

STUNTING IN TANEAN LANJHANG FAMILIES IN THE VILLAGE OF GUGUL, PAMEKASAN DISTRICT, MADURA

STUNTING PADA KELUARGA TANEAN LANJHANG DI DESA GUGUL, KABUPATEN PAMEKASAN, MADURA

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Abstract

Stunting is a condition of child growth failure with height measurement indicators caused by chronic nutritional problems. One of the traditions that still exists in Madura, especially in Pamekasan Regency, is the traditional settlement of *Tanean Lanjhang* and also the tradition of child marriage. This study was conducted to determine whether there is a significant relationship between the incidence of *stunting* in *Tanean Lanjhang* families. The sample of this study included children who were categorized as stunted in 5 hamlets in Gugul village, Tlanakan sub-district, Pamekasan Regency, with a total sample of 51 people with data collection techniques using interviews and measurements. Determination of informants using cluster sampling method, namely several mothers who have stunted toddlers and also the village midwife. The results showed that boys who were categorized as stunted and lived in *Tanean Lanjhang* were 11 out of 22, while girls who were categorized as stunted and lived in *Tanean Lanjhang* were 14 out of 22 children. *Tanean Lanjhang* as a settlement tradition in Madura affects the parenting of children or grandchildren. There is no significant difference between those who live in *Tanean Lanjhang* and those who do not. The daily expenditure factor is not too different because the majority of expenditures are around Rp. 50,000 / day. Then, the parenting factor affects the incidence of *stunting*, because of the difference between less parenting and good parenting. There is a difference in the provision of complementary food for children between those who live in *Tanean Lanjhang* and those who do not, the provision of complementary food for children living in *Tanean Lanjhang* is mostly at the age of under 6 months, so these results can affect the incidence of *stunting* in children.

Keywords: *stunting; Tanean Lanjhang; child marriage*

Abstrak

Stunting merupakan kondisi gagal tumbuh anak dengan indikator pengukuran tinggi badan disebabkan oleh masalah gizi kronis. Salah satu tradisi yang masih ada di Madura khususnya di Kabupaten Pamekasan adalah permukiman tradisional yaitu *Tanean Lanjhang* dan juga tradisi perkawinan anak. Penelitian ini dilakukan untuk mengetahui ada tidaknya hubungan yang signifikan antara kejadian *stunting* pada keluarga *Tanean Lanjhang*. Sampel penelitian ini anak yang termasuk kategori *stunting* di 5 dusun di desa Gugul, Kecamatan Tlanakan, Kabupaten Pamekasan, dengan total sampel sebanyak 51 orang dengan teknik pengumpulan data menggunakan wawancara dan pengukuran. Penentuan informan menggunakan metode cluster sampling yaitu beberapa ibu yang memiliki balita *stunting* dan juga bidan desa. Hasil penelitian menunjukkan bahwa anak laki-laki yang dikategorikan *stunting* dan tinggal di *Tanean Lanjhang* sebanyak 11 orang dari 22, sedangkan anak perempuan

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yang dikategorikan stunting dan tinggal di Tanean Lanjhang sebanyak 14 orang dari 22 anak. Tanean Lanjhang sebagai tradisi permukiman di Madura mempengaruhi terhadap pola asuh anak atau cucunya. Hasilnya tidak ada perbedaan signifikan antara yang tinggal di Tanean Lanjhang dan tidak tinggal di Tanean Lanjhang. Faktor pengeluaran harian tidak terlalu berbeda karena mayoritas pengeluaran sekitar Rp. 50.000/hari. Kemudian, faktor pengasuhan berpengaruh terhadap kejadian stunting, karena perbedaan antara pengasuhan kurang dengan pengasuhan baik terhadap kejadian stunting. Terdapat perbedaan pada pemberian MP-ASI anak antara yang tinggal di Tanean Lanjhang dan tidak, pemberian MP-ASI pada anak yang tinggal di Tanean Lanjhang mayoritas pada usia di bawah 6 bulan, sehingga hasil tersebut dapat berpengaruh terhadap kejadian stunting pada anak.

