



## **Prevention of Child Stunting Through Maternal Education with Posyandu Cadres**

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### **ABSTRACT**

Stunting is a condition of failure in growth caused by failure of gain weight, disruption of linear growth, head circumference, and malnutrition that cause uncomparable height to the children and peers. In 2022, based on data from the Indonesian Nutrition Status Survey (SSGI), the prevalence of stunted toddlers in Malang City will be 18%. The main factors of this condition are mothers' lack of knowledge about nutrition, parenting patterns, health services, access to clean water sources, socio-cultural factors and incorrect breastfeeding practices. Therefore, efforts are needed to increase maternal knowledge as a form of preventing stunting cases. The aim of this activity is to increase mothers' knowledge and attitudes towards stunting and MPASI in children. The method in this project based learning activity is carried out in several stages, there are the planning stage, implementation stage, and evaluation stage. In this activity, a pretest and posttest were carried out, as well as delivering the material using power point media. The results of the base learning project for Posyandu mothers on street Raya Candi II RW 2, Sukun, Malang City showed that there was an increase in knowledge

### **KEYWORDS**

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### **INTRODUCTION**

Stunting is a condition of failure in growth caused by failure to gain weight, disruption of linear growth and head circumference, as well as malnutrition which results in children having a height that is not comparable to their peers (Hapsari *et al.*, 2022). This condition is a form of growth failure in children which is characterized by short stature. The problems that occur due to stunting are not just





short stature. From a health perspective, stunting causes short-term and long-term complications, including children's physical development, cognitive impairment, mental-behavioral disorders, low quality of health, and the risk of degenerative diseases in adulthood, such as diabetes mellitus, heart disease and failure. kidney. From a socio-economic perspective, stunting has the impact of reducing individual quality and productivity and leading to a higher risk of experiencing poverty (Agustina & Hindun, 2023).

Based on the Indonesian Nutrition Status Survey (SSGI), the prevalence of stunted toddlers in Malang City in 2022 will be 18%. This number has decreased from 2021 which was at 25.7 percent. According to research by Supariasa and Purwaningsih (2019), the main factors causing the high number of stunting cases in Malang Regency and Malang City include mothers' lack of knowledge about nutrition, parenting patterns, household food security, health services, access to clean water sources, economic status, socio-cultural factors, and breastfeeding practices (Kusuma et al., 2021). Insufficient family food availability results in mothers' parenting patterns towards their babies tending to ignore the importance of specific nutritional intake that babies need and has the potential to cause stunting (Nur Hanifan Maulana & Sholihah, 2022)

Based on this phenomenon, we, public health students and in collaboration with Cempaka Posyandu cadres, are interested in conducting stunting education on Jalan Raya Candi II, Sukun, Malang City. This activity will provide understanding to the public regarding the importance of preventing stunting, improving diet, parenting patterns and clean living patterns to prevent the increase in stunting rates that occur in Malang City. Based on the results of observations in the Jalan Raya Candi II area, Malang City, there are five children who have been identified as being under surveillance for stunting. This situation requires further attention to determine the risk factors that may contribute to cases of stunting as well as prevention efforts that can be implemented so as to suppress and reduce the incidence of stunting in the Candi II area. In this area the population includes various age groups, our main targets are children aged 0-2 years and mothers who are members of the Cempaka Posyandu. Even though awareness of stunting has grown in the Candi II, Sukun, Malang City area, further efforts are still needed to increase understanding of stunting prevention steps that can be taken by the community. (Samah et al., 2022).

For this reason, public health students provide education regarding stunting prevention to the community so that people better understand the importance of preventing stunting in children.

## MATERIALS AND METHODS

This project base learning activity was carried out by Public Health Students at the State University of Malang in the form of counseling carried out in several stages, namely the planning stage, implementation stage and evaluation stage. Participants in this activity are posyandu mothers from Jalan Raya Candi II RW 02, Sukun, Malang City who have children aged 0-2 years.

The planning stage begins with determining the project location, which is located on Jalan Raya Candi II, Sukun, Malang City. In this planning stage there is permission and initial communication with local community leaders, namely the Chair of the Posyandu Cadre Jalan Raya Candi II RW 02. In this initial communication the base learning project team conducted interviews with local cadres about health problems from which the community could then conclude that there were health problems. what is still prioritized is stunting. At this planning stage, the base learning project team





also began to prepare the media that would be used for outreach activities, namely stunting media material in the form of power points and pretest and posttest questionnaires. The stunting material used contains material about the problem of stunting in Indonesia, the meaning of stunting, the causes of stunting, signs and symptoms of stunting, strategies for preventing stunting and the right food to prevent stunting.

