

Government Strategy in Reducing Stunting Rate for the People of North Labuhanbatu Regency towards Zero Stunting

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Abstract

This problem is one of the problems that has an impact on the development and improvement of the younger generation. The absence of energy and protein in a long enough period of time will cause inhibition of growth and development in infants. This research aims to find out the strategies implemented by the North Labuhanbatu Regency government in the process of reducing stunting rates and how to overcome them. This research uses a qualitative approach with descriptive research type. Research data was obtained from interviews and observations. The data analysis carried out was taken from several stunting cases that have occurred and looked at the social situation and conditions in the field. The results of this research show that there are still many cases of stunting occurring in North Labuhanbatu Regency, especially among toddlers, pregnant women, postpartum and breastfeeding mothers, prospective brides, and grooms. The main causes of stunting are nutritional, health and environmental disorders. This has become the concern of the North Labuhanbatu Regency government in the process of targeting a reduction in the stunting rate towards zero stunting by 2024. Apart from that, the government will carry out eight convergence actions to reduce stunting in each district/city.

Keywords

Strategy; Stunting; Zero Stunting



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1. INTRODUCTION

Progress is not just about frameworks, but progress is about how to build individuals or turn human events. Improvement not only discusses tangible things but also about individuals, complete human improvement in accordance with the 1945 Constitution, that human progress is to encourage government assistance in general, to educate the existence of the State, that the improvement of society is carried out within the structure of the state (Hidayati, 2016; Leonard, 2016). the turn of humanitarian events, and the intention is to realize a prosperous, just, prosperous, just, material and profound society based on Pancasila and the 1945 Constitution of the Republic of Indonesia, that in organizing the turn of events of society, work plays a significant role and position as a destination for transfer and improvement (Kurniawan, 2020; Maulana, 2019). Provision prepares a person to become a human asset, human development is needed which starts from setting an example of raising children, providing nutritious food, and fulfilling his sustenance (V. Anggraini, 2019; Haura et al., 2021).

One of the issues needed in implementing progress in Indonesia is accelerating the reduction of barriers. Barriers are a difficult issue because they have a devastating impact on victims, both current and long-term influences. Stunting is an increasingly severe problem in developing countries, such as Indonesia (Hendrika et al., 2022); (Yuniarti et al., 2019). This is a serious problem because it is related to problems in the country.

According to UNICEF, 7.8 million children are experiencing barriers, and Indonesia is one of the five countries with the largest number of children experiencing barriers. Based on the 2017 report of the Welfare Office of the Republic of Indonesia, the national prevalence of stunting among children aged two to five years in Indonesia is 35.6%. Of these, 15.1% were severely stunted and 20% were stunted (S. Z. Anggraini & Tukiman, 2022). Stunting is an important issue that will affect the social, economic life of the community and nutrition (Agustina et al., 2020); (Solihin, 2018). Stunting can also occur when the fetus is still in the womb due to the mother's lack of protein intake as well as environmental factors that do not support (Mega & Sugiyarti, 2021; Octavia & Octavia, 2019).

This problem is one of the problems that has an impact on the development and improvement of the younger generation. The absence of energy and protein in a long enough period of time will cause inhibition of growth and development in infants (Măță Liliana et al., 2023; Saripudin, 2019). In 2017, UNICEF recorded that the incidence of barriers in Indonesian infants was the second highest in ASEAN, around

150.8 million children under the age of five worldwide experienced barriers or a figure of around 22.2% (Priyanka & Heryadi, 2020); (World Health Organization, 2011). According to the World Health Organization (WHO), the prevalence of stunting in children under five of 20% or more is considered a public health problem (Komalawati, 2020; Yanti & Yulia, 2020). Information on the prevalence of obesity in Indonesian children based on SSGBI (Review of Indonesian Child Nutritional Status) in 2019 is 27.67%. Based on SSGBI data in 2019, stunting is a public health problem in Indonesia.

The government's RPJMN (National Medium-Term Development Plan) for 2020-2024 targets a stunting prevalence rate in Indonesia of 14%. This target can be achieved by incorporating multi-field work and ensuring synchronization of programs from the community level to the city level (Istiniah et al., 2023); (Sukarma et al., 2023). The step taken to accelerate this goal is to determine the area of districts / cities and also villages so that they can be focused. The number of districts/cities will be gradually expanded to cover the entire district/city area. Efforts to prevent and reduce the number of barriers in Indonesia are not only a matter for public authorities (Sawir, 2020); (Komalawati, 2020). All components of the state must be involved and play a role in overcoming obstacles.

