

Empowering Mothers of Toddlers as an Effort to Reduce Stunting Rates in Surenlor Village

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Abstract: Stunting is the impact of malnutrition during the first thousand days of life. If they don't get treatment early on, children with stunting can experience growth and development disturbances and continue into adulthood. Surenlor Village's stunting rate decreased from 22.98% in 2019 to 13.17% in 2022. Despite the decrease, the percentage of stunting in Surenlor Village still needs special attention. One of the efforts to reduce the prevalence of stunting is by increasing the knowledge of mothers of babies and toddlers about how to prevent stunting. Seeing these problems, counseling was held about stunting prevention in Surenlor Village. Goal: to avoid stunting by increasing the knowledge of mothers of babies and toddlers about how to prevent stunting in Surenlor Village, Bendungan District, Trenggalek Regency. Method: the implementation method used is counseling to prevent stunting. Results and discussion: the impact of this counseling is there is an increase in the knowledge of mothers of infants and toddlers regarding stunting prevention before and after counseling activities. Conclusion: counseling activities regarding stunting prevention were well received, and the knowledge of mothers of babies and toddlers in Surenlor Village, Bendungan District, Trenggalek Regency was increased.

Keywords: Mother Toddler; Empowerment; Counseling; stunting.

Introduction

Growth failure in children is a chronic problem caused by a lack of nutrition during the child's growth and development (Kuwa et al., 2021). Insufficient nutrition that lasts for a long time starting from the pregnancy period until the child is 24 months old can cause stunting (Andriani, 2019). This situation can be determined by calculating the z-score value for height according to age (Fauziyah et al., 2023). A person can be declared stunted if the score is less than -2 standard deviations (SD) based on WHO growth standards.

Risk factors for stunting start from the child in the womb, health and nutritional conditions of the mother before and during pregnancy and after delivery affect fetal growth and the risk of stunting (Mayangsari, 2022). Low access to food in terms of quantity and nutritional quality as well as poor parenting are also factors that influence the

occurrence of stunting in children (Arsyati, 2019). Parenting patterns and nutritional status are greatly influenced by parental understanding (Yulmaniati et al., 2022). Providing complementary breast milk (MP-ASI) affects the nutritional status of children (Usdeka Muliani, 2022). In families with low socio-economic levels giving MP-ASI becomes a problem due to limited food in the household which leads to low quantity and quality of MP-ASI provided (Usdeka Muliani, 2022).

Stunted growth that occurs at an early age can continue and pose a risk to children in the future (Waliulu et al., 2018). Stunting in children can result in serious problems such as intelligence levels being less than optimal which risks decreasing productivity levels which in the future can hamper economic growth and increase poverty (Arsyati, 2019). Reducing the incidence of stunting is one of the goals of the global target in 2025 and is an indicator of the SDGs, namely zero hunger

(Kuwa et al., 2021). In Indonesia itself, stunting is one of the national priority programs (Vinci et al., 2022).

Indonesian Basic Health Research (Riskesdas) carried out in 2021 revealed that 24.4% of children experienced short stature, or stunting, and 71% experienced thin body or wasting (UNICEF Indonesia, 2022). This figure is still below the recommendation of the World Health Organization (WHO), namely less than 20%.

Trenggalek Regency, which is located in East Java Province, is one of the best areas capable of reducing stunting rates in East Java. The Non-Governmental Organization (NGO) Global Alliance for Improved Nutrition (GAIN) from Switzerland assesses that Trenggalek Regency could become a pilot area in East Java Province in reducing stunting rates (Abdul Hakim, 2020). This can be achieved because of the contribution of private institutions including GAIN, as well as their contributions. government and society at various levels. However, in several villages located in Trenggalek Regency, stunting is still a problem that needs special attention, one of which is Surenlor Village.

Surenlor Village is a village located in Bendungan District, Trenggalek Regency, East Java. Stunting is still a problem in Surenlor Village, even though in this village the stunting rate has decreased the regional government still has the ambition to reduce this figure. From the data obtained, one of the factors causing toddlers to experience stunting is the lack of knowledge of mothers of toddlers regarding stunting

Seeing this problem, one effort that can be made is to provide education regarding stunting prevention to mothers of babies and toddlers at the posyandu in Basalan hamlet, Surenlor Village. Outreach activities are carried out to increase the knowledge of mothers of babies and toddlers regarding stunting prevention so that mothers of babies and toddlers can prevent the incidence of stunting in their children so that the prevalence rate of stunting in Surenlor Village can decrease.

