

## Family Economic Empowerment Strategy through Nutritional Fulfillment Interventions as a Solution for Stunting Prevention at Kenanga Integrated Health Post

Devi Andani<sup>1\*</sup>, Nita Ariyani<sup>2</sup>, Sudiyana<sup>3</sup>, R. Murjiyanto<sup>4</sup>  
Universitas Janabadra

**Corresponding Author:** Devi Andani [devi\\_andani@janabadra.ac.id](mailto:devi_andani@janabadra.ac.id)

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### ABSTRACT

Stunting is a complex problem, the prevalence of stunting in Bantul in 2023 based on the Indonesian Nutritional Status Survey (SSGI) was 6.37% while in 2024 the prevalence of stunting was 7.01% or 3,417 toddlers. The strategy of empowering family economics through nutritional fulfillment interventions at the Kenanga Integrated Health Post (Posyandu) is one step that can be taken in preventing stunting. The community service implementation process is divided into two stages: the preparation stage (carried out in coordination between the Janabadra University Community Service Team, the Janabadra University Research, Publication, and Community Service Institute and the Kenanga Integrated Health Post) and the implementation stage of community service activities (lecture method). The Kenanga Integrated Health Post plays an important role in providing health and education services, but further training is needed to increase parental awareness.

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## **INTRODUCTION**

The growth process experienced by toddlers (infants under five years old) is a cumulative process from birth. Good and healthy nutrition during infancy is a crucial foundation for their future health. Conditions that potentially disrupt a child's nutritional needs, particularly energy and protein, can lead to growth problems (Fadhillah, 2022). Stunting is a condition of growth failure in toddlers due to chronic malnutrition, resulting in the child being too short for their age. Malnutrition occurs from the time a baby is in the womb and in the early stages after birth, but stunting only becomes apparent after the baby is 2 years old. The Ministry of Health defines stunting as a toddler with a z-score of less than -2 SD (standard deviation) (stunted) or less than -3 SD (severely stunted) (Wigati et al., 2022).

Stunting in toddlers requires special attention because it can hinder physical growth, mental development, and health. Recent studies have shown that stunting in children is associated with poor school performance, low educational attainment, and low income as adults (Vasera & Kurniawan, 2023). Stunting in children is also associated with increased vulnerability to disease, both infectious and non-communicable diseases (NCDs), as well as an increased risk of overweight and obesity, which can increase the risk of degenerative diseases. Stunting in children can be used as a predictor of the low quality of a country's human resources. Stunting leads to poor cognitive abilities, low productivity, and an increased risk of disease, resulting in long-term losses for the Indonesian economy. Indonesia is the country with the fifth-highest prevalence of stunting (Wanda et al., 2021).

Low energy intake is also influenced by mothers' ignorance about stunting, who assume that their children do not have nutritional problems, so mothers do not make any special efforts to increase their children's energy intake (Izwardy, 2019). The incidence of stunting in toddlers is largely influenced by low parental income and education. Families with higher incomes have easier access to education and healthcare, leading to improved nutritional status for their children (Zurhayati & Hidayah, 2022). Early childhood is characterized by rapid growth spurts. Adequate energy intake is crucial for children. This energy comes from macronutrients such as carbohydrates, fats, and proteins. Carbohydrates provide energy for all tissues in the body, especially the brain, which normally uses glucose as a source of energy for cellular activity (Zurhayati & Hidayah, 2022). Protein is an essential substance for body cells. Fat consumed in food serves as a source of energy and essential fatty acids. Structural fatty acids are an important part of cell membranes, nerve fibers, and general cell structure. Fat reserves, especially in adipose tissue, serve as a long-term energy source for the body (Hikmahrachim et al., 2020).

In Kalipucang Hamlet, based on data from the Kenanga Integrated Health Post (Posyandu) in 2025, there were 4 children with stunting out of a total of 92 toddlers in Kalipucang Hamlet. Related to this problem, addressing stunting is crucial because it will affect toddler development. Furthermore, parental awareness as members of the Kenanga Integrated Health Post (Posyandu) in monitoring their children's growth is also still lacking, this is reflected in the lack of attention to the appropriateness of weight for height of children. Even though as a mother, this knowledge is basic knowledge that should be understood. The lack of training regarding the rights and obligations of mothers with toddlers is also one of the causes of the persistence of stunted toddlers at the Kenanga Integrated Health Post.