Kata kunci: stunting; Tanean Lanjhang; perkawinan anak

Introduction

According to the government, pregnant women during the 1000 HPK (First Day of Life) period can fulfill the nutrition needed by the child in the womb. If the fulfillment of this nutrition is not fulfilled, it will have an impact on child growth and development and less than optimal linear growth or what is called stunting (Sumartini 2022). Stunting is a condition of child growth failure with height measurement indicators due to chronic nutritional problems. Based on data from the Decision Letter of Stunting Locus of Pamekasan district in 2024, Gugul village is the highest village with 47.89% stunting cases, then Terrak village 44.12%, Srambah village 23.91%, and Rang Perang Daya village 23.08%.

The Madurese community has a unique tradition of living together in a settlement called *Tanean Lanjhang*. *Tanean Lanjhang* is located near cultivated land such as springs or rivers, and there are boundaries between houses in the form of living fences or galengan (raised ground). This family group consists of two to ten houses inhabited by 10 family members (parents, children, grandchildren, great-grandchildren, and so on) (Mansur dkk. 2020). The Tanean Lanjhang settlement is a ward house (tile roof structure) shaped like the roof of a Joglo house. There is a certain decoration that distinguishes the ridge, which has only one front door, no side doors and back doors Tulistyantoro (2005).

Then, previous research conducted by Luluk Oktavia (2020) regarding stunting in adolescents in industrial labor and fishing areas in the city of Surabaya. The results of this study were that the incidence of stunting in adolescent boys and girls is more prevalent in fishing areas than in industrial labor areas, which is obtained from socio-economic factors in the form of industrial labor area which is obtained from socio-economic factors in the form of parents' occupation, family income per month, and expenditure on daily family needs with low or lower socioeconomic status in fishing areas compared to socioeconomic status in industrial labor areas. Fulfillment of the nutritional needs of the mother can have an impact on cell damage eggs in the female fetus so that it can affect her children and grandchildren in the future later.

Research related to stunting in families living in *Tanean Lanjhang* is important to find out the differences between children categorized as stunted in families living in *Tanean Lanjhang* and those who do not live in *Tanean Lanjhang*, so that the differences between the two categories can be known. In addition, researchers will also create new research in the field of anthropology.

Research Methods

This research uses a type of research with a quantitative approach. The research was prepared using the following techniques: (a) determining the location of the research; (b) data collection;

and (c) data analysis.

First, this research was conducted in Madura, specifically in Gugul village, Tlanakan sub-district, Pamekasan district. This location was chosen because East Java is the highest contributor to stunting cases in Indonesia, and the highest are Bangkalan and Pamekasan districts. This research lasted for approximately 4 months.

Second, this study used a population of stunted children from several hamlets in Gugul Village, Tlanakan Subdistrict, Pamekasan Regency, namely the North hamlet, Central hamlet, West hamlet, Batulengkong I hamlet, and Batulengkong II hamlet with a total of 150 children. This sampling used a cluster sampling technique by selecting groups of children categorized as stunted and contained in the 2024 stunting locus decree data.

Third, the data collection technique in this study is to use data collection techniques, namely using questionnaires. Other data collection techniques use anthropometric measurements to obtain primary data.

Fourth, data analysis using descriptive quantitative analysis is a data analysis to convert research data into information that will later obtain a conclusion. Descriptive quantitative analysis is used to determine the difference between children who are categorized as stunted and live in *Tanean Lanjhang*, and stunted children who do not live in *Tanean Lanjhang*

Results and Discussion

1. Stunting in Children Living in Tanean Lanjhang

This research was conducted in Gugul Village, Tlanakan Sub-district, Pamekasan Regency, Madura. This study investigates the occurrence of stunting in boys and girls who live in *Tanean Lanjhang* and those who do not live in *Tanean Lanjhang*. Data obtained from the field in the form of measurement results, namely; height and weight as well as data obtained from interviews with mothers of children included in the data of Pamekasan Regency Stunting Locus Decision Letter in 2024. The main questions asked to mothers whose children are included in the stunting category include; latest education, type of work, expenditure per day, age of marriage, arranged marriage tradition, childcare, and age of complementary feeding (MP-ASI), to determine children who are included in the stunting category and live in *Tanean Lanjhang* with children who are not included in the stunting category and do not live in *Tanean Lanjhang*, which is presented in table 1 general identification.