North Labuhanbatu regulations, when viewed from SSGI data in 2022, the obstacle pervasivity rate is 7.3% or close to 23.6% from 2021 or more than 382 children under five. This makes the North Labuhanbatu region ranked 4th largest obstacle reduction in North Sumatra Region and fourth rank of the largest obstacle reduction overall (AR et al., 2023). Therefore, the goal proclaimed by the Government of the North Labuhanbatu Regime in 2024 is to determine the remaining 7.3% of dominant cases and we achieve zero obstacles and we must still guarantee that no new cases or zero new obstacles arise considering that the Diskominfo Regulation of North Labuhan Batu is obtained from <https://labura.go.id/>. To date, the most common way to reduce the number of barriers in the North Labuhan Batu Regulation has worked very well (Dwi, 2022). This is because the government is working on this gradual reduction process and wants to eliminate stunting in North Labuhanbatu Regency by 2024.

This research is in line with research conducted by Kinanti Rahmadhita, Faculty of Medicine, University of Lampung entitled "Stunting Problems and Prevention" (Rahmadhita, 2020). This study both aims to eliminate stunting in their respective zones. The Government of Indonesia focused on addressing and reducing the rampant barriers reviewed in a limited meeting on obstacle mediation held with Community Group Administrators to Accelerate the Increase in Poverty Reduction in 2017, in

which the meeting discussed the need to strengthen coordination and increase the extent of projects undertaken by relevant Agencies/Agencies (K/L), to seek the nature of the program to reduce the level of barriers in each space What to remember for cities in need (Dewi & Auliyah, 2020); (Widyastuti et al., 2022). The same research was also conducted by Hayati Sofia Salmon, et al of the Faculty of Social and Political Sciences, Sam Ratulangi University with the title "Government Strategy in Overcoming Stunting in Sangihe Islands District" (Salmon et al., 2022). This study also aims to reduce stunting rates in Sangihe Islands Regency. The local government has also done various ways in the process of reducing stunting because from health data the stunting rate here has decreased slowly and is getting better.

This research aims to find out the strategies implemented by the North Labuhanbatu Regency government in the process of reducing stunting rates and how to overcome them. It is hoped that this research will bring local government policies to carry out various ways in the process of reducing stunting so that it will slowly improve.

2. METHOD

The type of research conducted is qualitative research using descriptive methods. This kind of research seeks to find systematic, factual, and accurate ways of looking at social situations and events in the field (Sugiyono, 2019). During June and July 2023, researchers chose North Labuhanbatu Regency as the research location. The location was chosen considering the high stunting rate in North Labuhanbatu Regency which the government is still trying to reduce to zero. The data collection technique carried out in this study is by conducting field research. Surveys conducted by researchers with a direct understanding of the scope of data collection: Interviews, observations, and literature studies. Data analysis techniques use data reduction, data presentation and conclusions.

3. FINDINGS AND DISCUSSION

3.1 Data Stunting

Stunting occurs in North Labuhanbatu district in almost all villages and sub-districts. Therefore, accurate data is needed so that stunting can immediately go to zero stunting. One of the areas located on the East Coast Line of North Sumatra Region is North Labuhanbatu Regency. Its altitude ranges from 0 to 2,151 meters above sea level, and is located at 99.25.00o – 100.05.00o East Longitude and 01o58'00" – 02o50'00" North Latitude. North Labuhanbatu region has eight sub-districts and 61 village. The following table of information is based on the application survey as of August 2022.

