STUNTING PREVENTION STRATEGY THROUGH EARLY DETECTION AND EDUCATION OF PARENTS IN BAYONGBONG VILLAGE LINDUK PONTANG DISTRICT

Sri Damayanti

UIN Sultan Maulana Hasanuddin Banten sridamayantiarmv@gmail.com

Umayah

UIN Sultan Maulana Hasanuddin Banten umayah@uinbanten.ac.id

Teguh Fachmi

UIN Sultan Maulana Hasanuddin Banten teguh.fachmi@uinbanten.ac.id

Abstract

This study aims to find out the strategy for preventing stunting through early detection and education of parents in Bayongbong Village, Linduk Village, Pontang District; find out the obstacles in implementing a stunting prevention strategy through early detection and education of parents in Bayongbong Village, Linduk Village, Pontang District. The research was conducted in the village of Bayongbong, Linduk Village, Pontang District. The research method used is descriptive qualitative, with research subjects namely parents in the Bayongbong village, Linduk village, Pontang sub-district. Sources of research data are divided into two, namely primary and secondary data. Data collection was carried out using observation, questionnaires, interviews, and documentation. Data analysis used includes data reduction and data presentation, and drawing conclusions. And finally, data triangulation, which is a data checking technique that checks or compares data. The validity of the data is to prove whether the research is truly scientific research as well as to test the data obtained, the validity test consists of credibility, transferability, dependability and confirmability.

Keywords: Parents, Stunting Prevention Strategy, Early Detection and Education,

INTRODUCTION

Stunting is a chronic nutritional problem that can interfere with a child's growth because it can cause a child's height to be inappropriate for their age or shorter. The condition of a short child is a sign of chronic nutritional problems in the child's growth. Failure in growth and development will have an impact on the child's welfare. In preventing stunting, early detection and education from parents is needed from an early age. Parenting styles are very important for children's growth and development.

Early detection is a screening and screening effort carried out to find irregularities in growth and development abnormalities early and identify and understand the factors that cause these growth and development abnormalities. With good monitoring, deviations can be detected early so that corrective actions taken will get more

satisfactory results. Parental education is also very important to prevent stunting in children, therefore parents must have information about stunting.

Bayongbong Village, Linduk Village, Pontang District has a strategic location, namely in the interior, however, Bayongbong Village has several farms, for example ducks and chickens. Even though Bayongbong village has lots of farms and lots of various nutritious foods, there are still problems with children's health. From previous observations made, researchers found problems that occurred in the field

lack of early detection and education from parents. Yuyun Karlina in her journal stated that to prevent problems that might occur due to stunting, it is necessary to handle comprehensively and integratedly on all aspects related to the causes of stunting.

Based on the results of pre-research data in Bayongbong Village, Linduk Village, there were 15 malnourished toddlers, 33 malnourished toddlers and 9 stunted children. In cases like this, toddlers to early childhood need balanced nutrition, early detection and education from parents. Bayongbong Village, Linduk Village, has many posyandu cadres and health activities to prevent stunting, but not enough to prevent stunting.

This could possibly be caused by a lack of nutritious food due to financial conditions in the family and a lack of understanding from parents when the child is at home. As we know, early detection and parental education are strategic efforts to prevent stunting from an early age. Astin Nur Hanifah in his book states that preventing stunting is more important than treating stunting, this can be done by mothers at home using a book on preventing and treating stunting through early detection.

Based on the description above, the researcher was interested in conducting research with the title "STUNTING PREVENTION STRATEGY THROUGH EARLY DETECTION AND PARENTAL EDUCATION IN BAYONGBONG LINDUK VILLAGE PONTANG DISTRICT"

METHODS

This type of research uses a mix method, namely research that combines two previously existing forms of research, namely qualitative research and quantitative research. Qualitative research methods are research procedures whose procedures produce descriptive data in the form of written and spoken words from people and observed behavior. Meanwhile, quantitative research is research that uses a lot of data in research. Qualitative research is carried out in natural conditions and is of the nature of discovery, where in qualitative research research is the key instrument, therefore researchers must have extensive theory and insight. This method is more naturalistic in nature which is better able to reveal a natural relationship between researchers and respondents and both have the influence of qualitative analysis with descriptive methods. Sugiyono said that the qualitative research method is a research

method that is based on the philosophy of postpositivism, used to research the conditions of natural objects, (as opposed to experiments) where the researcher is the key instrument, data collection techniques are carried out by triangulation (combination), data analysis is inductive or qualitative, and qualitative research methods emphasize the meaning of generalizations.

In this research, researchers used a descriptive approach, namely research on phenomena in certain populations obtained from subjects in the form of individuals and researchers also used a survey approach. According to Nazir, the descriptive method is a method for researching a group of people, an object, a condition, a system of thought, or a class of events in the present. The aim of this descriptive research is to create a systematic, factually accurate description, picture or painting of the facts, properties and relationships between the phenomena being investigated and the aim of the survey approach is to produce more accurate data in the form of numbers, thereby providing better understanding of the phenomenon of interest

The mix method research method is a research procedure that produces descriptive data in the form of written or spoken words as well as surveys of people and observed behavior. This approach is directed at settings and individuals holistically (whole), not isolating individuals in variables or hypotheses, but viewing them as a whole. In line with this opinionThis research aims to understand the role of posyandu midwives, posyandu cadres, researchers and parents in developing stunting prevention strategies. Posyandu midwives, posyandu cadres and parents are the people involved in being interviewed, observed, asked to provide data or formations, opinions, thoughts, ideas and perceptions. Through this mix method approach, researchers observe people in the community, interacting with research subjects, such as village heads, posyandu midwives, posyandu cadres, and mothers. Researchers try to understand the language and interpretation of Bayongbong village and see real phenomena in the research environment by understanding and giving meaning to the series of events that are seen in reality. In this research, the researcher also aims to describe the background of a particular object or event in detail and in depth, which is about stunting prevention strategies through early detection and parent education in Bayongbong, Linduk village, Pontang subdistrict.