The Kenanga Integrated Health Post (Posyandu) in Kalipucang Hamlet, Bangunjiwo Village, Kasihan District, Bantul Regency, Yogyakarta Special Region, was established in 1978 in Kalipucang Hamlet, Bangunjiwo Village, Kasihan District, Bantul Regency, Yogyakarta Special Region, with the aim of carrying out activities in the field of family planning and integrated health services. However, until now it does not have its own post; the post used so far is the house of the Head of Kalipucang Hamlet. There is no application that can facilitate the Kenanga Posyandu cadres in reducing stunting rates by monitoring the development of toddlers' height and weight according to their age. Services provided include Maternal and Child Health (KIA) services, maternal health services, data collection and education on Couples of Childbearing Age (PUS) and Women of Childbearing Age (WUS), Clean and Healthy Living Behavior (PHBS), and a movement for mosquito larvae control (jumantik). Specifically, regarding Maternal and Child Health services, the focus is more on reducing stunting rates in toddlers. The continued presence of toddlers with indications of stunting indicates the importance of addressing this issue.

One of the problems faced by the Kenanga Integrated Health Post (Posyandu) is the continued presence of stunted toddlers among its members. Therefore, one of the activities undertaken to reduce the stunting rate is by implementing a Family Economic Empowerment Strategy Through Nutritional Fulfillment Interventions as a Solution for Stunting Prevention at the Kenanga Integrated Health Post (Posyandu) conducted by the Janabadra University Community Service Team. The community service carried out by the Janabadra University Community Service Team at the Kenanga Integrated Health Post (Posyandu) has the following objectives:

- a. Reducing stunting rates to achieve zero stunting at the Kenanga Integrated Health Post (Posyandu).
- b. Ensuring that members of the Kenanga Integrated Health Post (Posyandu), especially children, can grow and develop properly and healthily according to their age.
- c. Improving human resources with competency in stunting management, especially for members of the Kenanga Integrated Health Post (Posyandu).

## **IMPLEMENTATION AND METHODS**

The community service implementation process is divided into two stages: the preparation stage and the implementation stage. The preparation stage is carried out through external and internal coordination. The external coordination stage is carried out with the Kenanga Integrated Health Post (Posyandu Kenanga), and the internal coordination stage is carried out between the Institute for Research, Publication, and Community Service (LP3M) of Janabadra University and the Janabadra University Community Service Team to discuss and prepare community service materials. The implementation stage of community service activities then involves participants offline at the Kenanga Integrated Health Post (Posyandu Kenanga).

The implementation of community service activities, namely Family Economic Empowerment Strategy Through Nutrition Fulfillment Interventions as a Solution for Stunting Prevention at the Kenanga Integrated Health Post (Posyandu), was carried out using an offline lecture method supported by material slides, laptops, and LCD Projectors. Education related to stunting prevention was carried out through nutritional fulfillment interventions, so that Kenanga Posyandu members achieved a zero stunting rate. The Janabadra University community service team used a guided group discussion method, which was carried out by the community service team conducting joint discussions related to educational materials so that participants gained knowledge, information, and in-depth understanding of stunting prevention through nutritional fulfillment interventions. The community service activity period, from the preparation stage to the implementation stage, began on August 4, 2025 to September 30, 2025.

## **RESULTS AND DISCUSSION**

In this section, you should describe each step taken to complete your dedication process along with the material presented. The results of the discussion can also be submitted here. You should not include too many descriptive statistical results here; on the other hand, it should be summarized in a more readable table or graph. You should never forget the numbers for each table and chart presented in your paper.

Stunting is a complex health problem, so preventing stunting is important by emphasizing early detection based on identifying disease risk factors (Aisyah et al., 2025). Based on data from the Indonesian Nutritional Status Survey (SSGI), the prevalence of stunting in Bantul in 2023 was 6.37%, while in 2024 it was 7.01%, or 3,417 toddlers (FKU, 2024). Although various efforts have been made to reduce stunting rates in Bantul Regency, the prevalence has actually increased. Stunting is a problem related to the child's growth process. The Indonesian Ministry of Health defines stunting as chronic malnutrition caused by insufficient nutritional intake over a long period and the provision of food that does not meet nutritional needs (Cahyati et al., 2023). Meanwhile, according to the United Nations Children's Fund (UNICEF), stunting is a low ratio of height to age based on the Z-Score table at a value of less than or equal to -2 SD. Stunting is a chronic malnutrition problem caused by insufficient nutritional intake over a long period of time, resulting in growth disorders in children, namely the child's height is

lower or shorter (dwarfism) than the standard for their age (Nurul Mahmudah et al., 2023). Stunting is also defined as a form of growth and development failure that results in impaired linear growth in toddlers due to the accumulation of insufficient nutrition that occurs over a long period of time, starting from pregnancy to the age of 24 months (Wahyudiono et al., 2024).

