenced by the socio-economic level of the family. In addition, the various options available are influenced by socio-economic environmental conditions. improved feeding, appropriate meal times, and healthy lifestyle food and healthy lifestyle habits. This factor has a significant impact on the prevalence of stunting in toddlers. If access to food at the household level is disrupted, especially due to poverty, then malnutrition, one of which is stunting, will definitely occur. Socioeconomic status is also strongly influenced by the level of household income.

The Langkat district government is making efforts to prevent stunting by carrying out interventions jointly organized with various organizations, including educational institutions, especially universities, with the aim of reducing stunting rates through education on knowledge about stunting and forming young generation cadres.

### **3.2. Contribution to Other Sectors**

Problems that affect all regions in North Sumatra Province, are not the responsibility of just one sector to solve them; conversely, all regional apparatuses are obliged to combat stunting, both in terms of prevention and management of its impacts. In terms of providing support for this initiative, it is very important that the government, non-governmental organizations (NGOs), the media, and all sectors of society cooperate with each other in tackling the acceleration of stunting in villages.

To improve the nutritional status of pregnant women and toddlers, the head of Simpang Tiga Village has implemented a nutrition intervention policy, and is involved in the process of providing clean water and determining whether or not to implement a sanitation system. However, if people from all different walks of life participate actively, then this activity will be successful. One way this can be done is by instructing the community to play an active role in regulating the nutrition given to mothers and newborns in order to reduce the prevalence of stunting. As a consequence, it is expected that the number of stunting, malnutrition, and maternal and infant mortality at the national level will decrease. Socialization regarding stunting which takes a socio-cultural approach is also very necessary. This is a very important requirement.

Panca Budi Development University has taken the initiative to accelerate the handling of stunting based on the role of students. This initiative includes making policies through hearings, delivering policy briefs through Thematic Real Work Lectures (KKNT) students, contributing to the preparation of integrated regulations, building communication with programs across OPD and village organizations, and acting as a resource person in the implementation of community service with the theme of convergence stunting is in accordance with the priority locus for assisting young generation cadres in the village.

### **3.4. Obstacles**

In efforts to tackle stunting, the government has experienced a number of obstacles, one of which is the general lack of public awareness regarding the importance of preventing stunting. In addition, there is no public awareness regarding the importance of maintaining proper sanitation, which is another factor that is not considered. Constraints in community service in Simpang Tiga Village, Sawit Seberang District, Langkat Regency, namely:

Access road infrastructure to get there is hollow, rocky and narrow, so that if it rains it will flood on the sidelines of the road.

- a. The hall room used for the activity is not able to accommodate the large number of participants to carry out socialization and training activities.
- b. The internet network is not stable in the village area.
- c. There are cases of Low Birth Weight (LBW) babies, which means that growth disturbances have occurred at the time of the fetus.
- d. The knowledge of parents is still low so that the parenting style for their toddlers is still not good.
- e. There is no public awareness regarding the importance of maintaining proper sanitation, which is another factor that is not considered, especially latrines and household waste management.

### **3.5. Follow-up**

In the implementation of the service program and its sustainability after the completion of the field service activities, an evaluation of the results will be carried out by observing the linkages in the formation of cadres in the Simpang Tiga Village hamlet, Sawit Seberang District. In addition, the Langkat Regency stunting reduction acceleration team can collaborate more with each other according to their respective roles and functions so that stunting prevention and intervention activities can be successful according to the targets set by the central government, and produce intelligent and quality generations of people, especially the future generation. future of Langkat Regency, and have social sensitivity and concern for the community and the environment, in an effort to reduce the number of children experiencing stunting.

It is important to improve standard measuring tools and improve measurement skills for health workers and cadres. In addition, it is necessary to improve ultrasound services, provide ultrasound equipment, and recruit trained medical personnel at the health center as a first step for fetal screening during pregnancy. These recommendations are needed to evaluate the understanding of stunting among health workers and cadres.

Community Service activities have been carried out in 2022 for teenagers aged 17 to 30 years in the Bandar Baru Area. This activity is carried out to adolescents who are considered productive. PKM activities are carried out by providing leadership motivation, the responsibility of a leader and the role of leadership. All participants gave positive responses to this activity. Leadership training is considered capable of making changes and increasing leadership knowledge to all adolescents. Leadership training is very necessary because the benefits are numerous. The participants of the activity enthusiastically gave questions, and it can be seen that the participants' response was very good to this activity. The results of the activity most of the participants had the ability to hone themselves into a leader, just not being noticed so that the participants felt less confident to provide input for the successful performance of the youth of Masjid Al-Jihad Bandar Baru. The participants also provided suggestions and inputs that built the PKM team, namely to re-conduct varied activities regarding improving the performance of adolescents in the development of the Bandar Baru Al-Jihad Mosque. This will be an evaluation to the PKM team to make sustainable activities.

## **4. Conclusion**

The conclusions as part of an effort to increase public understanding in Simpang Tiga Village, Sawit Seberang District, Langkat Regency regarding the Importance of Stunting Prevention in Children in Simpang Tiga Sawit Seberang Village, Langkat Regency through the provision of information and/or counseling as part of these efforts:

- a. Conducting lectures and questions and answers about the role of stunting prevention based on local initiatives, given by speakers and attended by officials from villages and sub-villages.

- b. After the completion of the lecture and discussion activities, an MoU was signed between the village government regarding the acceleration of stunting prevention in terms of following up on the results of the discussion agreement between the community and the speaker, to carry out counseling or training activities and or providing information to the community about how stunting is handled which is a challenge in itself for Indonesia which is facing a demographic bonus

This form of socialization is a significant step towards prioritizing the well-being of everyone living in Simpang Tiga Village, with particular emphasis on growing the next generation of the country's population. The aim of socializing stunting and child nutrition is to increase the amount of knowledge and education about stunting and child nutrition available to all posyandu cadres. As a result, cadres will eventually be able to fulfill their responsibilities by cultivating understanding within the community. As a result, there is potential for improvement in child nutrition and a reduction in the number of children experiencing stunting. If we are to reduce stunting, it is critical that those working to fight it have a thorough understanding of the problem and receive training from either a centralized institution or from subject matter experts. Of course, we anticipate that these efforts will improve the quality and ability of posyandu cadres to serve the wider community...

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