Table 1.
Stunting Data in North Labuhanbatu District

| TODDLER MEASUREMENT IN AUGUST 2022 THROUGH EPPGBM APPLICATION | | | | |
|---|--------------|--------------|--------------------|-------------------|
| No | DISTRICTS | PHC | VILLAGE | TODDLERS STUNTING |
| 1 | KUALUH HULU | AEK KANOPAN | PARPAUDANGAN | 6 |
| 2 | | | AEK KANOPAN | 5 |
| 3 | | | P. MAMBANG MUDA | 1 |
| 4 | LONDUT | LONDUT | KUALA BANYAN | 19 |
| 5 | | | LONDUT | 1 |
| 6 | | | PULO DOGOM | 2 |
| 7 | | | SUKARAME | PER. HANNA |
| 8 | SUKARAME | SUKARAME | PER. LABUHAN HAJI | 3 |
| 9 | | | NEW DIFFICULT GAME | 3 |
| 10 | | | SUKARAME | 8 |
| 11 | SONOMARTANI | SONOMARTANI | SONOMARTANI | 27 |
| SUM | | | | 78 |
| 12 | SOUTH QUAIL | GUNTING SAGA | DAMULI PEKAN | 1 |
| 13 | | | GUNTING SAGA | 2 |
| 14 | | | MALAY MOUNTAIN | 4 |
| 15 | | | HASANG | 3 |
| 16 | | | LOBU HUALA | 2 |
| 17 | | | PER. DAMULI | 4 |
| 18 | | | SIAMPORIK | 4 |
| 19 | | | Sidua-One | 1 |
| 20 | | | SIMANGALAM | SIMANGALAM |
| 21 | SIALANG TAJI | 10 | | |
| 22 | CAPE PASIR | CAPE PASIR | CAPE PASIR | 18 |
| SUM | | | | 54 |
| 23 | AEK NATAS | DURIAN TOWN | PANGKALAN | 3 |
| 24 | | | UJUNG PADANG | 1 |
| 25 | | | ADIAN TOROP | 1 |
| 26 | SIMONIS | SIMONIS | SIMONIS | 8 |
| 27 | | | POLDUNG | 7 |
| 28 | | | ROBISON | 5 |
| 29 | | | SIBITO | 7 |
| SUM | | | | 32 |
| 30 | AEK KUO | AEK KORSIK | AEK KORSIK | 9 |
| 31 | | | SAFE CITY | 5 |

| TODDLER MEASUREMENT IN AUGUST 2022 THROUGH EPPGBM APPLICATION | | | | |
|---|-----------------|------------------|-------------------|-------------------|
| No | DISTRICTS | PHC | VILLAGE | TODDLERS STUNTING |
| SUM | | | | 14 |
| 32 | ON IX-X | KMP. TAX | K.TAXES | 2 |
| 33 | | | MERANTI OMAS | 1 |
| 34 | | | BANGUN REJO | 2 |
| 35 | | | PULO JANTAN | 2 |
| 36 | | AEK BATU CITY | HATAPANG | 2 |
| 37 | | BATU TUNGGAL | BATU TUNGGAL | 26 |
| 38 | | | PEMATANG | 8 |
| SUM | | | | 43 |
| 39 | MARBAU | MARBAU | LOBU RAMPAH | 1 |
| 40 | | | INTERSECTION FOUR | 1 |
| 41 | | | SOUTH MARBAU | 1 |
| 42 | | | AEK HITETORAS | 2 |
| 43 | | | AEK TAPA | 1 |
| 44 | | BELONGKUT | SIPARE-PARE HILIR | 6 |
| 45 | | TUBIRAN | 1 | |
| 46 | | BELONGKUT | 2 | |
| 47 | | PULO BARGOT | 1 | |
| SUM | | | | 16 |
| 48 | KUALUH HILIR | KUALA BANGKA | KUALA BANGKA | 11 |
| 49 | | | SEI APUNG | 6 |
| 50 | | | TELUK BINJAI | 5 |
| 51 | | MESJID VILLAGE | KEL K. MESJID | 8 |
| 52 | | SEI SENTANG | 9 | |
| 53 | | TANJUNG MANGEDAR | 4 | |
| | | TELUK PIAI | 5 | |
| SUM | | | | 48 |
| 54 | LEIDONG Quailuh | TANJ LEIDONG | BLACKWATER | 18 |
| 55 | | | COCONUT STICK | 4 |
| 56 | | | PANGKALAN LUNANG | 4 |
| | | | SIMANDULANG | 22 |
| 58 | | | TANJUNG LEIDONG | 43 |
| 59 | | | GULF PULAI DALAM | 3 |
| | | | 60 | OUTER PULAI |

| TODDLER MEASUREMENT IN AUGUST 2022 THROUGH EPPGBM APPLICATION | | | | |
|---|-----------|--------------|---------|-------------------|
| No | DISTRICTS | PHC | VILLAGE | TODDLERS STUNTING |
| | | | BAY | |
| | | SUM | | 97 |
| | | TOTAL AMOUNT | | 382 |

