

## *Stunting Prevention Strategy Through Empowerment of Pregnant Women and Mothers of Toddlers in The "Siap Genting" and "Sobat Tensi" Programs in Banjar Village, Banyuwangi District*

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### ABSTRACT

**Background:** Stunting is a problem caused by a prolonged lack of nutrition from food and infectious diseases. Based on data from the Indonesian Ministry of Health in 2022, the prevalence of cases was 21.6% in Indonesia and 20.1% in Banyuwangi Regency. One of the Sustainable Development Goals (SDGs) is eliminating hunger, achieving food security and good nutrition, and increasing sustainable agriculture. The problem of stunting is closely related to the health of pregnant women. One of the many health problems that occur in pregnant women is hypertension. **Aims:** This community empowerment aims to increase the target's knowledge about preventing stunting and hypertension. **Methods:** This activity uses a socialization approach to the target group consisting of 24 pregnant women and mothers of toddlers with lecture methods, discussions and continued direct screening for 3 hours. **Results:** High engagement was indicated by participation in this socialization activity, questions and answers during the event and enthusiasm to follow the screening session. **Conclusions:** Targeted participants demonstrated increased knowledge through their ability to answer questions and plan follow-up. This initiative significantly increased participants' knowledge, awareness, and engagement to be able to take care of their babies' health and safeguard their health from the dangers of hypertension.

**Keywords:** Hypertension, Knowledge, Nutrition, SDGs, Stunting.

### INTRODUCTION

Indonesia is currently experiencing health problems that often occur in pregnant women and toddlers. The problem that has received special attention from the government to solve is stunting. Stunting is a chronic nutritional problem caused by a lack of nutritional intake over a long period of time and food intake that is not in accordance with nutritional needs (Junaidi et al., 2020). Based on data from the World Health Organization (WHO), Indonesia is among the countries with the fifth highest number of stunted children. According to the World Health Organization (2023), the prevalence of stunting in the world until 2022 is estimated to reach 22.3%. Around 148.1 million children under the age of five are stunted. Meanwhile in Indonesia, stunting is also a very serious concern. The prevalence of stunting in all regions of

Indonesia is still quite high even though it has decreased in the previous year. In 2021, the prevalence of stunting reached 24.4% until it finally dropped to 21.6% in 2022 (Indonesian Ministry of Health, 2022). Indonesia is the second country with the highest prevalence of stunting in ASEAN, with 31.8%, followed only by Timor Leste with 48.0% (Romadhona et al., 2023). Based on the Study of the Nutritional Status of Indonesian Toddlers (SSGBI) research, the prevalence of stunting in Indonesia was 27.67% in 2019. This figure is high enough to exceed the standard set by WHO, which is 20%. Presidential Regulation No. 42 of 2013, which was replaced by Presidential Regulation No. 72 of 2021 on the Acceleration of Stunting Reduction to specifically address the problem of stunting. The framework of nutrition-specific and nutrition-sensitive interventions, this law includes efforts to handle stunting through coordination,



synergy, and synchronization between the central, regional, and village governments (Oktavianty et al., 2022). Until now, the stunting rate in Banyuwangi Regency is still quite high. The prevalence of stunting in 2022 reached 3.6% of all toddlers in Banyuwangi. Meanwhile, the stunting rate target to be achieved in Banyuwangi is 0% by 2024 according to Banyuwangi Regent.

Stunting reduction is targeted at the Sustainable Development Goals (SDGs) in 2030. The SDGs are a sustainable development program that has 17 goals. In their study, Mishra et al. (2019) found that twelve of the 17 SDG goals are either directly or indirectly related to undernutrition. This is especially true for the second goal, zero hunger. The commitment of SDGs countries, including Indonesia, in this sustainable development starts with children, by ensuring they can grow up free from poverty, with a good education, feeling happy, and safe, which is the basis for creating adults who can contribute to their country's economy. Reducing the prevalence of stunting is a top priority in terms of child health.

The second goal of the Sustainable Development Goals is to eliminate hunger, achieve food security and good nutrition, and promote sustainable agriculture. Stunting is one of the indicators that must be achieved and set as a national priority program. Indicators for solving the stunting problem target a 40% reduction in stunting rates by 2025 and the elimination of all types of malnutrition by 2030. One way to prevent stunting among children under five is to provide education to the community, especially families, to increase knowledge and awareness about stunting prevention and stunting reduction in the village (Badan Pusat Statistik, 2014).