Children who experience stunting experience delays in the maturation of nerve cells, especially in the cerebellum which is the center for coordinating nerve cells to coordinate motor activity (Rahmawati et al., 2024). So stunting can cause stunting in the development of gross and fine motor skills in children, which will prevent children from getting good experiences in their brains, thus hampering their intelligence (Ramayanti, 2024). Stunted children tend to be quiet and lack good motor, cognitive and emotional responses (Purnamasari et al., 2023). Stunting can lead to suboptimal intelligence, increased susceptibility to disease, and increased risk of decreased productivity. During adolescence, stunting can have psychological effects, including a tendency toward anxiety and depression, low self-confidence, and hyperactive behaviors that contradict normal behaviors (Safitri et al., 2022).

There are various factors that cause stunting, one of which is poor parenting practices, particularly by mothers, towards their children. A mother's knowledge plays a role in her parenting style. Therefore, when a mother lacks knowledge, her parenting role becomes less effective, and as a result, her child's growth and development are hampered. One reason for this lack of understanding is the economic conditions of lower-middle-class communities (Sahira & Assariah, 2023). Mothers' low knowledge and understanding of breastfeeding and infant feeding are also determinants of stunting. Furthermore, poor access to clean water and sanitation also impacts child growth, leading to exposure to pathogenic bacteria. An unhygienic environment can lead to environmental enteric dysfunction (EED), characterized by decreased nutrient absorption capacity and malabsorption, which can trigger stunting (Cahyati et al., 2023).

Efforts to address the problem of stunting have been made by the government, including: pregnant women receiving at least 90 iron-fortifying tablets during pregnancy, providing additional food to pregnant women, fulfilling nutritional needs, giving birth with a doctor or expert midwife, early initiation of breastfeeding, exclusive breastfeeding for babies up to 6 months of age, providing complementary foods for children aged 6 months to 2 years, providing complete basic immunizations and vitamin A, monitoring toddler growth at integrated health posts (posyandu), and implementing clean and healthy living behaviors (Nurul Mahmudah et al., 2023). Stunting advocacy carried out by the Directorate of Nutrition Development in collaboration with UNICEF Indonesia was carried out with the aim of reducing the number of stunted children in Indonesia (Pipitcahyani et al., 2024). Lack of knowledge about stunting is also a contributing factor to its continued lack of control. Increasing public awareness of stunting and disseminating information about its causes are key solutions to reducing stunting rates. Providing accurate education and information is a good first step in addressing this lack of knowledge and

encouraging more effective prevention and early detection efforts (Hindratni et al., 2022).

Kenanga Integrated Health Post (Posyandu) is a toddler health post. In 2025, there were 4 children with stunting out of a total of 92 toddlers who were members of Kenanga Integrated Health Post. Related to this problem, handling stunting is important because it will affect the development of toddlers. In addition, the awareness of parents as members of Kenanga Integrated Health Post (Posyandu) in monitoring their children's growth is also still lacking, this is reflected in the lack of attention to the appropriateness of weight for height of children. Even though as a mother, this knowledge is basic knowledge that should be understood. The lack of training regarding the rights and obligations of mothers who have toddlers is also one of the causes of the persistence of stunted toddlers at Kenanga Integrated Health Post. Services provided include Maternal and Child Health (KIA) services, health services for pregnant women, data collection and education on Couples of Childbearing Age (PUS) and Women of Childbearing Age (WUS), Clean and Healthy Living Behavior (PHBS), and a movement for mosquito larvae monitoring. Specifically, Maternal and Child Health services are more focused on reducing stunting rates in toddlers. The continued presence of toddlers indicated as stunting indicates the importance of handling this issue.