Source: Population Control and Family Planning Office of North Labuhanbatu Regency

The data above explains where toddlers and pregnant women are stunted and the number affected by stunting. The data is a benchmark for the North Labuhanbatu Regency government in the process of reducing stunting. From the table above, it is clear that all sub-districts in North Labuhanbatu Regency have children affected by stunting. The districts with the most stunting are Kualuh Leidong with 97 people, Kualuh Hulu with 78 people, Kualuh Selatan with 54 people, Kualuh Hilir with 48 people, NA-IX-X with 43 people, Aek Natas with 32 people, Marbau with 16 people and Aek Kuo with 14 people.

3.2 Audit of Stunting Cases

From the stunting cases that occurred in North Labuhanbatu Regency, the North Labuhanbatu Regency expert team successfully conducted an audit and found the following results:

Table 2. Stunting Case Audit Results (AKS)

Expert Team of North Labuhan Batu Regency

| Target Groups | Identify Risks/Problems found | Management Plan/ Expert Recommendation/ Follow-up Plan | Team Information |
|---------------|--|---|--|
| Toddler | <ol style="list-style-type: none"> 1. Pregnant women at the age of 43 years 2. Not Exclusive Breastfeeding 3. Not getting MP-ASI 4. SEZ mothers during pregnancy 5. BBLR Children | <ol style="list-style-type: none"> 1. Education to mothers about stunting 2. Need help for nutritional intake through intensive PMT 3. Education about good parenting (food care, sanitary hygiene | <p>Conclusion: Audit Case of Children Stunting</p> <ol style="list-style-type: none"> 1. Need special attention from family and government (Sub-districts and |

| Target Groups | Identify Risks/Problems found | Management Plan/ Expert Recommendation/ Follow-up Plan | Team Information |
|---------------|--|---|----------------------------------|
| | 6. Incomplete basic immunization | and health care) | health centers) |
| | 7. Short TB | 4. Education to families (fathers and mothers) in allocating income to priority on food | 2. Priority gets PMT assistance. |
| | 8. Difficult to meet food needs | 5. Need Risk Education for 4 Too (4T) | |
| | 9. Mothers do not have birth control | | |
| | 10. Mothers do not understand balanced nutrition | | |
| | 11. 5th child | | |
| | 11. Usiaibu 43 year | | |

The table above explains which groups can be affected by stunting, both pregnant women and malnourished toddlers. As well as the main cause of stunting to them. Stunting cases like this are vulnerable to often occur due to lack of concern for health (Nurlila & La Fruit, 2020). Prevention that can be done to overcome stunting cases in pregnant women by doing the following: (George Wilhelm Bender. 2022. Communication Strategy for Stunting Awareness Campaign 2021)

1. Regular pregnancy control every month
2. Consumption of nutritious foods and special milk for pregnant women
3. Take Supplements
4. Monitor BB gain once a month

Prevention of stunting in toddlers can be done by:

1. Regularly check the development and progress of the child.
2. Give toddlers additional and nutritious food.

Efforts to prevent and overcome stunting:

1. Behavior changes
2. Mindset improvement
3. Improved parenting
4. Improved health services

5. Improved sanitation
6. Improved water access

3.3 Problems with stunted children

Table 3. The Problem of Children Affected by Stunting

| | |
|---|---|
| Psychomotor for children of their age is not developed | <ol style="list-style-type: none"> 1. Not yet able to walk 2. Standing still holding on and can't be long 3. Haven't been able to sit upright for a long time |
| Social Interaction | <ol style="list-style-type: none"> 1. No Eye contact with strangers 2. Does not respond when greeted |
| Cognitive Development – Language | <ol style="list-style-type: none"> 1. The ability to speak is also slow. 2. Limited vocabulary 3. Has not been able to show his limbs when asked |
| Indications of <i>Down syndrome</i> , Autism and Mental Retardation | <ol style="list-style-type: none"> 1. The shape of the face leads to Mongolian, thick tongue, often sticking out the tongue, fingers are large and short 2. No eye contact 3. Not responding well 4. Slow-psychometrics (crawling, standing, walking) 5. Speech difficulties |

From the problem of child stunting above, there are several recommendations from the audit team of North Labuhanbatu District in order to reduce stunting rates, namely in the following ways:

- Improving the ability of parents to develop good parenting for children, especially in training and stimulating psychomotor and language development
- Develop specific tools for monitoring the psychological/mental development and growth of children
- Improve the skills of cadres to perform simple therapy on psychological and motor problems of stunted children, detect children with other mental problems to distinguish stunted children from children with "Down syndrome, mental retardation or autism"

- Equipping posyandu facilities with simple game tools to train psychomotor, cognitive and language development in children.

