

Achievement Of Stunting-Free Status Tisnogambar Village Bangsalsari Subdistrict, Jember Regency

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Abstract

Stunting is a significant chronic nutritional problem in Indonesia, including in East Java, which affects children's growth and development. This study aims to explore the factors that influence stunting and its mitigation. Stunting is caused by inadequate nutritional intake, especially during the first 1000 days of life, as well as infections, poor sanitation and family economic conditions. Although the prevalence of stunting in East Java has decreased from 23.5% in 2021 to 19.2% in 2022, this figure still indicates that many children are affected. Effective nutrition interventions, such as multi-nutrient supplementation, nutrition education, and adequate nutrition support, are needed to improve children's nutritional status and reduce the risk of stunting. Research by Yudho Bawono et al. (2024) showed that socialisation on the impact of stunting increased community knowledge by 6.20%, confirming the importance of education in stunting prevention at the community level. In addition, the nutritional condition of the mother during pregnancy also plays an important role in the risk of stunting in children. Nutrient deficiencies such as iron and vitamin D during pregnancy can lead to low birth weight and stunting. Therefore, a comprehensive approach, involving education, access to health services, and collaboration between the government and the community, is essential to ensure children receive adequate nutrition and can grow optimally. This study is expected to provide deeper insights into the factors that influence stunting and the effectiveness of prevention efforts that have been made.

Keywords: Reach, Free, Stunting, Tisnogambar

Introduction

One of the most serious nutritional problems facing children in Indonesia is stunting. Children suffering from stunting, also known as chronic malnutrition, experience stunted growth due to prolonged insufficient nutritional intake. Stunting is a global health issue that is common in Indonesia and other developing countries. Stunting is defined by the World Health Organization (WHO) as a height-for-age that is less than two standard deviations below the WHO average child growth standard. Research by [Black et al. \(2013\)](#) revealed that children who experience stunting tend to have low immune systems, impaired cognitive development, and lower academic achievement and economic productivity in adulthood. Stunting can be caused by inadequate feeding practices, mothers' lack of knowledge about nutrition, and insufficient family support and attention (Victora et al., 2008).

One of the main causes of stunting is inadequate nutrition during the first 1,000 days of life, which includes pregnancy and the first two years of life (Dewey & Begum, 2011). For optimal growth and development, adequate nutrition is crucial during this period. Stunting can be caused by an increased risk of infections and diseases due to inadequate sanitation and lack of access to clean water (Humphrey, 2009). Children who frequently experience infections such as diarrhea and respiratory tract infections have a higher risk of stunting because repeated infections can interfere with nutrient absorption ([Checkley et al., 2008](#)). Another obstacle in efforts to reduce stunting is the lack of understanding and awareness of the importance of nutrition and child health. Effective nutrition education and outreach programs are needed to raise public awareness.

The prevalence of stunting among toddlers remains a significant problem in Indonesia. The results of the 2018 Basic Health Research (Riskesdas) show that the prevalence of stunting among toddlers in Indonesia fell by 6.4% in 5 years, from 37.2% (2013) to 30.8% (2018). The Ministry of Health announced the results of the Indonesian Nutrition Status Survey (SSGI) at the National Working Meeting of the National Population and Family Planning Board (BKKBN) on Wednesday (January 25), where the prevalence of stunting in Indonesia decreased from 24.4% in 2021 to 21.6% in 2022.

Given that children who experience stunting are more likely to face various health and developmental issues, this has a significant impact on the nation's future generations. According to the East Java Province Stunting Reduction Acceleration Team, data from the Indonesian Nutrition Survey (SSGI) shows that East Java has experienced a decline in stunting prevalence over time. East Java Province had a stunting prevalence rate of 23.5% in 2021. However, in 2022, this figure decreased to 19.2%.

The following are some findings from previous studies related to stunting, as shown in the table below (Table 1).

