

## Public Health Services “Gemilang” Indonesian Young Generation Fights Stunting

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### ABSTRACT

This community service activity was carried out in 7 villages in Rancakalong District, Sumedang Regency, West Java from August to October 2023. The method of implementing the activity was through socialization and counseling which was carried out in parallel by involving a team that had been well organized with a division of tasks and service locations. The results of this service activity were declared very good and had a positive impact on the participants who participated, where from the results of data analysis of participant responses through pre-test and post-test questionnaires, it was found that there was an increase in the number of participants who experienced increased knowledge about stunting in each village.

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## **INTRODUCTION**

Indonesia has a fairly serious nutritional problem marked by the many cases of malnutrition. Malnutrition is the effect of nutritional status conditions. Stunting is one of the conditions of malnutrition related to malnutrition in the past, so it is classified as a chronic nutritional problem. Adequate nutrition has a major impact on the growth, development and productivity of children. Currently, Indonesia is still facing nutritional problems that greatly affect the quality of human resources (HR).

One of the problems of malnutrition that is still quite high in Indonesia is stunting and thinness in toddlers and other nutritional problems. The problem of malnutrition in pregnant women can ultimately cause babies to be born with low birth weight (LBW) and malnutrition in toddlers. Nutritional problems are caused by direct causes such as malnutrition and infectious diseases. Stunting prevention propaganda aims to increase the knowledge of parents and educators about PAUD and then these educators implement it in children who are obliged to achieve a healthy, nutritious and intelligent childhood, and prevent growth and development delays.

Nutritional problems are caused by direct causes such as inadequate food intake and infectious diseases. Meanwhile, indirect causes of nutritional problems are poor parenting, high poverty, low environmental sanitation, availability of unhealthy food, and suboptimal health services. The results of the Indonesian Nutritional Status Survey (SSGI) by the Ministry of Health of the Republic of Indonesia in 2022, it was found that the highest proportion of stunting was in East Nusa Tenggara (35.3), followed by West Sulawesi (35.0) and Papua (34.6). In 2022, the SSGI stunting rate had decreased, from 24.4% in 2021 to 21.6% in 2022. Meanwhile, the stunting rate in West Java province reached 20.5% of the total prevalence. Sumedang Regency has the highest prevalence of stunted toddlers in West Java province at 27.6%. Based on the data above, the Community Health Service team, UKI Medical Faculty conducted Community Service activities through counseling activities with the theme "GEMILANG" Young Generation of Indonesia Against Stunting. The activities were carried out in 7 villages in Rancakalong District, Sumedang Regency, West Java.

## **IMPLEMENTATION AND METHODS**

The activity held to realize the objectives of the PKM (public health service) GEMILANG Activity, "Young Generation Against Stunting" is an intervention and counseling activity regarding stunting carried out in 7 villages within the working area of Puskesmas Rancakalong, Sumedang Regency, West Java (Cibungur Village, Cibunar Village, Rancakalong Village, Pamekaran Village, Sukasirnarasa Village, Pangadegan Village, and Pasirbiru Village) on August 7 - October 14, 2023.

## RESULTS AND DISCUSSION

Health service activities to the community as one of the real forms of academic involvement in solving community problems, especially regarding stunting which is still a major problem in Indonesia. Stunting is short or very short stature based on length/height according to age which is less than -2 Standard Deviations (SD) on the WHO growth curve, caused by chronic malnutrition related to low socioeconomic status, poor nutritional intake and maternal health, history of repeated illness and inappropriate feeding practices for infants and children. Stunting causes obstacles in achieving the physical and cognitive potential of children. The growth curve used to diagnose stunting is the WHO child growth standard curve in 2006 which is the gold standard for optimal growth of a child. This public health service activity, in general, was carried out very well thanks to the support of various parties starting from the Indonesian Christian University, specifically the Faculty of Medicine, to the local government in Rancakalong District, Sumedang Regency, West Java.

