

# STUNTING PREVENTION THROUGH NUTRITIONAL EDUCATION FOR MOTHERS AND CHILDREN IN NAGARI KAJAI, PASAMAN BARAT REGENCY

Yessy Aprihatin<sup>1</sup>, Dwi Happy Anggia Sari<sup>1</sup>, Widya Prarikeslan<sup>2</sup> Erpita Yanti<sup>1</sup>

<sup>1</sup>Diploma Keperawatan Universitas Negeri Padang

<sup>2</sup>Geography Universitas Negeri Padang

Email :yessyaprihatin@fik.unp.ac.id

\*Corresponding Author, Received: February 20, 2022. Revised: April 21, 2022. Accepted: June 26, 2022

**ABSTRACT:** Stunting is a condition of chronic malnutrition during growth and development since early life. West Pasaman Regency is one of the provinces in West Sumatra which tends to experience an increase in stunting prevalence from 2007 to 2017, although there was a decline in 2018, the prevalence is still high at 35.2 (Risksdas, 2018). To overcome this problem, it is important to conduct health education through the use of a healthy diet to prevent growth retardation. The purpose of this non-profit service is to increase knowledge and understanding of mothers in stunting prevention through health education to mothers and children, so that direct motivation from mothers is expected to be able to optimally pay attention to their growth and development. from children. The method used is to examine maternal knowledge and the problems of stunting prevention and early detection of stunting in Nagari Kajai. Mother's knowledge was measured by pre-test health education and post-test health education. Based on the pre and post test results from 21 respondents, 10 respondents (47.61%) understood about stunting prevention and it increased after health education was carried out where 17 respondents (80.95%) understood about stunting prevention, data were collected before health counseling was carried out. It is hoped that Nagari Kajai mothers will always follow a healthy diet for their children and receive ongoing support from cadres to prevent stunting and reduce stunting in West Pasaman Regency, especially Nagari Kajai.

*Keywords: Stunting, Health Education, Community Empowerment*



This work is licensed under the Creative Commons Attribution-ShareAlike 4.0 International License

## 1. INTRODUCTION

Stunting is a condition of chronic malnutrition during growth and development since early life. Stunting in children under the age of five is usually not detected because the difference between stunted children and normal children at that age is not very visible. While a mother needs to know that this period is a golden period to determine the quality of human resources in terms of physical growth and intelligence, it needs to be supported by good nutritional status. If the child is stunted during the golden period, it is usually difficult to achieve optimal height in the next period. This can cause children to experience impaired development of cognitive and psychomotor functions, intellectual decline, increased risk of degenerative diseases, and lower productivity in

the future [1-3]. The state of stunted growth that has an impact on future generations is one of the government's main goals to immediately reduce the incidence of stunting, including in West Pasaman.

West Pasaman Regency is one of the provinces in West Sumatra which tends to experience an increase in stunting prevalence from 2007 to 2017, although there was a decline in 2018, the prevalence is still high at 35.2 [4]. Compared to the targets of West Sumatra Province (prevalence 26.67) and National (prevalence 27.67) in 2019, this value is still high and has not yet reached the target. [5]has set a goal to reduce the growth lag by 40% by 2025 (McGuire, 2015). The high number of children with stunted growth, one of the causes is nutritional problems [6].

The daily nutritional intake of toddlers is very dependent on the mother, so the mother plays an important role in modifying the nutritional intake of toddlers. Research states that there is a real relationship between parenting patterns and growth retardation [7]. Parenting patterns on the nutritional behavior of toddlers are influenced by maternal nutritional knowledge. However, growth retardation sometimes does not only occur in mothers with little knowledge. The results of the research by [8] showed that stunting was more common in mothers with good knowledge (50%) compared to mothers with less knowledge (16.7%). This is because mothers with low education have great concern for children so that through excessive breastfeeding and formula milk they provide energy, protein, iron in excess to support the growth and development of their toddlers. Based on the results of the research above, it is known that mother's knowledge is still not properly applied to the nutritional status of children due to high or low concern for children. Therefore, in suppressing growth retardation, nutritional issues must be prioritized.

Nagari Kajai has a high stunting problem in 2020 compared to other villages in West Pasaman Regency where data shows that most stunting events occur during the golden age of 13-24 months, so this can affect the growth and development of children later. If not handled properly. With this in mind, efforts are needed in Nagari Kajai, West Pasaman Regency to prevent underdevelopment of growth and development through maternal and child health education.

