

Assistance for Families with Stunting Children in the Kebon Bawang Health Center Assistance Area

Indriati Kusumaningsih *, Novi Anjela, Novelina

Sekolah Tinggi Ilmu Kesehatan Sint Carolus

Jl. Salemba Raya No.41 3, RT.3/RW.5, Paseban, Kec. Senen, Kota Jakarta Pusat, Daerah Khusus Ibukota Jakarta 10440, Indonesia

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ABSTRACT

Stunting is a condition of impaired growth and development in toddlers due to long-term malnutrition, repeated exposure to infection, and lack of stimulation. Stunting is influenced by the health status of adolescents, pregnant women, toddlers' eating patterns, as well as economic, cultural, and environmental factors such as sanitation and access to health services. Stunting conditions in early life have an impact on growth disorders so that they can have functional consequences that can be detrimental to children. Some of these consequences include low cognitive and learning abilities, low income as adults, low productivity and, when accompanied by excessive weight gain in childhood, an increased risk of chronic diseases related to nutrition in adulthood. Information from the Head of Kebon Bawang Health Center, there are 15 families who have children with stunting. In an effort to handle the case, IPKKI DKI Jakarta designed a Family Assistance activity with Stunting Children in the Kebon Bawang Health Center Assistance Area involving the STIK Sint Carolus. STIK Sint Carolus will send companions by involving lecturers and students in the field of community nursing in handling cases of families with stunted children. With direct assistance from health workers for families with stunted children, the level of family independence and knowledge will increase and children with stunting will receive treatment in the Kebon Bawang sub-district area. This activity is important to increase parental awareness in improving children's health.

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Corresponding Author:

Indriati Kusumaningsih

Sekolah Tinggi Ilmu Kesehatan Sint Carolus

Email: todearindri@gmail.com

INTRODUCTION

Stunting is a condition of impaired growth and development in toddlers due to long-term malnutrition, repeated exposure to infections, and lack of stimulation (1,2). Stunting is influenced by the health status of adolescents, pregnant women, and toddlers' diets, as well as economic, cultural, and environmental factors such as sanitation and access to health services. Stunting conditions in early life have an impact on growth disorders so that they can have functional consequences that can be detrimental to children. Some of these consequences include low cognitive and learning abilities, low income as adults, low productivity, and, when accompanied by excessive weight gain in childhood, an increased risk of chronic diseases related to nutrition in adulthood.

The results of the study showed that there were gender factors ($p = 0.019$), history of exclusive breastfeeding ($p = 0.038$), food restrictions ($p = 0.038$), pressure to eat ($p = 0.009$), and desire to drink ($p = 0.049$) on the incidence of stunting in the Kerinci area (3). Mulyaningsih, etc. (2021) explained that aspects of eating habits, birth weight, history of infection, gender, household welfare status, and parental education will have an impact on children at risk of stunting (4). Additionally, it was mentioned that the biggest risk factors for stunting are access to water, sanitation, and hygiene. South Jakartan conditions indicate that children who live in households earning the minimum wage for workers are 625 times more likely to be stunted (5). Another research result related to cadres as the closest companions of families in preventing stunting in toddlers is that health cadres in eight districts in West Java showed that 81.27% had good knowledge, which was significantly influenced by education level and marital status. Meanwhile, related to cadre motivation, 47.66% had moderate motivation and 39.12% had high motivation, which was significantly influenced by education level, marital status, and age. (6).

Indonesia targets stunting rate to drop to 14% by 2024 (2). Community nurses must play a part in primary, secondary, and tertiary prevention initiatives in order to meet the goal of lowering stunting rates. Through community and group empowerment techniques, community organization and development, partnerships, health promotion, teamwork, and cross-sectoral collaboration, community nursing implements preventative and promotional initiatives using a nursing process approach.

According to information from the head of Kebon Bawang Health Center, there are 15 families who have children with stunting. In an effort to handle the case, IPKKI DKI Jakarta designed a family assistance activity with stunting children in the Kebon Bawang Health Center Assistance Area involving STIK Sint Carolus. STIK Sint Carolus will send companions by involving lecturers and students in the field of community hemorrhage science in handling cases of families with stunted children.

METHOD

This community service activity was carried out in the third and fourth weeks of May 2023. Preparation for the activity involved IPKKI DKI Jakarta, Kebon Bawang Urban Health Center, and STIK Sint Carolus. The program is divided into three steps, namely planning, implementation, and evaluation.

- At the planning stage, coordination was carried out regarding the objectives of the activity between IPKKI DKI Jakarta, Kebon Bawang Urban Health Center, and STIK Sint Carolus. Then various parties discussed the schedule for the implementation of Family Assistance with Stunting Children at the Bawang Putih RPTRA (Integrated child-friendly public space), Kebon Bawang Health Center Assistance Area. STIK Sint Carolus involved lecturers and students in the field of nursing in providing assistance needed by families.
- The implementation of this education program was carried out face-to-face in 15 families through a lecture method on handling stunting in toddlers: balanced nutrition for toddlers, providing additional food processing techniques, mentoring in preparing toddler menus, and providing ebooklets. The mentoring continued for 6 days from 20–15 May 2023 through brave media by nurses with mentoring from Posyandu Toddler cadres in the Kebon Bawang District area.
- Evaluation was carried out by evaluating the measurement results during 2 weeks of mentoring, namely at the first meeting on May 19, 2023, compared to the 7th day on May 26, by monitoring the consumption of products provided by visiting residents' homes directly, then providing the same product again for the next 1 week, followed by measuring height, weight, upper arm circumference, and rearranging the food menu for 1 week. After taking measurements, it was continued with an assessment and education related to nutrition and appetite-enhancing massage by each group. On May 30, weighing was carried out by Puskesmas officers.

