



Building a Caring Village and Stunting Intervention (Disanah Village, Sreseh District, Sampang Regency)

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Abstract

Stunting is a global health problem that affects the growth and development of children, especially in rural areas. This article discusses initiatives to optimize stunting prevention in Disanah Village, Sreseh District, Sampang Regency, with a focus on improving human resources and establishing a stunting-aware village. Through the Healthy Kitchen Management Socialization and Assistance Program, stunting prevention efforts are carried out by actively involving the community in managing family nutrition and health. This program includes nutrition counseling, as well as assistance in healthy kitchen management to improve eating patterns and hygiene. The expected results are a decrease in stunting rates, increased nutritional awareness among the community, and the formation of villages that care more about children's health. This article shows the importance of a community-based approach and ongoing training in creating positive changes at the village level to effectively prevent stunting.

Keywords: *Stunting; Human Resources; Nutrition*

INTRODUCTION

Community Service Lecture (CSL) is a form of education by providing learning experiences for students to live in the midst of society outside the campus. CSL college students directly identify and address the development problems faced. CSL is implemented by college in an effort to improve the content and weight of education for students, and to obtain greater added value in higher education.

CSL is implemented in communities outside the campus. CSL is intended to increase the relevance between curriculum materials on campus and the reality of development in society. CSL activities for college students are felt as new learning experiences that have never been obtained on campus. After CSL, college students feel they have new knowledge, new abilities, and about themselves, which will be very useful as provisions before becoming graduates.¹ CSL is an intracurricular activity for undergraduate students at a certain level and within a certain period of time.

The objectives of Participatory CSL are: To train college students' understanding, reasoning, sensitivity and implementation of participatory ideology in an interdisciplinary manner; To develop participants' potential according to their scientific fields in community development creatively, innovatively, independently



and collectively; To provide participants with direct learning and working experiences in dealing with various complex problems and how to deal with them together with the community.

The determination of the location of the CSL field activities was carried out by consulting with related parties, especially the village head regarding various aspects of community life. The Nazhatut Thullab Sampang Islamic Institute collaborates with the National Population and Family Planning Agency (NPFPA) of East Java Province to reduce stunting rates through CSL activities. Disanah Village was chosen as the location for CSL activities because according to the Stunting data from the Sampang Regency government in 2023-2024, it showed more than 30% of stunting cases.²

METHOD

Identification of problems

Stunting data from the Disanah Village government in Sampang Regency in 2023–2024 shows a high percentage of stunting (>30%).³ Based on the established Program Plan, problems related to stunting can be identified, including: Access to health service information that cannot yet be accessed by the Village area; Lack of innovation in access to health services and family planning; Lack of Integrated Service Posts (ISP) movements for teenagers as an effort to develop anti-stunting drivers; Lack of public understanding of the importance of nutrition by utilizing local resources, and; Lack of literacy reading activities about stunting in society.

Survey

The researcher conducted a survey by consulting key informants in the Village, such as the Village Secretary, Village Head Officials, Religious Figures, and the Community. The informants appreciated the planned program, in the CSL activity, considering that the program is of common interest.

Literature research

The legal basis for implementing the study activities for handling stunting are: Presidential Regulation Number 42 of 2013 concerning the National Movement for Accelerating Nutrition; Regulation of the Minister of Health Number 97 of 2014 concerning Health Services During Pregnancy, Childbirth and the Postpartum Period; Regulation of the Minister of Health Number 51 of 2016 concerning Nutritional Supplement Product Standards, and; Presidential Regulation Number 83 of 2017 concerning Food and Nutrition Strategy Policy.

The commitment to accelerate the improvement of nutritional status is realized through the stipulation of Presidential Regulation Number 42 of 2013 concerning the National Movement for the Acceleration of Nutrition Improvement. The regulation integrates health services, especially in the context of maternal and child health, as well as disease control, with an approach of various programs and

activities carried out by various sectors. The implementation of nutritional improvement efforts is also explained in the National Food and Nutrition Action Plan for (NFN-AP) 2015-2019.⁴

Preparation and implementation of action plans related to food and nutrition in the form of Regional Food and Nutrition Action Plans (RFN-AP) at the provincial, district, and city levels. As a guide to integrating development in the field of food and nutrition, the government has issued Presidential Regulation Number 83 of 2017 concerning Strategic Food and Nutrition Policy, which was then followed by Regulation of the Minister of National Development Planning/Head of National Development Planning Agency Number 1 of 2018 which regulates the Guidelines for the National Food and Nutrition Action Plan (NFN-AP), Guidelines for the Preparation of RFN-AP, and Guidelines for Monitoring and Evaluation of NFN-AP/RFN-AP.