No	Author	Year	Title	Journal	Result
1.	Naoko kozuki, Emily Sonneveldt, dan Neff Walker	2013	Evidence-based interventions for the prevention of maternal and child undernutrition and micronutrient deficiencies	BMC Public Health	This study identified that feeding programs, nutrition education, and micronutrient supplementation are evidence-based interventions that can effectively reduce malnutrition in mothers and children. It has been proven that this strategy reduces the prevalence of stunting.
2.	Cesar G Victora, Linda Adair, Caroline Fall, Pedro C Hallal, Reynaldo Martorell, Linda Richter, Harshpal Singh Sachdev, for the Maternal and Child Undernutrition Study Group	2008	Maternal and Child Undernutrition: Consequences for Adult Health and Human Capital	The Lancet	This study identifies how malnutrition during childhood affects a person's productivity and holistic well-being. Toddlers with poor nutritional status are more likely to develop chronic diseases as adults
3.	Yudho Bawono, Siti Faizah Nuraini	2024	“Cegah Stunting itu Penting”: Sosialisasi Pentingnya Pengetahuan tentang Stunting di Desa Taman, Kecamatan Jrengik,	Jurnal Pengabdian West Science	The purpose of this study was to learn about holistic approaches to raising awareness of stunting prevention. The results showed that

			Kabupaten Sampang		after the socialization program, there was a 6.20% increase in holistic knowledge about the effects of stunting, with 62.00% of respondents achieving a good rating.
4.	Made Agus Sugianto	2021	Analisis Kebijakan Pencegahan Dan Penanggulangan Stunting Di Indonesia: Dengan Pendekatan What is the Problem Represented To Be?	Jurnal Ekonomi, Manajemen, Bisnis dan Sosial	This study emphasizes the importance of policy evaluation to ensure that stunting prevention is not only in the form of regulations, but also involves all stakeholders, including the community. A more holistic and collaborative approach is needed to effectively address the problem of stunting in Indonesia.

Based on Table 1, research by Naoko Kozuki et al. (2013) emphasizes the importance of an integrated approach to addressing child nutrition issues. Furthermore, research conducted by Cesar G. Victora et al. (2008) shows that children who experience malnutrition are more susceptible to chronic diseases in adulthood, which in turn affects their productivity and quality of life.

Method

This study uses a qualitative approach to gain an in-depth understanding of stunting prevention efforts. The objectives of this study are to explore how deeply parents understand stunting in their children, to understand parents' perceptions of the factors that cause stunting in children, and to analyze the efforts made by parents to prevent and overcome stunting in children. The data collection techniques employed by the researcher include semi-structured interviews with the head of the PKK (Family Welfare Movement) in Tisnogambar Village to explore experiences related to stunting, and observations to analyze the home environment in understanding the daily living context, as well as aspects related to children's dietary patterns and health.

In a study by Yudho Bawono et al. (2024), it was shown that the socialization activities conducted in Taman Village successfully increased community knowledge by 6.20% regarding the impacts of stunting. This indicates that educational interventions can play a significant role in preventing stunting at the community level. Finally, research by Made Agus Sugianto (2021) emphasizes that stunting prevention must involve all stakeholders, including the community, and should not only focus on regulations but also on collaboration between various sectors. Taking into account the results of this research, the author intends to explore further the factors that influence stunting in the community and evaluate the prevention efforts that have been made in order to understand the effectiveness of existing approaches.

Result and Discussion

Stunting is a chronic nutritional problem that affects children's growth and development. This study aims to review the existing literature on the factors that influence stunting and efforts to combat it. First, how does the nutritional status of mothers during pregnancy affect the risk of stunting in children? One important factor that influences the likelihood of stunting in children is the nutritional status of mothers during pregnancy. In addition to supporting physical growth, a healthy diet also improves mental health and the ability to provide exclusive breastfeeding. Social support and education also play a crucial role in achieving positive nutritional outcomes. According to research conducted by [Pyo et al. \(2019\)](#), iron and vitamin D deficiencies during pregnancy can lead to low birth weight and stunting in children. Adequate micronutrients support optimal brain development and physical growth.