Table 1. General identification of mothers of stunted toddlers living in *Tanean Lanjhang*

No.	General Identify	Frequency
1.	Father's Occupation	
	Farmer	9
	Self-employed	12
	Teacher	3
2.	Daily Expenses	
	Rp. 10.000-Rp.39.999	8
	Rp. 40.000-Rp.69.999	13
	Rp. 70.000-Rp.199.999	4

Source: Processed Research Data (2024)

Based on table 1, the occupation of the parent (father) is related to daily expenses in the family. Daily expenditure within Rp. 50.000 is the majority of expenditure in the table. The following is an interview with informant number 8 regarding daily expenditure.

“...kadang mungkin du polo ebuh” (Kadang mungkin dua puluh ribu) (Informan nomor 8, wawancara 17 Mei 2024)

“...tidak tentu juga, kan sama orang tua” (Informan nomor 8, wawancara 17 Mei 2024)

Translation:

“...Sometimes, we spend like twenty thousand (in Indonesian Currency)” (Informant number 8, interview May 17, 2024)

“...It's uncertain, it's up to our parents” (Informant number 8, interview May 17, 2024)

Based on research conducted by Sugianti, Putri, dan Buanasita (2024) in rural areas, it shows that household expenditure does not significantly affect the incidence of stunting in rural areas ($p=0.276$). However, there may be other factors associated with stunting in this study. According to Santosa (2020 as cited in Sugianti, Putri, and Buanasita 2024) socioeconomic conditions do not have a direct effect on stunting, but have indirect effects such as; maternal nutritional status, pregnancy conditions, and feeding patterns in toddlers.

Table 2. Frequency Distribution of Married Age of Mothers of Stunted Children and Living in Tanean Lanjhang

No.	Married Age of Mothers (years)	Frequency
1.	≤15 years	3
2.	16-18 years	3
3.	19-21 years	11
4.	>21 years	8

Source: Processed Research Data (2024)

The age of marriage (mother) in table 2, from the larger number of samples married under the age of 19, shows that *Tanean Lanjhang* can affect the age of marriage of its children. The following are the results of the interview with informant number 2 regarding the age of marriage.

“...bellu' belles” (delapan belas) (Informan nomor 2, wawancara 14 Mei 2024)

Translation:

“...eighteen” (Informant number 2, interview May 14, 2024)

Informant number 2 got married at the age of eighteen. The informant knew that the age of 18 was not the minimum age based on Law Number 16 of 2019 concerning Amendments to Law Number 1 of 1974 concerning Marriage, the minimum age for marriage in Indonesia is 19 years, both for women and men. However, informant number 2 married at an increased age in order to meet the minimum age requirement for marriage, and informant number 2 claimed not to be matched. The following are the results of informant number 2's interview related to the age of his marriage.

“...tak olle laku bellu belles, keng epanaik aghi” (memang tidak boleh kalau delapan belas, tapi dinaikkan) (Informan nomor 2, wawancara 14 Mei 2024)

“...enten, ollenah dhibik” (Tidak, dari hasil sendiri) (Informan nomor 2, wawancara 14 Mei 2024)

Translation:

“...it is not allowed to be married in the age of eighteen years old, but my age is changed to be older” (Informant number 2, interview May 14, 2024)

“...No, from their own results” (Informant number 2, interview May 14, 2024)

Then there are the following interview results with informant number 24 related to the age of marriage.

“...dua belas” (Informan nomor 24, wawancara 16 Mei 2024)

“...dijodohkan” (Informan nomor 24, wawancara 16 Mei 2024)

Translation:

“...twelve” (Informant number 24, interview May 16, 2024)

“...arranged marriage” (Informant number 24, interview May 16, 2024)

The next interview was with the midwife from Gugul Village. Here are the results of the interview.