Materials and Methods

Study area

This research was conducted at Surenlor Village at Bendungan District, Trenggalek Regency, East Java. The research was conducted on October 15 2022

Procedures

Implementation methods in community service programs through providing education regarding stunting to mothers in the Surenlor Village area through 3 (three) stages, namely implementation strategy meetings, location surveys and then preparation of facilities and infrastructure. The population in this study were mothers in the Surenlor Village area, while the population was in Surenlor Village who had babies and toddlers.

The stages of implementing mentoring activities for mothers are divided into 3, namely, Anthropometric measurements were carried out to determine weight, height and age data to determine the nutritional status of toddlers followed by filling out a pre-test questionnaire for mothers of babies and toddlers, then continued with counseling about stunting, prevention methods and community participation in handling stunting. The counseling material provided includes: definition of stunting, characteristics of stunting in toddlers, dangers of stunting, impact of stunting on children's growth and development, as well as prevention and management of stunting (Iranda Anastasya, Dira Rezki, 2022). After the counseling, it was followed by a post test to measure the mother's knowledge after carrying out community service activities.

Measurements were carried out by filling out pre-test and post-test questionnaires at the beginning and at the end of the counseling on the same day with the aim of knowing the level of knowledge of mothers of toddlers regarding stunting and assessing the success of implementing the counseling activities.

An indicator of the success of this activity is the increase in mothers' knowledge about stunting and efforts to prevent it. The pre-test and post-test questionnaires consist of 10 questions with 2 choices. Each correct question is given a score of 1

and an incorrect answer is given a score of 0. The measurement of knowledge level is divided into 2 categories, namely if the score is >70% it is considered good and poor if the score is <70%. The pre-post test results present in bar chart form for knowledge scores and in table form for knowledge categories.

Results and Discussion

Result-1 (Nutritional Status and Health Status)

Measuring nutritional status and health status is very important because it is done through this examination can be used to screen for cases of malnutrition (stunting) and screen for the risk of metabolic disease. The nutritional status of toddlers is the body condition resulting from food consumption and use of nutrients (Talarima & Lawalata, 2023). Nutrition is an important element to support the growth and development of toddlers. If the nutritional status of toddlers is inadequate, it can cause health complications. Anthropometric data collected were height, weight and head circumference. Based on the measurement results, no toddlers were found to be stunting.

Result-2 (Knowledge about Stunting Prevention)

Knowledge is a condition where an individual knows certain information comes from other people or his desire to find out independently (Susilo, 2022). In this community service activity, pregnant women and mothers with toddlers are the main targets in outreach activities to prevent stunting in toddlers. Through this service activity, it is hoped that the target can increase knowledge and increase the role in stunting prevention by fully participating in monitoring children's growth and development.

This research is carried out in the form of counseling regarding stunting prevention programs in infants and toddlers. All parents of babies and toddlers in the Surenlor Village area are participants in this research. The following is a general description of the participants in "Empowering Mothers of Toddlers as an Effort to Reduce Stunting Rates in Surenlor Village", all of

whom are female. Assessment of service participants' knowledge is carried out using pre-test and post-test methods (Table 1, Figure 1)

Discussion

Table 1. distribution of participants based on education

No.	Education	Percentage
1.	Elementary School	12%
2.	Middle School	82%
3.	High School	6%

Based on table 1 above, information was obtained that most of the participants 82% have secondary education and only 6% have higher education. The respondent's level of education will influence a person's thought patterns and behavior (Andriani, 2019). So in efforts to deal with the problem of stunting, cooperation between sectors and the community is needed. Because this program does not only apply to babies and toddlers but starts from caring for mothers during pregnancy, breastfeeding mothers, children aged 0-23 months and 24-59 months, teenagers as well as providing environmental infrastructure that supports health (Kurniati, 2021).

Mothers of toddlers fill out the pre-test questionnaire before carrying out counseling activities. The pre-test was completed to find out how much the mother of a toddler knows about stunting. Outreach activities are carried out by presenting material ranging from the meaning of stunting to preventive measures that can be taken by mothers of toddlers to prevent children from being stunted and reduce the prevalence of stunting in Surenlor Village. After providing the stunting material, it was followed by completing a post-test for mothers of toddlers. This was done to determine the level of knowledge of mothers of toddlers regarding stunting after providing counseling regarding stunting prevention. Based on characteristics Mothers of Toddlers It is known that the majority of mothers, 53%, are over 30 years old and most of their jobs are housewives.