**Figure 1. Form of Kenanga Posyandu Health Services**

Stunting can be prevented through a balanced diet during the first 1,000 days of life. The first 1,000 days of life are the period from the fetus's formation in the womb (270 days) to the child's age of 2 years (730 days) (Dewi, 2022). This period is called the golden age. If not utilized properly, it can cause permanent damage, resulting in delays in a child's growth and development. The critical period of a child's growth and development is influenced by the mother's nutritional status before, during, and while breastfeeding (Supriatin & Lindayani, 2021).



**Figure 2. Educational Toys Provided for Kenanga Integrated Health Post Members**

The educational toys provided by the Kenanga Integrated Health Post (Posyandu) are one of the efforts to ensure the cognitive development of members of the Posyandu Kenanga, appropriate to their developmental stage and age. The following are indicators of cognitive development according to age.

**Table 1. Cognitive Development Indicators (Wahyudiono et al., 2024)**

Stages of Development	Age	Description of Development	The Impact of Stunting
Sensorimotor Development	0-2 years	Children learn through hands-on experience with their environment.	Malnutrition inhibits motor development and the achievement of milestones such as sitting, crawling, and walking.
Pre-Operational Development	2-7 years	Children begin to use symbols and language to understand the world	Stunting can affect language skills, make it difficult to understand basic concepts, and reduce symbolic thinking skills.
Concrete Operational Development	7-11 years	Children think logically about concrete objects and events.	Sustained malnutrition leads to difficulties in problem-solving and logical thinking, especially in formal learning.

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Operational Development	11 years and above	Children begin to think abstractly and logically.	Stunting that is not addressed can reduce critical thinking skills and understanding abstract concepts, negatively impacting academic achievement and intellectual capacity.
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Based on the cognitive development of Posyandu Kenanga members which has been recorded in the Maternal and Child Health Book belonging to each Posyandu Kenanga member and re-recorded in the Posyandu Kenanga documents as an effort to provide maximum service so that the accuracy and truth of the data can be accounted for.



**Figure 3. Form of Administrative Services for Kenanga Integrated Health Post**

Family economic empowerment strategies through nutritional interventions are one solution to achieving the Kenanga Integrated Health Post's (Posyandu) goal of zero stunting. These strategies include:

a. Education on the Importance of Nutrition

Providing information and training to members of the Kenanga Integrated Health Post (Posyandu) on the importance of balanced nutrition, including understanding the nutritional needs of children and pregnant women. Posyandu cadres play a crucial role in providing education on the importance of balanced nutrition to reduce stunting rates.

- b. **Building Family Awareness**  
Increasing family awareness of the importance of balanced nutrition will also build family awareness of the importance of avoiding stunting. If family awareness is developed, Posyandu Kenanga members will be able to avoid the impacts of stunting.
- c. **Increasing Family Income**  
Meeting balanced nutrition is sometimes hampered by weak family economic conditions. Therefore, encouraging families to start small businesses that can increase family income, such as farming, animal husbandry, or handicrafts, is one step that can be taken to ensure the nutritional needs of Posyandu Kenanga members.
- d. **Targeted Nutrition Intervention**  
Providing supplementary intake to Posyandu Kenanga members from government programs to ensure adequate nutritional intake. The Kenanga Integrated Health Post (Posyandu) has also provided nutritious food as part of the development of the nutritional food provision program at the Kenanga Posyandu, including complementary breastfeeding foods.
- e. **Community Participation at the Kenanga Posyandu**  
The Kenanga Posyandu strives to involve the community in stunting prevention programs to achieve a zero-stunting rate at the Kenanga Posyandu.

## **CONCLUSIONS AND RECOMMENDATIONS**

Stunting is a complex health problem that requires serious attention, particularly in its prevention through early detection and identification of risk factors. Despite government and community efforts, the prevalence of stunting in Bantul has increased, indicating the need to improve parental knowledge and awareness, particularly mothers, regarding nutrition and good parenting. The first 1,000 days of life are crucial for child development, and appropriate interventions, such as nutrition education, increasing family income, and community participation, are necessary to achieve the goal of zero stunting. The Kenanga Integrated Health Post (Posyandu) plays a crucial role in providing health services and education to reduce stunting rates, but training and increased parental awareness are still needed to ensure children's growth and development are maintained. The strategy of family economic empowerment through nutritional interventions as a solution to stunting prevention is one solution that can be implemented by the Kenanga Integrated Health Post (Posyandu).

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