“...stunting itu ya, satu dari perkawinan dini. Perkawinan dini tuh disini banyak, di Gugul banyak” (Bidan Desa Gugul, wawancara 22 Maret 2024)

“...jadi eee SMP kelas 2 Jadi otomatis kan ini kalo perkawinan eee apa ya nanti urusannya ke kantor selain ke KUA kan ke kantor BKKBN. Nah setelah itu dia kan menjadi pernikahan, terjadinya pertengkaran apa dan sebagainya, sering terjadi proses perceraian iya kan. Berarti belum matang dia, belum matang sebenarnya. Nah contohnya ada disini, dekat sini. Dia SMP kelas 2 terus suaminya masih SMA kelas 1 terus anaknya itu membuat akhirnya menjadi stunting, apa ya, lahir sebelum waktunya. Jadi yang jelas anak itu kan diurus sama mbahnya” (Bidan Desa Gugul, wawancara 22 Maret 2024)

Translation:

“...stunting is, yeah, one of the effects for early marriage. There are many early marriages here, in Gugul there are many” (Gugul Village Midwife, interview, March 22, 2024).

“...so in case when second grade in junior high school, automatically, if there's a marriage, it will go to the office besides the KUA (Religion Related Office), they will go to the BKKBN (National Population and Family Planning Board) office. After that, there will be a wedding. Because of their age, quarrels and so on can occur, there is often a divorce, right. That means they are not mature, yet. Now there's an example here, near this village. She was in the second grade of junior high school and her husband was still in the first grade of high school, then they have a child that can end up being stunted, how can it happen? The baby is born prematurely. So the child is being taken care of by his grandmother” (Gugul Village Midwife, interview, March 22, 2024).

Based on research conducted by Susilawati Susilawati dan Nanik Yuliwati (2023), it was found that most respondents (78.1%) were married over the age of 19 with a sample size of 100 people, while a small proportion of respondents (21.9%) were married under the age of 19 with a sample size of 28 people. Of the 21.9% of mothers who married under the age of 19, 50% of them had stunted children. Early marriage age can affect the health of mothers and children, and one of the impacts is mothers who can give birth to children with nutritional problems, for example; stunting. According to Arroifah's research (2022 as cited in Susilawati Susilawati and Nanik

Yuliwati 2023), it is stated that early marriage has adverse effects such as; stunting, infant and maternal mortality, some high school dropout cases and an impact on poverty. Contributions to the increase in stunting cases resulted from early marriage due to unpreparedness between underage men and women related to nutritional intake during pregnancy, maturity of reproductive organs and also psychological conditions, and also related to knowledge and good childcare Susilawati Susilawati dan Nanik Yuliwati (2023).

Table 3. Frequency Distribution of Complementary Feeding in Stunted Children and Living in Tanean Lanjhang

No.	Age of Breastfeeding (months)	Frequency
1.	0-5 months	12
	6-10 months	11
	>10 months	2

Source: Processed Research Data (2024)

In addition, the factor of giving complementary foods too early in children can also cause stunting in children. Table 3 shows that the majority of the sample gave complementary food at the age of 0-5 months, which is an age that is not recommended in giving complementary food to children.

The following are the results of interviews with 2 informants related to the age of complementary feeding.

“...yeh lahir la edhuleng polanah tak toman anuh ruah, nangis, pas soso settong ghun lek”
(Ya lahir sudah disuapi karena tidak pernah itu, nangis, dan air susu hanya sebelah dek)
(Informan nomor 2, wawancara 14 Mei 2024)

Translation:

“...Yes, at birth, the baby is fed because it never been cried, and the breast milk only got one side coming out from me) (Informant number 2, interview May 14, 2024)

Informant number 2 disclosed the provision of complementary food to her child. The informant gives bananas as complementary food for his child. The following are the results of the interview with informant number 2 regarding the provision of complementary foods.