Second, what are the specific nutritional interventions that are effective in preventing stunting? Research conducted by [Lestari et al. \(2023\)](#) identified several effective nutritional interventions to prevent stunting in children. These interventions include multi-nutrient supplementation, nutrition education, adequate nutritional support, a balanced nutritious diet, nutritional supplements, nutritional support programs, nutritional support programs, and nutritional support systems. These interventions aim to improve children's nutritional status, reduce the risk of stunting, and increase children's nutritional intake. In addition, the implementation of a well-functioning health system can improve the quality of health and nutrition services, especially in preventing stunting.

Third, the government and non-governmental organizations have complementary roles in efforts to address stunting. The government is responsible for formulating policies that support nutrition and health programs. Integrated policies can help direct resources to address stunting effectively ([Qar Bhutta et al., 2008](#)). This study emphasizes the importance of access to quality health services, including routine health check-ups and nutrition programs, to prevent stunting (Ruel & Alderman, 2013). Non-governmental organizations also play a crucial role in raising public awareness about nutrition and health by providing education and training to children and families. They also implement nutrition programs, such as food distribution, nutrition education, and environmental support.

Non-governmental organizations can act as advocates for children experiencing stunting, providing advice to the government on better and more effective interventions. They also collaborate with the government to implement nutrition and health programs, enhancing the effectiveness of interventions. Low community welfare and inadequate family nutrition are factors contributing to the high incidence of stunting in the region. In an effort to support the reduction of stunting cases, residents, especially mothers and toddlers in the Bangsalsari area, need to be provided with education, guidance, and training on the dangers of stunting, prevention methods, and its management ([Haryani et al., 2021](#)).

In addition to education, training on the preparation of simple healthy foods is also provided to improve the nutrition of infants. One of the preventive measures for stunting is ensuring adequate quantity and nutritional value in food for mothers and infants ([Rahayu et al., 2018](#); [Ritonga et al., 2024](#)). To address this stunting issue, it is necessary to optimize the performance of Posyandu through various synergistic and sustainable programs, including providing training and involving community members, particularly mothers in PKK groups or Posyandu in Tisnogambar Village, Bangsalsari Subdistrict, to better understand and contribute to stunting prevention efforts, as well as providing training on preparing healthy meals/snacks for children to consume within their families.

The Tisnogambar Village Government, together with the Bangsalsari Subdistrict Government, held a stunting discussion to discuss and formulate the Village Government Work Plan (RKPDes) for 2025 related to stunting prevention and reduction. This stunting discussion also aimed to raise public awareness about the importance of balanced nutrition and good child care. The Posyandu in Tisnogambar Village also plays a role in preventing stunting by providing training on how to make healthy foods/snacks that can be consumed by children. This training aims to improve mothers' knowledge and skills in providing nutritious food for their children. In addition, PT. Pos Indonesia also distributes social assistance in the form of 1 kg of chicken and 10 eggs to families at risk of stunting. It is hoped that this assistance will help people who are protein deficient and reduce the stunting rate (PPID, 2024).

Conclusion

Based on the above research, researchers can conclude that the achievement of stunting-free status in Tisnogambar Village, Sukorambi District, Jember Regency has not been maximized. However, the prevalence of stunting in East Java has decreased from 23.5% in 2021 to 19.2% in 2022, but this figure still indicates that many children are affected. Effective nutritional interventions, such as multi-nutrient supplementation, nutrition education, and adequate nutritional support, are urgently needed to improve children's nutritional status and reduce the risk of stunting. Research by Yudho Bawono et al. (2024) shows that awareness campaigns about the impacts of stunting successfully increased community knowledge by 6.20%, underscoring the importance of education in preventing stunting at the community level. Additionally, a mother's nutritional status during pregnancy plays a significant role in the risk of stunting in children. Deficiencies in nutrients such as iron and vitamin D during pregnancy can lead to low birth weight and stunting.

Therefore, a comprehensive approach involving education, access to healthcare services, and collaboration between the government and the community is essential to ensure children receive adequate nutrition and can grow optimally. This study is expected to provide deeper insights into the factors influencing stunting and the effectiveness of prevention efforts that have been implemented.

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