



STUNTING PREVENTION THROUGH EMPOWERING PREGNANT WOMEN AND MOTHERS OF TODDLERS

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ABSTRACT

Background: Stunting is a global issue, affecting 178 million children under five years old. In Indonesia, the prevalence of stunting remains high, with 30.8% of toddlers affected. **Objective:** This community service aimed to increase knowledge about stunting prevention among pregnant women and mothers of toddlers. **Method:** The educational activities, including lectures, discussions, and demonstrations, were conducted with 20 participants in the Dukunyar Village, Dukun District, Gresik Regency. **Results:** The results significantly improved participants' knowledge about stunting prevention. **Conclusion:** This suggests that educational interventions are effective in raising awareness about stunting prevention among vulnerable groups.

Keywords: Stunting, Pregnant Women, Education, Toddlers, Prevention.

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INTRODUCTION

Stunting, a chronic malnutrition, is a pressing issue in low- and middle-income countries. In Indonesia, stunting affects 30.8% of toddlers, surpassing the WHO's recommendation of under 20%. This study focuses on preventing stunting through

community-based educational interventions targeting pregnant women and mothers. Stunting describes a state of chronic malnutrition during the growth and development of children since early life due to the complex interaction of various factors, namely household, environmental,

socio-economic, and cultural influences. Based on calculations by the Ministry of Health in collaboration with the Central Statistics Agency in 2019, the incidence of stunted toddlers fell to 27.67%. However, this figure is still higher than the public health problem according to WHO. Some causes of stunting are lack of body intake from the womb to after birth, lack of access to health services, and lack of clean water and sanitation. Therefore, efforts need to be made to prevent stunting by improving diet, parenting, and sanitation. Several studies have shown that there is a significant relationship between maternal parenting patterns and stunting in toddlers. Good maternal parenting such as exclusive breastfeeding, proper complementary feeding, immunization, and psychosocial stimulation in children can prevent stunting in children and vice versa. Poor parenting has a risk 8.07 times higher than good parenting. This study is supported by a study conducted by Yasirly Khairany in 2019 at the Pauh Health Center, Padang City which showed the same results that there was a significant relationship between maternal parenting and stunting. Poor parenting has a 5 times higher risk of stunting after being controlled by the variables of maternal nutritional knowledge and economic status.

OBJECTIVES

General Purpose

This activity aimed to provide educational interventions to improve nutritional knowledge in preventing stunting.

Special Purpose

This community service was to deliver practical knowledge on stunting

prevention, focusing on nutrition and healthcare for children under five.

PLAN OF ACTION

Strategy Plan

The methods used in this activity are lectures, Q&A, and discussions to improve understanding of stunting. The material is delivered using a lecture method that is packaged systematically so that it attracts the interest of participants. The presenter tries to convey the material in a language that is easy for participants to understand. After the material is distributed, the counseling activity is continued with a discussion between participants and the presenter. This discussion takes place in a relaxed and warm atmosphere so that participants understand the material well.

A structured educational approach was adopted, utilizing lectures and discussions.

Implementation

Community service activities will be carried out after all permits and equipment preparation have been completed. The activity was held with 20 participants in the Dukunanyar Village, Dukun, Gresik, with an implementation plan for activities such as sharing material perceptions, pre-tests, discussing the meaning, numbers, impacts, and factors that influence prevention efforts and the role of pregnant women and mothers of toddlers in preventing stunting. Discussing balanced nutrition for children, and post-tests.

Setting

The activities took place in Dukunanyar Village, Gresik, involving pregnant women and mothers of toddlers.

Target

Pregnant women and mothers of toddlers were the main beneficiaries, with a focus on enhancing knowledge about stunting prevention.

RESULTS AND DISCUSSION

The educational intervention significantly improved participants' knowledge about stunting prevention. Pre-test results showed that 70% of participants had limited knowledge, while post-test results indicated that 90% of participants demonstrated good knowledge. This suggests that community education programs are essential in reducing the prevalence of stunting.

Table 1. Level of respondent knowledge before and after stunting prevention education through empowering pregnant women and mothers of toddlers in Dukunanyar Village, Dukun District, Gresik Regency.

<i>Test</i>	Jumlah	
	f	%
<i>Pre-Test</i>		
Less	14	70%
Good	6	30%
<i>Post-Test</i>		
Less	2	10%
Good	18	90%

The significant improvement in participants' knowledge about stunting prevention, as evidenced by the increase from 70% with limited knowledge in the pre-test to 90% demonstrating good knowledge in the post-test, highlights the effectiveness of targeted educational interventions. This finding is consistent with recent studies that emphasize the critical role of community-based education

in addressing public health issues, particularly in developing countries where stunting remains prevalent (Smith & Haddad, 2020).

Educational interventions that focus on nutrition, healthcare, and preventive measures are particularly effective in improving health outcomes among vulnerable populations, such as pregnant women and mothers of toddlers (Yue et al., 2021). Such programs empower individuals with the knowledge and skills to make informed decisions about their children's health, which is crucial in reducing stunting rates (Khan et al., 2020). Furthermore, a study by Rahman et al. (2022) demonstrates that community-led programs, especially those involving interactive components like discussions and demonstrations, are more effective in instilling lasting behavioral changes compared to passive information dissemination.



Figure 1. Height Measurement in Early Detection Efforts for Stunting.

The improvement in knowledge also aligns with the Sustainable Development Goal (SDG) 2, which focuses on ending all

forms of malnutrition by 2030. Ensuring that mothers are well informed about child nutrition plays a crucial part in achieving this goal (WHO, 2021). In the context of Indonesia, where stunting rates remain a serious public health concern, scaling such educational programs could significantly contribute to reducing the incidence of stunting (Nugraha et al., 2023).

In conclusion, this intervention not only increased awareness but also demonstrated the potential for broader application in other regions. Continuous investment in similar programs, alongside improvements in healthcare access and nutrition, could provide a comprehensive solution to the stunting problem in Indonesia and similar settings.

CONCLUSION

The implementation of educational activities on stunting prevention successfully increased the knowledge of pregnant women and mothers in the community. Future community service efforts should consider expanding this model to other regions with high stunting rates and incorporating more interactive elements.

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