“...keddheng” (Pisang) (Informan nomor 2, wawancara 14 Mei 2024)

“...endek, keng soso settong” (Mau, tapi yang keluar cuma satu) (Informan nomor 2, wawancara 14 Mei 2024)

“...empa’ polo areh” (Empat puluh hari) (Informan nomor 2, wawancara 14 Mei 2024)

“...pisang” (Informan nomor 2, wawancara 14 Mei 2024)

“...usia, setelah empat puluh hari” (Informan nomor 8, wawancara 17 Mei 2024)

“...dikasih makan pisang” (Informan nomor 8, wawancara 17 Mei 2024)

“...ee aslinah pangaranah tak edhulengah” (Ee aslinya memang tidak mau disuapi) (Informan nomor 8, wawancara 17 Mei 2024)

“...polanah rewel, anaknya” (Soalnya rewel, anaknya) (Informan 8, wawancara 17 Mei 2024)

Translation:

- “...Banana” (Informant number 2, interview May 14, 2024)
- “...Wanted to, but only one came out” (Informant number 2, interview May 14, 2024)
- “...Forty days” (Informant number 2, interview May 14, 2024)
- “...Banana” (Informan nomor 2, wawancara 14 Mei 2024)
- “...at age, after forty days being born” (Informant number 8, interview May 17, 2024)
- “...fed with bananas” (Informant number 8, interview May 17, 2024)
- “...Originally the baby did not want to be fed” (Informant number 8, interview May 17, 2024)
- “...The problem is that the baby fussy” (Informant number 8, interview May 17, 2024)

Based on Kemenkes.go.id (2023), some of the consequences or impacts on children who are given complementary foods too early or too fast will cause short-term and long-term conditions. The short-term condition is that it can reduce the appetite of children, the occurrence of blockages in the digestive tract due to the provision of bananas which are quite common in children in Indonesia. Long-term risks include obesity, hypertension, arteriosclerosis (thickening of the arteries due to fatty plaques attached to the walls of blood vessels), and food allergies that affect the immune system and occur as a result of the child's incomplete digestive tract. Based on Kemenkes.go.id (2023), it is also stated that there are several consequences of delaying the provision of complementary foods in children, namely; the occurrence of growth and development disorders because the nutrients from breast milk are not sufficient for the baby's needs due to increasing age and lack of stimulation of oromotor abilities in infants. This oromotor ability can be stimulated through a variety of textures, flavors, and constancy of complementary foods which can cause conditions such as; children who are too much drooling, children who are difficult to chew and swallow, so that children who take too long to swallow sometimes process food by snacking will cause oral health problems, children's teeth can be damaged, and also inhibited jaw growth such as malocclusion (uneven arrangement of teeth and jaws).

Table 4. Frequency Distribution of Last Education of Stunted Children and Living in *Tanean Lanjhang*

No.	Variabel	Frekuensi	
1.	Last Education (Mother)	Elementary School	10
		Junior High School	3
		Senior High School	12
		D3/S1	-
2.	Parenting	Their Self	19
		Family's help	6
3.	Matchmaking Tradition	Matchmaking	12
		Not Matchmaking	14

Source: Processed Research Data (2024)

Education influences mothers' knowledge related to parenting, child care and also related to *stunting*, including in making decisions about providing complementary food to children. The following are the results of the interview (Informant number 3, May 18, 2024):

- “...*jhek reng mareh empa' polo areh nangis*” (Iya soalnya setelah empat puluh hari nangis) (Informan nomor 3, wawancara 18 Mei 2024)
- “...*ghi, omor sanga' ambu, e tim aghi*” (Iya, umur sembilan berhenti, dibuatkan nasi tim) (Informan nomor 3, wawancara 18 Mei 2024)

Translation:

“...Yes, the problem is after forty days the baby is crying” (Informant number 3, interview 18 May 2024)

“...Yes, age nine stopped, made steamed rice” (Informant number 3, interview May 18, 2024)

The findings of the data Bukit dkk. (2023) suggest that mothers who have strong knowledge related to stunting prevention show great results in carrying out practices to protect their children from stunting. These mothers demonstrated an understanding of the importance of proper nutrition, regular growth monitoring, early intervention, and were supplemented with complete and accurate information so that mothers could also be empowered to make informed decisions. There is a suggestion that mothers can understand stunting and also pay attention to child growth and development because it is important for mothers in preventing stunting in children, so that collaboration between mothers and other parties is needed to work together to prevent stunting Bukit dkk. (2023).