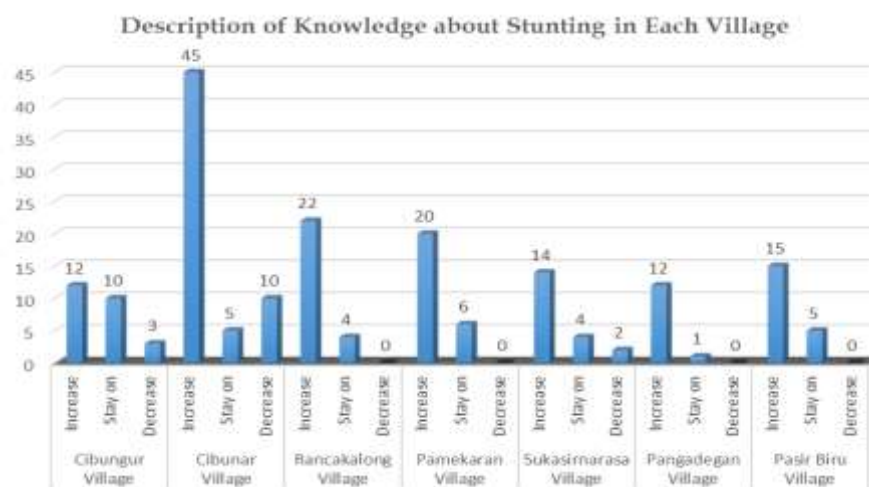


**Figure 1. PkM Gemilang Activity Banners in 7 Villages in Rancakalong District, Sumedang Regency**

Counseling on stunting was carried out in 7 villages simultaneously with an organized team consisting of lecturers and students. Counseling was carried out in the form of socialization and education by first checking the initial knowledge of participants before participating in counseling activities in the form of a pre-test, and after participating in counseling in the form of a post-test. From the results of data analysis on the pre-test and post-test, in general the results obtained were that there was an increase in the number of participants with increased knowledge about stunting after participating in counseling from before participating in counseling. The data is described in table 1 below.

**Table 1. Description of Knowledge about Stunting in Each Village**

Description of Knowledge about Stunting in Each Village		Frequency	Percentage (%)
<b>Cibungur Village</b>	Increase	12	48
	Stay on	10	40
	Decrease	3	12
	<b>Total</b>	<b>25</b>	<b>100</b>
<b>Cibunar Village</b>	Increase	45	75
	Stay on	5	8.3
	Decrease	10	16.7
	<b>Total</b>	<b>60</b>	<b>100</b>
<b>Rancakalong Village</b>	Increase	22	84.6
	Stay on	4	15.4
	Decrease	0	0
	<b>Total</b>	<b>26</b>	<b>100</b>
<b>Pamekaran Village</b>	Increase	20	76.9
	Stay on	6	23.1
	Decrease	0	0
	<b>Total</b>	<b>26</b>	<b>100</b>
<b>Sukasirnarasa Village</b>	Increase	14	70
	Stay on	4	20
	Decrease	2	10
	<b>Total</b>	<b>20</b>	<b>100</b>
<b>Pangadegan Village</b>	Increase	12	92.3
	Stay on	1	7.7
	Decrease	0	0
	<b>Total</b>	<b>13</b>	<b>100</b>
<b>Pasir Biru Village</b>	Increase	15	75
	Stay on	5	25
	Decrease	0	0
	<b>Total</b>	<b>20</b>	<b>100</b>



**Figure 2. Graph of Increase in Participants' Knowledge about Stunting in 7 Villages in Sumedang Regency, West Java**

Counseling activities through Public Health Services activities are stunting prevention measures. Stunting prevention is important and is the responsibility of the Indonesian government and every Indonesian family. Addressing this issue is essential, as long-term stunting adversely affects not only the physical growth and development of children but also their emotional development, leading to economic repercussions. The fundamental measures to prevent stunting are outlined in Presidential Decree Number 42 of 2013, which addresses the National Movement (Gernas) for the Acceleration of Nutrition Improvement. This initiative represents a collaborative effort between the government and the community, aimed at mobilizing the participation and engagement of stakeholders in a systematic and coordinated approach to enhance community nutrition, with a particular focus on the First Thousand Days of Life (1000 HPK).

Through the determination of the main strategy of Gernas for the Acceleration of Nutrition Improvement, namely: a) Making nutrition improvement the mainstream of resource development; b) Increasing effective evidence-based interventions in various levels in society; c) Increasing community participation in the implementation of social norms that support nutrition-conscious behavior. Based on the National Strategy for the Acceleration of Stunting Prevention 2018 - 2024, there are several obstacles to the implementation of the acceleration of stunting prevention, consisting of: 1) Ineffectiveness of stunting prevention programs; 2) Ineffective coordination of the implementation of specific and sensitive nutrition interventions at all levels related to planning and budgeting, implementation, and monitoring and evaluation; 3) Ineffective and inefficient allocation and utilization of resources and funding sources; 4) Limited capacity and quality of program implementation and 5) Still minimal advocacy, campaigns and dissemination related to stunting and various prevention efforts.

## **CONCLUSIONS AND RECOMMENDATIONS**

From the results of the analysis of pre-test and post-test data on knowledge about stunting, data was obtained that there was an increase in the number of participants whose knowledge increased from before attending counseling and after attending counseling. This can be interpreted that community health service activities through counseling activities on stunting have a positive impact on residents in 7 villages in Rancakalong District, Sumedang Regency, West Java.

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