The second stage is the implementation stage. This Implementation Phase is held once. At this stage, counseling began to be held at Jalan Raya Candi II RW Hall, Sukun, Malang City, which was attended by 20 posyandu mothers and 2 posyandu cadres. Before the counseling is carried out, posyandu mothers fill out the attendance list first. Next, the event began which was opened by the Chair of the Posyandu Cadre, Mrs. Nurbayah and continued with remarks from the student representative, Paksi Samudro. After the speech, the mothers were given a pre-test first to measure the mothers' understanding of stunting. This was followed by a material session entitled "Stop Stunting in Children to Move to a Healthy Indonesia". After the delivery of the material was complete, it continued with a sharing session with the posyandu mothers, then continued with a post test to measure the mothers' understanding after providing the stunting material. The final event was the closing and documentation in the form of videos and photos together with the cadres and RW posyandu mothers. 02 Jalan Raya Candi II, Sukun, Malang City.

The final stage of this activity is the evaluation stage where the project base learning team carries out data processing on the pretest and posttest results which will be analyzed descriptively. These results will later be compiled to create a final report in the form of a project base learning article for the health psychology course.

## RESULTS AND DISCUSSION

Health education activities regarding stunting were carried out at RW 02 Hall which is located on Jalan Raya Candi II, Sukun, Malang City. This health education uses the project based learning method which consists of several stages, namely the planning stage, implementation stage and evaluation stage. This counseling was attended by 20 mothers in RW 02 Jalan Raya Candi, Sukun, Malang City. The average age of participants who take part in this health education is 26-34 years. Outreach activities regarding stunting are carried out with the aim of increasing maternal literacy to prevent stunting in children.



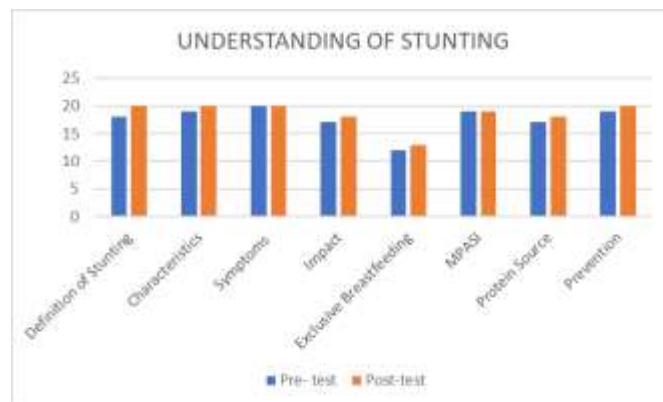
**Picture 1.** Students explain the meaning of stunting



In accordance with figure 1, we provide outreach regarding stunting by providing education through power point material. The material presented contains the meaning of stunting, causal factors, symptoms, impacts, ways to prevent it, and several foods to prevent stunting in children. This increase in literacy is carried out in the hope of increasing mothers' knowledge and attitudes towards stunting and MPASI, which is one of the efforts to prevent stunting in children.

The participants participated in the series of activities well and were enthusiastic about the presentation of the material presented. Participants also asked about several things they did not understand. One of the main factors causing stunting in children is the mother's lack of knowledge about stunting. Knowledge about stunting is very important. This is because if the mother's knowledge about stunting is lacking, it can increase the risk of stunting in children. A person's level of knowledge can be influenced by 3 factors, namely internal factors consisting of physiological and psychological aspects, external factors consisting of social environmental factors and non-social environmental factors, as well as learning approach factors which mean a person's ability to gain knowledge (Dharmawati & Wirata, 2016). Knowledge can be improved through the education and experience a person obtains. This health education can provide information to increase mothers' knowledge about stunting in children.

To determine the level of knowledge of RW 02 mothers regarding stunting, a pre-test activity was carried out before delivering the material and a post-test after delivering the material. Pre-test and post-test are two types of tests used in research to measure the difference between knowledge, skills, or attitudes before and after an intervention or activity. In the context of stunting prevention, pre-test and post-test can be used to measure the increase in mothers' knowledge about stunting in children after receiving



**Picture 2.** Graph of mother's level of understanding regarding stunting

counseling or education. Thus, pre-test and post-test can help in evaluating the effectiveness of stunting prevention programs in children.

There were 20 respondents who took the pre-test and post-test, namely women from posyandu RW 02 Jalan Raya Candi II, Sukun, Malang City. Based on the table above, it shows that participants'



understanding of what stunting is increased after the education. Around 90% of participants understood what stunting was. One of the signs or characteristics of a child who is stunted is having a short body. Before the counseling started, many participants already knew the signs and characteristics of stunting in children, but there were some participants who still didn't know. After receiving education, 100% of participants understood and knew the signs and characteristics of stunting.