The following are the results of other informant interviews related to knowledge related to stunting (Informant number 28, May 14, 2024):

“...*enggak, dulunya dia tuh ada kok mbak fotonya, terus disuntik, panas mbak, terus de'e jadi merosot*” (Enggak, dulunya dia tuh ada kok mbak fotonya, terus disuntik, panas mbak, terus dia jadi merosot) (Informan nomor 28, wawancara 14 Mei 2024)

Translation:

“...no, we used to have a photo, he was fine then, he was injected for immunizations, he has a fever, then he became degenerate” (Informant number 28, interview May 14, 2024).

The informant did not know that her child was stunted. The informant believed that her child's declining growth was caused after her child had routine immunizations held by the posyandu (integrated service post) in each hamlet in Gugul village. The informant admitted that she did not continue immunizing her child again because it would have an impact on her child's growth.

Based on research conducted by Laksono dkk. (2022) stated that low maternal education is associated with a higher risk of *stunting* because mothers act as caregivers, have all the rules related to breastfeeding, healthy feeding of children, parenting behavior, clean sanitation, and also other roles related to child care and care. Education is influential because better education is a determinant of better health outcomes.

The arranged marriage tradition can also have an effect on the incidence of *stunting*, although in Gugul village there are not many of them now, but there are still some who still carry out the tradition. The following are the results of the interview.

“...*iya, perjodohan tetangga deyyeh ruah dek*” (Iya, perjodohan tetangga gitu dek) (Informan nomor 50, wawancara 16 Mei 2024)

Translation:

"... Yes, arranged marriage with neighbors" (Informant number 50, interview 16 May 2024)

The age of the informant when he got married was 23 years old and was the age legalized by the government to get married, but the informant's child who was included in the stunting category was only given MP-ASI when he was 10 months old, the following are the results of the interview.

"...sepuluh bulan" (Informan nomor 50, wawancara 16 Mei 2024)

"...tajhin, nase' deyyeh dek so keddheng" (Tajin, nasi gitu dek sama pisang) (Informan nomor 50, wawancara 16 Mei 2024) dan sebagai tambahan informan membuat MP-ASI untuk anaknya sendiri dan tidak mengkonsumsi MP-ASI instan.

Translation:

"...ten months old" (Informant number 50, interview May 16, 2024)

"...rice water, rice and banana" (Informant number 50, interview 16 May 2024) and in addition the informant makes complementary food for his own child and does not consume instant complementary food.

2. Stunting in Children who do not Live in Tanean Lanjhang

The discussion is related to stunting in children who do not live in *Tanean Lanjhang*, as many as 3 children out of a total of 22 children who fall into the stunting category based on the Decree of Stunting Locus of Pamekasan Regency in 2024.

Table 5. General identification of mothers of stunted and non-stunted toddlers living in Tanean Lanjhang

No.	Identifikasi Umum	Frekuensi
1.	Father's occupation	
	Farmer	-
	Self-employed	2
	Teacher	1
2.	Daily expenses	
	Rp. 10.000-Rp.39.999	-
	Rp. 40.000-Rp.69.999	2
	Rp. 70.000-Rp.199.999	1

Source: Processed Research Data (2024)

Table 5 is data on children who are categorized as stunted but do not live in *Tanean Lanjhang*. Based on table 5, there is one informant, namely informant number 15, who has the last education of junior high school / middle school, then her job as a seller of chips and her husband is a factory worker, while her daily expenses are around Rp. 50,000 with a family of 6 people consisting of; father, mother, and 4 children. Then, the informant got married at the age of 17 but was not matched, childcare was taken care of by herself, and the age of giving MP-ASI was when the child was 40 days old. Based on the results of interviews with informants related to informants who live independently.