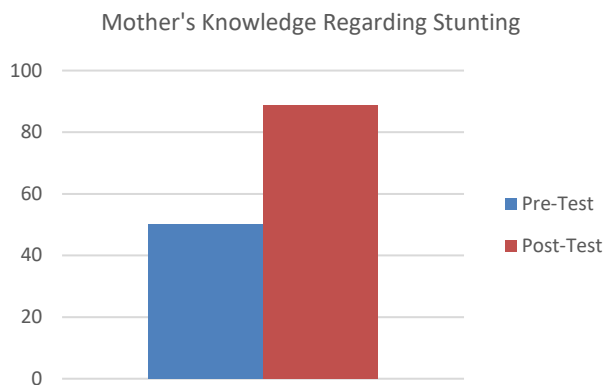


Figure 1. Diagram of the average results of pre-test and post-test knowledge scores for mothers of toddlers

From the results of the questionnaire that has been carried out, it can be seen that the average knowledge of mothers of babies and toddlers in Surenlor Village regarding stunting and its prevention was lacking before the counseling was carried out. Figure 1 shows that before the counseling was given, the average score of respondents regarding knowledge of stunting was 50.00. After being given counseling regarding stunting material, there was an increase in the knowledge of mothers of toddlers as shown by the average score of respondents increasing from 50.00 to 88.82. There was a significant increase in the knowledge of mothers of babies and toddlers before and after the counseling was carried out. The significant increase in maternal knowledge, namely 77.64%, indicates that the counseling that has been carried out can increase maternal knowledge regarding stunting.

In general, counseling on stunting to mothers of babies and toddlers that has been carried out through this activity has seen an increase in knowledge. After being given counseling, mothers of toddlers have insight into stunting, its causes and ways to prevent it. This increase in knowledge was caused by the willingness of mothers of toddlers to take part in counseling so that they could find out information about stunting and efforts to prevent it. One form of effort to prevent stunting is through education aimed at mothers in changing behavior to improve family health and nutrition. In line with (Tadale et al., 2020) there was an increase in knowledge before and after the outreach activities regarding nutritional intake to children and toddler mothers were carried out

through the provision of leaflets. Therefore, outreach activities are very important to be carried out in order to optimize the growth and development of toddlers so as to reduce the nutritional problems that still exist

Nutrition improvement programs for infants and toddlers receive important attention from government through the national movement policy of the first 1000 days of life (Puspitasari et al., 2021). The 1000 HPK movement consists of specific nutrition interventions and sensitive nutrition interventions. Specific interventions are actions or activities that are specifically planned for the 1000 HPK group. These activities are generally carried out by the health sector, such as immunization, PMT for pregnant women and toddlers, monitoring the growth of toddlers at Posyandu, tablet supplements. Guidelines for Planning the Movement Program for the First 1000 Days of Life

Several studies say that the mother's level of knowledge about stunting is closely related to the child's nutritional status and is one of the factors that can influence the occurrence of stunting in children. The better the mother's knowledge, the better the nutritional status of her child (Dewi & Auliyah, 2020). This research can help government programs in educating the public about stunting. Increased knowledge apart from the outreach that has been carried out can also be obtained from various information that has been provided by the Surenlor Village government such as the community health center and village midwives through the posyandu.

Several efforts are needed to provide continuous understanding of stunting education so that mothers of toddlers and prospective mothers can understand the importance of knowledge about stunting from an early age in order to prevent stunting in children in the future (Masan, 2021). The knowledge gained can increase the prevention of stunting in the first 1000 days of a child's life. Increasing maternal knowledge can create motivation in mothers and prospective mothers to prevent stunting in children (Tambangan & Mandailing, 2023). So health education is very necessary on an ongoing basis.

Conclusions

Inadequate energy and nutritional intake, as well as infectious diseases are factors plays a major role in the stunting problem. Knowledge about stunting by parents also plays a role in the occurrence of stunting problems in children. One of them is socio-economic status, such as family income, community insight or education, lack of implementing a healthy lifestyle, which is also a factor in the occurrence of stunting in toddlers. This service aims to provide health education on preventing stunting for mothers of babies and toddlers in Surenlor village. The activity method carried out in this research was counseling using the lecture method which contained an explanation of the importance of preventing stunting in toddlers.

Based on the results of the activity, it can be seen that the knowledge of mothers of toddlers regarding stunting in Surenlor Village before the counseling was carried out was still quite low, as can be seen from the data obtained by filling in the pre-test questionnaire, which had a score of 50%. Through this activity, it is hoped that all parents will have a high level of awareness to play an active role in preventing stunting.

Stunting counseling for mothers of toddlers in Surenlor Village was proven to increase theoretical knowledge of stunting prevention, namely an increase of 77.64% after stunting counseling was carried out. It is hoped that the provision of health education can be carried out in a sustainable manner so that nutritional status can improve and stunting can be prevented from an early age.

Conflict of Interest: The authors declare that there are no conflicts of interest concerning the publication of this article.

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