3.4 Convergence Action Stunting Reduction

By using an evaluation instrument that takes into account certain markers and time frames, evaluation of the implementation of obstacle reduction is a cycle or series of exercises carried out by the joint territorial legislature to assess the performance of the district/city provincial state in carrying out eight (eight) combined stunting reduction activities. With the aim of:

1. Estimating the level of implementation of district / city performance in carrying out 8 (eight) conversion activities to reduce *stunting*.
2. Ensure the responsibility of regional/city governments in carrying out 8 (eight) conference activities to reduce *stunting*.
3. Reviewing local / city governments in implementing 8 (eight) convex activities to reduce *stunting*.
4. Appreciating the efforts of representatives of district/city DPRD in implementing 8 (eight) DPRD activities to reduce *stunting*.

This stunting reduction convergence action is carried out with (8) eight stages as follows:

1. Masteransit and situation analysis
2. Activity plan
3. Stunting booth
4. Regent / Mayor Regulation accelerates stunting reduction
5. Development of actors and village / village government
6. Stunting data management system
7. Stunting measurement and publication
8. Annual work review

The general government will survey the presentation of local governments in carrying out 8 (eight) combined obstacle reduction activities in April – May of the following year. The general assessment activities of local governments on regional/city exhibitions start from the Regional Consumption Revenue and Expenditure Plan (APBD) of provincial parliaments, city and regional governments, and other sources of financial support.

In addition, in accordance with Presidential Regulation Number 72 of 2021, a Special Team for Steering and Implementing the Acceleration of Stunting Reduction was formed. The Vice President became the Basic Chair followed by Human and Social Change Planning Experts. To accelerate the reduction of stunting, teams have also

been formed at the provincial, district/city, and village/village levels.

Based on the explanation of North Labuhanbatu Officials who are currently based on SSGI information in 2022, North Labuhanbatu Regulations are at an inhibition prevalence rate of 7.3% or a decrease of 23.6% from 2021 or as many as 382 toddlers. This makes the North Labuhanbatu Regime recorded as the area with the largest decrease in obstacles in the North Sumatra region and the fourth highest decline area overall.

In terms of reducing barriers, this obstacle acceleration hypothesis makes sense in one of the areas that direct government aid. Therefore, families in Indonesia highly value the health of their mothers and children, especially in light of the public debate surrounding the Increasing Speed of Barriers Reduction, for which guidelines have been provided. President Number 72 of 2021 is an overview of a system of good behavior and implementation. according to the findings of research conducted by Hayati Sofia Salmon et al, who also want to accelerate the process of reducing stunting rates in Sangihe Islands Regency.

3.5 Stunting Reduction Program

1. Giving pregnant women iron folate tablets
2. Giving Vit A babies and toddlers
3. Infant and child feeding
4. Provision of lactation counseling
5. Monitoring of nutritional status of outpatient children
6. Inpatient nutritional status monitoring
7. pregnant women education
8. Busui Education

4. CONCLUSION

From the results of research that has been conducted in the previous chapter regarding the strategy carried out by the North Labuhanbatu district government in reducing stunting rates, several conclusions can be drawn including: stunting cases that occur in North Labuhanbatu district occur due to nutritional and health factors. This often occurs on average in toddlers and pregnant women. The lack of intake obtained by them makes this stunting case increase. But with this, the North Labuhanbatu district government has taken a policy to reduce this stunting rate towards zero stunting in 2024. In terms of overcoming stunting cases that have occurred, the provincial government conducts district and city governments are obliged to carry out these activities within a predetermined period of time as part of

convergence actions to reduce stunting. In order to create this zero stunting. The strategy carried out by the government in reducing the acceleration of stunting in North Labuhanbatu Regency is by conducting sweeps to all villages in North Labuhanbatu Regency and conducting socialization on how to prevent stunting. As well as providing treatment to pregnant women and toddlers who have been affected by stunting so that they are quickly given the first treatment.

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