"...enjek, anuh mandiri la" (Tidak, sudah mandiri) (Informan nomor 15, wawancara 18

Mei 2024)

Translation:

“...No, I am already independent” (Informant number 15, interview May 18, 2024)

Table 6: Frequency Distribution of Variable (last education, parenting, and matchmaking tradition) of Stunted Children Living in *Tanean Lanjhang*

No.	Variable	Frequency	
1.	Last Education (Mother)	Elementary School	-
		Junior High School	3
		Senior High School	3
		D3/S1	-
2.	Parenting	Itself	3
		Family's help	-
3.	Matchmaking Tradition	Matchmaking	2
		Not Matchmaking	1

Source: Processed Research Data (2024)

The informant does not live with her parents, and only lives with her husband and three children with the husband's daily work as a factory laborer and the informant who makes her own business in the form of chips. However, their income is uncertain because sometimes the informant's business does not always sell every day and must take care of two children who are still toddlers, the first child at the boarding school, and another child who is still in the womb. The informant's condition, who is busy with his business, sometimes does not have time to cook. It can be assumed that the informant does not pay much attention to the nutritional needs of his family. The following are the results of his interview.

“...*rang-rang* dek, *pole pas aghebey pe-tampe, tak amessak*” (Jarang dek, apalagi pas bikin keripik, tidak masak) (Informan nomor 15, wawancara 18 Mei 2024)

Translation:

“...Rarely, especially when I am making chips, I do not cook” (Informant number 15, interview May 18, 2024)

The informant also admitted that she rarely came to the posyandu because she was busy with her business and taking care of her two children at home, so knowledge related to *stunting* and childcare can be said to be lacking. The following is the result of the interview.

“...*kok tak taoh stunting apah*” (Saya tidak tahu *stunting* apa) (Informan nomor 15, wawancara 18 Mei 2024)

Translation:

“...I don't know what *stunting* is” (Informant number 15, interview May 18, 2024)

Research conducted in Madura by Yasin dkk. (2024). The study explains that mothers who have stunted toddlers in Madura tend to lack knowledge before being given Nutrition Awareness

Family Education (KADARZI). They did not have knowledge related to stunting prevention/control and also its handling with their respondents aged 20-35 years which amounted to almost half of the total number of respondents in the study. The results showed that the behavior of mothers before the Nutrition Awareness Family Education (KADARZI) was considered sufficient and even lacking which was an inhibiting factor in preventing stunting and was shown by the increasing stunting rate. Midwives and also village nurses must pay attention to the nutritional behavior of mothers to prevent stunting rates from increasing.

Table 7. Frequency Distribution of Married Age of Mothers of Stunted Children and Living in Tanean Lanjhang

No.	Married Age of Mothers (years)	Frequency
1.	≤15 years	-
2.	16-18 years	2
3.	19-21 years	1
4.	>21 years	-

Source: Processed Research Data (2024)

Age at marriage affects the incidence of stunting in children. Based on the results of the interview, it was stated that:

“...usia tujuh belasan” (Informan nomor 41, wawancara 24 Maret 2024)

“...deri reng tua kassah bu, benni ollenah ghuleh” (Dari orang tua itu bu, bukan dari saya sendiri) (Informan nomor 41, wawancara 24 Maret 2024)

Translation:

“...the age of seventeen” (Informant number 41, interview March 24, 2024)

“...My parent told me to, it’s not from myself” (Informant number 41, interview March 24, 2024)

Here is another interview result from informant number 38:

“...ejhuduaghi, ghuleh tak katemmun, ejhuduaghi sareng reng tuah.” (Dijodohkan, saya tidak bertemu, dijodohkan oleh orang tua, perjodohan) (Informan nomor 38, wawancara 21 Mei 2024)

Translation:

“...Marriage, I did not know him then, we are married by our parents, it is an arranged marriage) (Informant number 38, interview May 21, 2024).

The results of research conducted by Wardita, Permatasari, dan Damayanti (2024) are significant in the characteristics of respondents under the age of 20. The age of marriage under 20 years is not physically and psychologically ready to face the pregnancy phase. This is supported by the results of previous research which shows that reproductive organs such as the uterus and pelvis often still have not reached the point of physical maturity needed by a woman when in the pregnancy phase. Another impact is that they are not psychologically ready because of the onset of stress, depression, experience of violence against babies, having to stop school because of pregnancy so that they cannot plan their future because they must be willing to leave education. Often teenage pregnancy also has an impact on the condition of the baby, which tends to be

unwanted by the mother, which has an impact on the emotional relationship between the mother and the baby she is carrying. Less than optimal parenting and lack of support also affect when experiencing pregnancy in adolescence and are not ready to become a mother. The cause of stunting is due to young marriage, which results in the birth of premature children, impaired growth of babies in the womb, infant mortality, and delays in growth and development.