In addition, the government has also ratified Presidential Regulation Number 59 of 2017 concerning the Implementation of the Achievement of the Sustainable Development Goals (SDGs). One of the efforts to accelerate the improvement of nutritional status as part of the SDGs is to achieve the second goal, namely ending hunger, ensuring better food and nutrition security, and supporting sustainable agriculture. Stunting is identified as a national priority in the planning documents and SDGs. The strategies for accelerating nutritional improvement, as stated in the National Medium-Term Development Plan 2015-2019 planning document, are as follows: Increasing nutritional surveillance including growth monitoring; Increasing access and quality of health and nutrition service packages with a primary focus on the first 1000 days of life (pregnant women to children aged 2 years), toddlers, adolescents, and prospective brides; Increasing the promotion of community behavior regarding health, nutrition, sanitation, hygiene, and parenting; Increasing the role of the community in improving nutrition including through Community-Based Health Efforts; Strengthening the implementation and supervision of nutritional regulations and standards, and; 6. Strengthening cross-sectoral roles in the context of sensitive and specific interventions supported by increasing the capacity of central, provincial and district/city governments in implementing food and nutrition action plans.

The five main elements in the stunting management strategy are designed to raise awareness and change community behavior with the aim of preventing stunting during the First 1000 Days of Life. This strategy focuses on target recipients, key messages, media, and communication channels that are tailored to the local context. The five main elements in the stunting management strategy include: Vision and leadership commitment; National campaign and behavior change communication; Convergence, coordination, and consolidation of central, regional, and village programs; Nutrition and food security, and; Evaluation and monitoring

RESULTS AND DISCUSSION

Field Supervisor Lecturer (FSL) Assistance

The mentoring activity was carried out on July 22, 2024. The activity was carried out by FSL and CSL Participants at Coordination Center (CC) 1. The Coordination Center is used as a communication and action center that will be carried out by CSL participants and the Village Maternity Cottage (VMC) in overseeing Health in the Village of Disanah.



Figure 1.

Joint of FSL and VMC of Disanah

Coordination of ISP with stunting cases

On July 24, 2024, all college students in CC 1 coordinated regarding ISP Mentoring with stunting cases in Disanah Sreseh Village, Sampang. Coordination is a strategic effort to find out how to overcome the problem of malnutrition and lack of nutrition in children in the area. The mentoring program involves various parties, including health workers, ISP cadres, and the local community, to work together in monitoring child growth, providing nutrition education, and distributing additional food. Mentoring uses a comprehensive approach with the aim of identifying children who experience stunting early, and providing appropriate interventions so that children can grow healthily.

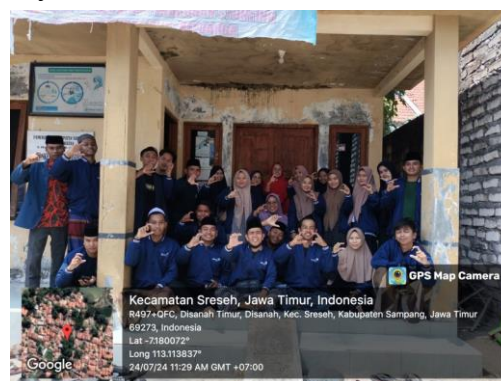


Figure 2.

Coordination with the VMC regarding stunting

Counseling assistance for measuring height and weight of adolescents by VMC

On Monday, 07/08/24 at 09:30 Western Indonesian Time, CSL participants of the Nazhatut Thullab Sampang Islamic Institute CC 1 group 1 conducted counseling for adolescents, at the Miftahul Ulum Middle School (Madrasah), Disanah Village. The target of the activity is grade IX female students.

The mentoring was realized in collaboration with the VMC, namely Mrs. Umamah as the person in charge of the VMC in Disanah village. The VMC usually provides iron tablets every Monday to students at the institution as a form of effort to prevent Stunting.

Zainal Abidin and his friends as CSL participants from the Nazhatut Thullab Sampang Islamic Institute campus in 2024 said that after checking the BH (Body Height) and BW (Body Weight) of the 9th grade Madrasah female students who entered school that day, none of the 12 (twelve) female students were affected by Stunting when viewed from the BH and BW aspects.



Figure 3

Counseling Assistance for MH and BW Measurement of Adolescents by VMC

Poster distribution for adolescents in Disanah Village related to awareness of reading literacy related to stunting

On August 14, 2024, CSL CC 1 participants carried out poster installation activities in various places. The poster distribution activity for adolescents raised the theme of the importance of reading literacy related to stunting as a moment full of enthusiasm and innovation. Participants distributed attractive and informative posters at various strategic points in the village, such as schools, village halls, and community activity centers. The posters not only present facts about stunting and its impacts, but also invite adolescents to actively read and seek further information about nutrition and health. In this way, it is hoped that village adolescents can better

understand the importance of balanced nutrition, and share this knowledge with their families and friends, expanding the positive impact of stunting prevention efforts in their communities.