Based on studies conducted by the WHO related to country backgrounds, stunting can be caused by various factors. There are two main factors, namely external factors and internal factors. External factors themselves can include the community or country environment. Meanwhile, internal factors include conditions in the home environment. The community environment includes culture, education, health services, economic and political conditions, agricultural conditions and food systems, as well as water, sanitation and environmental conditions, which are included in external factors that affect the problem of stunting. Meanwhile,

internal factors in the home include conditions of exclusive breastfeeding, low birth weight, infection, early breastfeeding initiation, complementary foods and early marriage (Windasari et al., 2020).

The Supplementary Feeding Program (PMT) is one of the initiatives designed and run by the Ministry of Health to help address the problem of stunting. The program is regulated by Presidential Regulation No. 42 of 2013 on the National Movement for the Acceleration of Nutrition Improvement, Improving Community Nutrition through the Supplementary Feeding Program, and Presidential Regulation No. 72 of 2021 on the Acceleration of Stunting Reduction. Focusing on the factors that cause stunting starts with health conditions during pregnancy in pregnant women. During pregnancy, there is a fetus in the mother's womb. By doing good health preparation, it is very important to determine the growth and development of the fetus, thus affecting the growth and development of the baby after birth.

Common health problems among pregnant women include hypertension. This is something that mothers should pay attention to in order to increase their awareness in taking care of themselves. Hypertension in pregnancy (HTN) is one of the leading causes of morbidity and mortality in pregnant women and their fetuses. Between 15% and 25% of mothers diagnosed with high blood pressure in early pregnancy develop a condition called severe preeclampsia (PEB). The percentage of hypertension in pregnancy is almost 30% in Indonesia (Nur Fatimah et al., 2020).

According to the 2018 Riskesdas data, the prevalence of people with high blood pressure in East Java Province was 36.3% (Kemenkes RI, 2018). Banyuwangi ranks 12th out of 38 regencies/cities in East Java with 373,528 residents with estimated hypertension aged  $\geq 15$  years. The number of maternal deaths due to hypertension in Banyuwangi in 2022 amounted to 20% of the total deaths of pregnant women (Dinas Kesehatan Provinsi Jawa Timur, 2020).

Hypertension problems that occur in pregnant women are caused by calcium deficiency, obesity, excessive caffeine consumption, excessive salt consumption, smoking, drinking alcohol, excessive stress

and a lack of nutritional intake (Marmi, 2014). Hypertension in pregnant women, if left unchecked, will become a problem that has a great risk for pregnant women and the fetus. The impact given when pregnant women experience hypertension is stroke, blood clots, seizures and induction during labor that occur in pregnant women. Then for the fetus, the baby is born prematurely due to LBW, MMR, IMR and risk factors for stunting.

Due to the existence of these problems, students of the Public Health Study Program in Field Work Practice (PKL) activities will intervene in promotive and preventive efforts to solve these problems through two programs, namely the "SIAP GENTING" and "SOBAT TENSI". The "SIAP GENTING" program is a socialization program on stunting prevention programs that aims to increase knowledge related to programs and media interventions carried out by puskesmas in an effort to deal with stunting problems in Licin Sub-district, including Banjar Village, as a form of monitoring the growth and development of infants and toddlers. Licin Sub-district had been chosen because it was part of the field work practice. This program is obtained from the results of the search for alternative solutions. The implementation of the program will be held at Banjar Village Hall, Licin Sub-district. The media that will be used in socialization is in the form of power points, as well as medical devices to screen for stunting in infants and toddlers. While the "SOBAT TENSI" program is a socialization program about free hypertension in women where this socialization aims to provide information to the target about hypertension, both in the form of causes, symptoms, diagnosis, treatment, and prevention. There are two activities carried out, the first is the socialization of the stunting prevention program and the second is the socialization of hypertension-free. For the second program, namely the examination or screening of infants and toddlers and the examination or screening of hypertension, namely checking blood pressure. In addition, this program is also a form of reminder to the target to care about their health conditions where the impact is not only on them but does not have an impact on health problems in a sustainable manner.