RESULTS

A worldwide issue pertaining to the condition of children with small stature is the stunting phenomenon. Stunting in children is caused by a number of poverty-related issues, which also include low mother education, inadequate nutritional fulfillment, unsanitary water, and so forth. From a social science standpoint, stunting is a complicated societal issue since it affects both mothers' and children's wellbeing. As a result, the Family Companion Program is one of the health center's initiatives that prevents stunting by delivering resources, such as information on stunting, directly from companions during Family Capacity Building Meeting activities. The role and skills that a companion must possess in order to overcome obstacles, including stunting issues, include the ability to facilitate, the ability to educate beneficiaries, the ability to act as a representative between the community and the government, or vice versa, and the necessary skills, such as becoming proficient in technical matters. Companion analysis of stunting issues must consider environmental factors in addition to human or person perspectives, as environmental factors have a significant impact on difficulties that arise in society (7).

This activity was held on Wednesday, May 19, 2023 to May 26, 2023 at the Kebon Bawang RPTRA (Integrated child-friendly public space) which was attended by representatives of 15 families whose children were recorded as stunted and were invited to the Launching of Family Assistance with Stunting Toddlers. The activity began with registration at 08.00 WIB and the opening of the activity began at 09.00 WIB which was guided by the IPKKI TEAM. In the event that took place, there was education about what stunting is and how to prevent it, as well as the signing of an agreement regarding the launch of assistance in families. Furthermore, the activity was continued by creating 5 small groups for measuring Body Weight (BB), Height (TB), LILA, as well as questions and answers with mothers of toddlers and finally closed with the preparation of a food menu for the next 1 week and the distribution of food to gain weight in the form of Eggs, milk, biscuits that had been prepared for the 1 week menu. Family assistance officers were divided into 5 groups with 1 nurse companion. The results of the measurements during 2 weeks of assistance on day 1, May 19, 2023, were compared with day 7, day 7, May 26, a 1-week monitoring of product consumption given at the initial meeting was carried out by visiting residents' homes directly, then giving the same product again for the next 1 week, continued with measuring TB, BB, Lila and Re-arranging the food menu for 1 week. After taking measurements, it was continued with an assessment and education related to nutrition and appetite-enhancing massage by each group. On May 30, weighing was carried out by Puskesmas officers.



Figure 1. Study in Group



Figure 2. Evaluation of family assistance



Figure 3. Height measurement

A mother's education is the main capital in supporting the family economy and also plays a role in preparing family meals as well as child care and care. For families with a high level of education, it will be easier to receive health information, especially in the field of nutrition, so that they can increase their knowledge and be able to apply it in everyday life. The level of education possessed by women is not only beneficial for increasing knowledge and increasing their job opportunities, but also a provision or contribution in efforts to meet the needs of themselves and those who depend on them. Women with higher levels of education tend to have better health. If the mother's education and knowledge are low, the result is that she is unable to choose and serve food for the family that meets the requirements for balanced nutrition. This is in line with the results of research in Mexico that maternal education is very important in relation to nutritional knowledge and fulfilling family nutrition, especially children, because mothers with low education, among others, will find it difficult to absorb nutritional information so that they are at risk of stunting (8,9).

Malnutrition affects many toddlers, so this group is called a vulnerable group. The transition period between weaning and following an adult or non-child diet is a vulnerable period because mothers or caregivers follow wrong habits. Nutrition counseling with evidence of nutritional improvement can improve mothers' attitudes that are less beneficial to child growth. Nutrition knowledge is influenced by several factors. In addition to previous education, social environmental factors and frequency of contact with the mass media also influence nutritional knowledge. One of the causes of nutritional disorders is a lack of nutritional knowledge or the ability to apply information about nutrition in everyday life. A person's level of nutritional knowledge has a major influence on changes in attitudes and behavior in choosing food ingredients, which will then also affect the nutritional status of the individual concerned. Low nutritional conditions in an area will determine the high rate of malnutrition nationally (8,9).

During the mentoring, several families have made the food menu that was made; although sometimes the menu was changed, there were children who did not like white milk. This mentoring has not yet produced good results due to the lack of support from close families in helping mothers provide the right food for their children or their children are left to play without eating at home first. This is input for future applications in other areas.

CONCLUSION

The implementation of Community Service activities carried out in the integrated child-friendly public space of Kebon Bawang with family assistance, assessment, education related to nutrition for families with stunted children and massage to increase appetite for stunted children was carried out well. This can be seen from the increase in family knowledge and ability in choosing and processing food for stunted children.

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