Figure 4.

Poster distribution for adolescents in Disanah Village related to literacy awareness related to stunting

Morning exercise mentoring every Thursday, especially for stunting cases

Every Thursday morning, CSL CC 1 participants of the Nazhatut Thullab Sampang Islamic Institute in Disanah Village, carry out exercise mentoring activities. With enthusiasm and dedication, CSL participants lead morning exercise sessions specifically designed for children and families to prevent stunting cases. This activity not only aims to improve physical health and fitness, but also to provide education about the importance of physical activity as part of a healthy lifestyle. Through cheerful and energetic exercise sessions, CSL participants strive to educate the public about the benefits of physical movement and reduce the risk of stunting by strengthening a healthy lifestyle. The atmosphere of togetherness and enthusiasm created in each morning exercise session is an additional encouragement for families to care more about their health and nutrition and this is done every week, precisely every Thursday morning.



Figure 5

Documentation of morning exercise assistance every Thursday, especially for stunting cases

Distribution of Iron Supplement Tablets (IST) Related to Stunting Cases at the Adolescent Level

On July 27, 2024, we carried out an activity to distribute IST for adolescents carried out by participants of the CSL CC 1 of the Nazhatut Thullab Sampang Islamic Institute as an important step in combating stunting in Disanah Village. The CSL participants enthusiastically organized an event that involved local adolescents in getting IST as part of an effort to increase hemoglobin levels and prevent anemia, which contributes to healthy growth. During the activity, they not only distributed tablets, but also provided education about the importance of iron intake and balanced nutrition to support the development of the adolescent body and brain. With this initiative, it is hoped that adolescents will better understand and care about their health, and play a role in reducing the risk of stunting in their village.



Figure 6

Distribution of IST related to stunting cases among adolescents

Socialization of assistance for preventing stunting and assistance for managing healthy kitchens

On August 19, 2024, CSL CC 1 Participants carried out a socialization activity for assistance for preventing stunting and managing healthy kitchens organized by participants of the Community Service Lecture (CSL) CC 1 of the Nazhatut Thullab Sampang Islamic Institute. This event was attended by pregnant and breastfeeding mothers, where the speakers, Mr. Didik Syaifullah, Gz and Mrs. Nurul Umamah explained the importance of preventing stunting through counseling on balanced nutrition and healthy eating patterns. In addition, they also provided training on managing healthy kitchens, teaching nutritious cooking techniques with local ingredients. With an interactive and practical approach, this activity aims to empower the community in providing nutritious food at home, as well as increasing awareness and knowledge about the impact of stunting on children. Through active participation and the knowledge gained, it is hoped that Disanah Village can be more

effective in overcoming stunting problems and creating a healthier environment for future generations.



Figure 7

Socialization of assistance for stunting prevention and assistance for healthy kitchen management

Efforts to activate the role of the Adolescents ISP in promoting the anti-stunting generation movement in Disanah Village include counseling, socialization, and education activities at various educational institutions in the village. The function of the Adolescents ISP focuses on assisting adolescents in facing important periods in their lives. The Adolescents ISP is a health-based initiative that discusses aspects of physical and mental health with the aim of supporting adolescent development.

In this activity, students of the Nazhatut Thullab Islamic Institute, participants in CSL 2024 CC 1 invited male and female students to prevent stunting by raising awareness of the importance of consuming good and balanced nutrition, as well as sanitation and preventing anemia with a healthy lifestyle and proper diet.

Providing Additional Food (PAF) for Pregnant Women and toddlers is an important factor in the CSL activities of the Nazhatut Thullab Sampang Islamic Institute in 2024 in reducing the decline in stunting rates. PAF here is made in one location for all pregnant women and toddlers related to families at risk of stunting in Disanah, which the makers consist of all cadres who have been assigned. The cadres themselves here consist of 3 people in one post, of which there is 1 post in Disanah village.

Next is the counseling carried out by a group of CSL College Students of the Nazhatut Thullab Sampang Islamic Institute in collaboration with the ISP in Disanah Village. This counseling is to collect data on toddlers who come to the ISP, the risk of stunting and malnourished pregnant women in the western hamlet of Disanah. In the ISP counseling process, CSL participants of the Nazhatut Thullab Sampang Islamic Institute, accompany the cadres to carry out ISP activities which are carried out in a place in Disanah Village.

CONCLUSION

The participatory work carried out by CSL Nahatut Thullab Sampang Islamic Institute in Disanah Village, Sampang in 2024 is: Reviewing the target points in the CSL Nazhatut Thullab Sampang Islamic Institute's 2024 output achievements on the theme of stunting and while conducting observations in each hamlet in Disanah Village; After that, collecting the data we found during the observation and grouping it and then looking for urgent programs to be completed, and; Carrying out plans, implementation, and evaluation of actions by involving the community and related figures.

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