## METHODS

In this community empowerment activity, the methods used in the "SIAP GENTING" and "SOBAT TENSI" programs are socialization methods with media appearances through PowerPoints and health measurements on infants, toddlers, and blood pressure checks. This activity aims to increase target knowledge in preventing stunting and free from hypertension. The intended targets are pregnant women and mothers who have infants and toddlers. The target achievement is that there are two to four participants who are able to explain the PKL group 4 program and provide feedback from this socialization activity. The tools needed for this health check are:

- a. Tensimeter
- b. *Blood Glucose Meters* or BGM
- c. Antropometri
- d. Baby weight scales

The "SIAP GENTING" and "SOBAT TENSI" programs go through four stages: licensing, preparation, implementation, and evaluation. Licensing was carried out by the Banjar Village PKL Team to several parties from the head of the RT, the person in charge of the posyandu, namely the village midwife, and the Licin District health center. This was done as the first step in the SIAP GENTING and SOBAT TENSI activities. Preparations were made by determining the targets, especially the number of participants, preparing the venue, and preparing the media used for the activities. The implementation of this program includes:

- a. Filling in the attendance list
- b. Opening
- c. Submission of material
- d. Discussion and question and answer session
- e. Health check
- f. Closing

This empowerment was conducted with this conditions:

- a. Place of Implementation: Banjar Village Hall, Licin District, Banyuwangi Regency
- b. Implementation Time: Sunday, January 7, 2024, 08.00-11.35 WIB
- c. Resource persons: Angelistya Devi Pertiwi, A.Md.Gz and dr. Ari Fiani

For the last one, namely evaluation where after the activity is complete, only group 4 PKL evaluates each individual member. Starting from the shortcomings during the activity, the obstacles that occurred, and the role of each member that needs to be improved in the future.

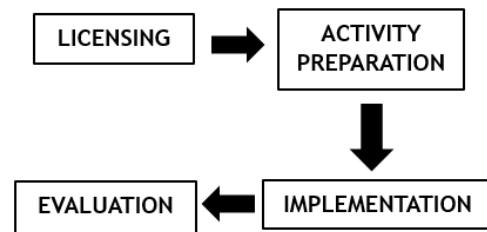


Chart 1. Activity Flowchart

## RESULTS AND DISCUSSION

No	Activity	Day/Date	Place	Results/Achievements
1.	Program Licensing: a. Coordination With Puskesmas b. With Banjar Village c. Together with the sponsor of Parahita	a. September 29, 2023 b. October 2, 2023 c. December 26, 2023	a. Licin Health Center Office b. Banjar Village Hall c. Parahita Clinic	a. Coordinate with presenters from the community health center b. Coordinating permission for the venue at Banjar Village Hall c. Coordination regarding the doctor who will be the presenter
2.	Activity Preparation: a. Determination of activity targets b. Activity venue c. Media used	December 20, 2023 - January 2, 2024	a. Sobo Campus FIKKIA UNAIR b. Banjar Village Hall	a. Recap the number of participants who attended b. Preparation of the venue
3.	Implementation: a. Filling in the attendance list b. Opening c. Submission of material d. Discussion and question and answer session e. Health check f. Closing	January 7, 2024	Banjar Village Hall	a. Provision of socialization materials by the Licin Health Center for the problem of stunting in Banjar Village, namely "SIAP GENTING". b. Introduction of the Banjar Village group 4 PKL program c. Counseling related to Hypertension in women d. Stunting screening for infants and toddlers e. Hypertension screening in participants
4.	Evaluation	January 8, 2024	Group 4 PKL post Banjar Village	Evaluating each group member and preparing activity reports

The results of community empowerment activities targeting pregnant women and mothers of toddlers or toddlers in Banjar Village with partners at the Licin District Health Center and Banjar Village, Licin District, Banyuwangi Regency. The purpose of this community empowerment activity is to increase target knowledge in preventing stunting and free from hypertension. This activity is a series

of review results from the survey of group 4 of Field Work Practices (PKL) before carrying out PKL where this program was made because of the expectations of the target who wanted a different way of approaching increasing knowledge about stunting and hypertension. The advantage of these two programs compared to programs that have been held by the government is that there is an intensive



approach in increasing the target's knowledge about stunting and hypertension. The material provided by group 4 PKL itself contains programs that will be implemented during PKL in Banjar Village. Starting from door to door education to hoping to contribute to community empowerment. The following are the community empowerment activities that have been carried out.