## **2. RESEARCH METHOD**

This method of delivering charity activities is a pre-test to determine the mother's knowledge before receiving health education about growth retardation. After that, carry out health education through the use of a healthy diet and exercise to prepare healthy and nutritious food to avoid growth retardation. And finally, do a post-test to measure your mother's knowledge after community service. This activity will be held from May 2021 to August 2021. The venue is the office of the Mayor of Nagari Kajai, West Pasaman Regency with 21 participants and this activity is carried out with due observance of the COVID-19 health protocol.

## **3. RESULT AND DISCUSSION**

This non-profit activity is in the form of health education to prevent growth retardation. The

participants of this activity are mothers who have toddlers in Nagari Kajai, West Pasaman, as many as 21 people. It can be seen that most of the participants have a senior high school education, 80.95% and only 19.05% who graduated from tertiary institutions. The respondent's education level affects a person's mindset and behavior. Cooperation between sectors and communities is needed to avoid slowing growth.

Knowledge is the result of knowing and this occurs after a person perceives a certain object. During this non-profit activity, participants receive health education on how to prevent growth retardation through proper eating patterns. It is hoped that with this health education, participants can expand their knowledge and understanding of stunting prevention in children so that they can increase their involvement in stunting prevention activities. Participants' knowledge was assessed using the pre-test and post-test methods. It can be seen that the results of the pre-test of participants who knew about stunting prevention were 10 people (47.61%), while based on the results of the post-test 17 people (80.95%) were % who understood inhibition prevention.

Judging from the results of the pre-test, most of the respondents did not know anything about the definition of stunting, the causes of stunting, the impact of stunting, and how to prevent stunting. From this it can be concluded that public knowledge about stunting prevention increased after health education was carried out.

The program to improve nutrition for infants and toddlers received a lot of attention from the government during the first 1000 days of life through the National Movement. The 1000 HPK movement consists of specific nutrition interventions and sensitive nutrition interventions. Specific interventions are activities that are specifically addressed to the 1000 HPK group. These activities are usually carried out by the health sector, such as vaccination, PMT for pregnant women and toddlers, monitoring the growth and development of toddlers at the Posyandu, supplement tablets for planning guidelines for the first 1000 days of life, iron folate for pregnant women, promoting exclusive breastfeeding, complementary feeding, etc. Specific Interventions are short-term in nature and the results can be recorded in a relatively short time.

### **Follow-up Stage**

Follow-up was done to gain knowledge about prevention of growth retardation by cadres in Nagari Kajai. At this stage, it is necessary to

continue with the results in the form of assistance to reduce the incidence of stunting during the West Pasaman administration, especially in Nagari Kajai.

#### 4. CONCLUSION

In the implementation of this charity activity, it can be seen that most of the women in Nagari Kajai have secondary education. Mother's knowledge before being given health education about inhibitory prophylaxis and after health education about inhibition prevention based on pre and post test results increased

#### 5. REFERENCE

- [1] Astari. Faktor-Faktor Yang Berpengaruh Terhadap Kejadian Stunting Pada Anak Usia 6-12 Bulan Di Kabupaten Bogor. Pascasarjana Institut Pertanian Bogor. 2006
- [2] Riskesdas. Riset Kesehatan Dasar Jakarta. Departemen Kesehatan RI. 2018
- [3] Mc Guiredan Alismail. .21<sup>st</sup> Century Standards and Curriculum: Current Research and Practice. Journal of Education and Practice,6(5)150-154. 2015
- [4] Symond. Peningkatan Penerapan Intervensi Gizi Terintegrasi Untuk Anak Stunting Di Kabupaten Pasaman Barat. Buletin Ilmiah Nagari Membangun. Vol. 3 No. 1, Maret 2020.
- [5] Demirchyan, Anahit. Petrosyan, Varduhi. Sargsyan, Viktoria & Hekimian Kim. Predictors of stunting among children ages 0 to 59 months in rural region of armenia. Journal of Pediatric Gastroenterolog yang Nutrition. 2016
- [6] Ni'mah, C & Muniroh, L. Hubungan tingkat pendidikan, tingkat pengetahuan dan pola asuh ibu dengan wasting dan stunting pada balita keluarga miskin. Media Gizi Indonesia. 2015;10(1):84-90. 2016
- [8] Depkes RI. Sistem kesehatan nasional. Diperoleh tanggal 15 Juli 2014