The main cause of stunting is nutritional problems, where insufficient nutrition enters the child's body during the child's growth period. Apart from that, mothers' lack of knowledge about stunting, parenting patterns, health services, access to clean water sources, economic status, and socio-cultural factors are several factors that can also cause stunting. The counseling participants already know the symptoms of stunting in children. This can be seen from the results of the pre-test and post-test where all participants answered correctly. The mother of a posyandu cadre at RW 02 Jalan Raya Candi II, Sukun, Malang City said that the mothers had been stressed several times about the occurrence of stunting in children. Around 95% of participants knew the impact of stunting.

The mother's role in preventing stunting through exclusive breastfeeding is important. Exclusive breastfeeding can be started from Early Breastfeeding Initiation (IMD). IMD is the process of breastfeeding a baby at the beginning of birth where the baby is left to look for its own mother's nipple. Exclusive breastfeeding can affect a child's growth and development. In the table above, during the pre-test there were 8 people who did not understand about exclusive breastfeeding. After counseling, 7 out of 20 participants still did not understand the importance of exclusive breastfeeding to prevent stunting. The relationship between exclusive breastfeeding and the incidence of stunting is consistent, where breast milk can meet the nutritional needs required by babies. After being given exclusive breast milk for 6 months, the baby is then given complementary foods or what is commonly known as MPASI. MPASI is really needed by babies because after the baby is 6 months old, their body will continue to grow and develop and require more energy (Paramita1 et al., 2022).

From the pre-test and post-test given, there was no increase in understanding regarding when to start MPASI for babies, where in the pre-test and post-test there was 1 person who still did not understand MPASI. There are many foods that contain sources of protein that can be given to children and are good for children's growth and development. Around 90% of participants already know that foods with high protein sources can prevent stunting in children. Stunting is a very urgent health problem. Therefore, preventing stunting needs to be done in order to realize human welfare to create a healthy Indonesia. After the counseling process, 100% of participants understand how to prevent stunting and it is hoped that this can reduce or even eliminate the incidence and risk of stunting in children on Jalan Raya Candi II, Sukun, Malang City in RW 02.

The results of the counseling about stunting in children carried out at Balai RW 02 Jalan Raya Candi II, Sukun, Malang City can be said to be successful. This can be seen from the increase in post-test results after being given counseling. At the pre-test stage, respondents still had insufficient knowledge about stunting, but after this counseling, respondents' understanding of stunting became quite good. After conducting the post-test, we conducted a question and answer session. Some mothers say that their children have difficulty eating. We provide a solution by innovating that the food given can be created or shaped so that children are interested in the food given. Apart from that, some of the mothers of RW 02 Jalan Raya Candi II, Sukun, Malang City said that their children tend to prefer drinking boxed milk which is widely sold on the market compared to the formula milk they are given. In this case, mothers are also required to be able to innovate so that their children can





grow and develop well by fulfilling nutritionally balanced foods such as the contents of my plate, where 50% are fruit and vegetables and the other 50% are carbohydrates and protein. In my plate, it is recommended to avoid sugar, salt and fat as much as possible.

With the pre-test and post-test given, it can be concluded that the relationship between maternal education influences the incidence of stunting in children. This is proven by the theory which states that education plays a very important role in better perception of something. Apart from that, education also plays a role in changing attitudes and positive life behavior. It can be concluded that the higher the mother's education, the better her knowledge and skills are in providing nutrition for their family. On the other hand, apart from providing nutrition for the family, mothers who have a good education can also provide good care for their children (Paramita et al., 2022). 4.0 in Stunting Prevention Efforts "Balanced nutrition, happy children: Fight stunting now!"

Explaining nutritional education so that children have adequate food nutrition and prevent stunting. This is emphasized so that posyandu mothers always pay attention to the nutrition of their children and always be alert to signs of stunting.

## CONCLUSIONS

The outreach activity which took place on Jalan Raya Candi II, Sukun, Malang City in RW 02 provided mothers with a better understanding of preventing stunting in children. Several respondents during the pre-test session still did not know things about stunting, such as the characteristics and signs of stunting in children, exclusive breastfeeding. Followed by a post-test session after the presentation of the stunting material, some of the mothers answered correctly, but there were also those who still answered incorrectly. In understanding MPASI in children, there was 1 respondent who still did not answer correctly during the post-test. Here it can be concluded that there are some mothers who have experienced an increase in understanding stunting and there are also those who still have not shown any improvement seen from the results of the pre-test and post-test.

## Conflict of Interest

The authors confirm that they are not aware of any financial or interpersonal conflicts that would appear to impact the research presented in this study.

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