The table above shows the results of community empowerment activities as follows:



**Picture 1.** Provision of “SIAP GENTING” Material by the Licin Health Center

In this socialization activity, the first activity of SIAP GENTING was socialization from the Licin Health Center which provided the first material delivery, namely regarding stunting socialization. The program with the abbreviation of Motivation Class for Pregnant Women and Mothers of Toddlers with nutritional problems is This socialization activity was held on January 7, 2024, at 08.00 WIB until completion. The location of the implementation of this activity is at Banjar Village Hall, Licin District, Banyuwangi Regency. The participants of this activity are mothers who have toddlers, toddlers and pregnant women.

This SIAP GENTING socialization discusses material about programs that will be given to target participants regarding nutrition, stunting problems that occur in infants, toddlers and consultation in the form of classes. This program is aimed specifically at pregnant women and

mothers who have infants and toddlers. The topic raised is related to nutrition issues. The material discussed in this material is the cause of nutritional problems of toddlers caused by the socio-economic level of the family, parenting patterns, sanitation, latrines in the residence and accompanying diseases. Meanwhile, the causes of nutritional problems in pregnant women include the socioeconomic level of the family and the 4Ts in pregnant women. Giving birth too young, too many (children), too close (birth distance) and too old which is a high risk factor. Furthermore, there is a flow of implementation of Kelambi Gamiz which starts from reporting, visiting participants' homes, providing motivational classes, and Linsek.



**Picture 2.** Provision of PKL Program Material by Group 4 PKL Banjar Village

The second activity was the delivery of material from group 4 of the Banjar Village PKL. The material provided was about a series of work programs from group 4 during field work practices in Banjar Village. Among them are door to door education about stunting and nutritious food, door to door education about posyandu visits and immunization, monitoring door to door education about stunting and nutritious food, door to door monitoring of pregnant women with cadres, door to door monitoring of posyandu visits and immunization, and the last one is GUGUH STUNTING.



**Picture 3.** Provision of Hypertension Material for Women by Klinik Parahita

The last material delivery activity was about hypertension in women given by doctor Ari Fiani from Klinik Parahita. The presentation of the material provided focused on what are the dangers of hypertension in women (especially in pregnant women), the causes of hypertension, how to prevent hypertension, and control blood pressure and hypertension treatment.



**Picture 4.** Stunting Screening for Toddlers



**Picture 5.** Screening for Hypertension in Mothers

Furthermore, the last activity of the SIAP GENTING and SOBAT TENSI event is a health check or screening for stunting in

targeted infants and toddlers and hypertension screening in targets. PKL students collaborate with related parties related to this program, namely the puskesmas. Screening of stunted toddlers is done to measure the height of toddlers compared to the standards for their age. Further examinations can include anthropometric examinations, laboratory tests, and other supporting examinations. For hypertension screening, blood pressure is measured. Adults who have high blood pressure will be referred to a hospital or health center for treatment. Treatment of hypertension may include the administration of medications, lifestyle changes, and regular health monitoring.

This empowerment uses the concept of health education. Health education should be able to help change the target thinking to have an interest and a desire to be ready to study, willing to learn, and a fixed reason to study. (Putri et al., 2018). According to Daryanto (2015), health education using visual media equipped with material, pictures, colors, and writing showed success in delivering information to the target (Nurchayani, 2021).

Empowerment was carried out in line with previous research showing an increase in knowledge before and after intervention (Astuti & Suharni, 2017). This explains that the higher a person's education, the higher the ability to absorb information to enhance the knowledge he has. The increase in information and knowledge will be very closely related to the outcome of decision-making on something in one's life. Public empowerment is a measure of health education that aims to create a behaviour change. So it takes an effort to improve that one through the empowerment program.

## CONCLUSIONS

The socialisation of SIAP GENTING and SOBAT TENSI activities carried out by group 4 PKL Banjar Village students is expected to provide education and services to the participants, namely mothers, where, through this activity what is the purpose of this socialisation can help to increase the knowledge of the target community and efforts to reduce stunting rates, especially in Banjar Village, Licin District, Banyuwangi Regency. Efforts to prevent and reduce stunting must be

carried out optimally by increasing the knowledge of the community and support is needed from all circles from the government, community, and family.

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93