Table 8. Frequency distribution of complementary feeding among stunted children living in *Tanean Lanjhang*

No.	Age of Breastfeeding (months)	Frequency
1.	0-5 months	1
2.	6-10 months	2
3.	>10 months	-

Source: Processed Research Data (2024)

Based on Table 8, the age of complementary feeding is mostly given at the right age, namely in the age range of 6-10 months as many as 2 informants, with details that informants give complementary food at the age of 6 months and also other informants give complementary food to children at the age of 7 months. There was 1 informant who gave complementary food prematurely, in the age range of 0-5 months (40 days old). It is not recommended for children to be given complementary foods too early or too late, and the recommended age is 6 months.

Tanean Lanjhang as a residential area for all family members by adhering to the matrilineal system, which is a system for all extended family members to live in one residence area belonging to the wife's family. In *Tanean Lanjhang* there is also a tradition in the form of arranged marriage and child marriage. Based on the field data obtained, most of them are married above the age of 19 and the involvement of parents to match their children, but regarding care, including feeding children/grandchildren, there is still involvement from parents, although not much, but informants tend to still listen to advice from parents regarding childcare, even though the informants take care of them themselves without assistance, for example when the child starts crying and does not want to stop when the child is less than six months old, the informant's parents suggest feeding him immediately because they assume that their child is hungry and needs intake other than breast milk.

Research conducted by Ode (2024) "Early complementary feeding education as a risk factor for stunting", the provision of complementary foods before the age of 6 months occurs due to several factors, including predisposing factors and reinforcing factors.

These predisposing factors consist of; age, education, occupation, household income, and knowledge related to complementary feeding. The reinforcing factor for early complementary feeding is the closest person. In fact, early complementary feeding is not appropriate because it can cause child health problems, such as diarrhea, allergies, respiratory infections, and inhibit child growth.

Therefore, children who are exclusively breastfed from 0-6 months of age and given complementary foods from the age of 6 months, can reduce the risk of stunting in children. Giving complementary foods in early childhood is not recommended because children's digestion is still not able to digest foods other than breast milk properly. Infection, diarrhea, and

vomiting can cause the child to lose fluids and nutrients, which can hinder the child's growth. Feeding complementary foods for a long period of time will lead to stunting and obesity.

Therefore, it takes cooperation between health workers, educators, and also the community to be able to provide good education to the community regarding the age of marriage and the provision of complementary foods to children. Efforts can be made with community service and the approach of village health workers to the community so that the problem of stunting can slowly be addressed properly.

Conclusion

Based on the results of the study, it shows that boys who are categorized as stunted are 11 out of 22 children living in Tanean Lanjhang, then girls who are categorized as stunted are 14 out of 22 children living in *Tanean Lanjhang*. The incidence of stunting in Gugul village, Pamekasan Regency is influenced by external factors within *Tanean Lanjhang*. There was no significant difference between those who lived in Tanean Lanjhang and those who did not. The daily expenditure factor for those who live in *Tanean Lanjhang* and those who do not live in Tanean Lanjhang is not too different because the majority of expenditures are around Rp. 50,000 / day, these expenditures affect food and non-food purchases. Then, the parenting factor affects the incidence of stunting, although the results are the majority of parenting alone, but there are differences between less or sufficient parenting and good parenting on the incidence of stunting.

However, there are differences in the provision of complementary food for children between those who live in *Tanean Lanjhang* and those who do not, while those who do not live in *Tanean Lanjhang* are dominated by the provision of complementary food at the age of 6 months, so that these results can affect the incidence of stunting in children. The role of stakeholders such as the village head, village midwife, village nurse is needed to approach villagers to provide more knowledge related to the recommended age of marriage, stunting, and also parenting and child care patterns to reduce stunting rates.

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