The researcher used mixed method research because the researcher considered that the problem being studied was quite complex and dynamic, so that the data obtained from the sources could be filtered using a more natural method, namely direct interviews with the sources, so that natural answers could be obtained. In addition, researchers intend to understand social situations in depth, finding patterns, hypotheses and theories that are in accordance with data obtained in the field

RESULTS AND DISCUSSION

In the results of this research, researchers will focus on discussing stunting prevention strategies through early detection and parent education in Bayongbong

village, Linduk village, Pontang sub-district. Where the researchers obtained this data from the results of interviews, observations, questionnaires and documentation. There were 20 respondents who were resource persons in this research, including: 1 posyandu midwife, 1 posyandu cadre, and 10 mothers. Filling out the questionnaire was carried out in 3 villages, namely Linduk, Pemanyaran, and Bayongbong as a comparison for research, each village had 10 respondents, a total of 30 respondents.

Linduk village has 3 villages, namely Linduk, Pemanyaran and Bayongbong. Each village had 10 mother respondents each to provide a comparison between the knowledge and application of parents regarding early detection and stunting education for parents received by the posyandu. The researcher carried out this comparison using a questionnaire that had been answered by the respondent filling out a questionnaire that had been prepared by the researcher. The results of the questionnaire filled out by parents in Linduk village will be presented by researchers as follows.

Linduk village has quite good questionnaire results because parents in Linduk are good at implementing early detection and parental stunting education. Researchers found the results of the questionnaire. The results of a questionnaire of 30 respondents from each village who lacked knowledge about early detection and stunting education by parents were from Bayongbong village, therefore the sample used was these parents taken in Bayongbong village.

Linduk village has quite good questionnaire results because parents in Linduk are good at implementing early detection and parental stunting education. The results of the questionnaire that had been filled out by the parents of Linduk village were 1% never done it, 64% done it only once, 85% done it continuously but not occasionally, and 100% done it continuously.

Penyaran village is the second village in Linduk village. Pemanyaran village also had better questionnaire results because the parents in Pemanyaran already knew how to implement the detection and education regarding stunting implemented by these parents. The results of the questionnaire were 0% never done, 0% done only once, 64% done continuously but not occasionally, and 100% done continuously. Bayongbong village was the village studied by researchers because Bayongbong village had poor results. and not as satisfactory as the results in Linduk and Pemanyaran villages.

The results of the Bayongbong village questionnaire were no better than those of the two villages, namely Linduk and Pemanyaran, Bayongbong village parents were more likely not to implement early detection and parental stunting education even though in 2022 there will already be stunting in Bayongbong village. The results of the

questionnaire were that 60% had never done it, 85% had done it only once, 20% had done it continuously but not occasionally, and 15% had done it continuously.

Early detection and parental education are very important to prevent stunting in children. Early detection is a screening and screening effort carried out to find deviations in growth and development abnormalities early and identify risk factors for the occurrence of these growth and development abnormalities. Early detection of stunting can be done by monitoring the child's growth curve regularly. Therefore, parents are required to always regularly monitor their children's growth by visiting the nearest posyandu.

Researchers introduce education about stunting and early detection to prevent stunting can be done by assigning mothers to always measure head circumference, height and weight at the posyandu and assigning mothers to prepare nutritious food for children at home. Mothers are also assigned to always monitor growth and development every week or month. If there are any oddities that occur in the child's growth and development, they can immediately come to the posyandu. Mothers can prepare nutritious and balanced foods, namely carbohydrates, fruit, vegetables, protein, milk and healthy fats.

Researchers also carry out early detection with posyandu midwives and posyandu cadres so that mothers know about early detection, mothers must also have education about stunting starting from foods that children should avoid and foods that are allowed for children to avoid stunting.

Activities carried out by posyandu midwives, posyandu cadres and researchers to introduce early detection and education as strategies to prevent stunting in the elderly.

Researchers introduce education about stunting and early detection to prevent stunting can be done by assigning mothers to always measure head circumference, height and weight at the posyandu and assigning mothers to prepare nutritious food for children at home. mother was also assigned to

No No	malnourished toddlers	well- nourished toddlers	malnourished toddlers	stunted toddlers
	15 people	410 people	33 people	9 people
amount		467 people		

Source: Village Office Data and Posyandu Cadre Data

Data obtained by the author in Bayongbong village contained 15 malnourished toddlers, 410 well-nourished toddlers, 33 under-nourished toddlers, and 9 stunted toddlers in 2022. In the posyandu activities regarding counseling on stunting prevention strategies which were visible both directly and indirectly. Basically, parents are ready to carry out early detection and receive education at the posyandu regarding stunting prevention strategies. Mothers participate in early detection activities at posyandu such as measuring head circumference, measuring body weight, measuring weight, and nutritional consultations. However, the level of success of parents in preventing stunting will greatly depend on the achievement of the goals implemented in children.

The extent to which mothers accept early detection activities and education regarding stunting prevention strategies provided by posyandu will be greatly influenced by the accuracy of parents' targets for preventing stunting. The success of implementing stunting prevention strategies through early detection and education is very dependent on the role of mothers in preventing and reducing stunting rates in Bayongbong village. Based on direct observations, it seems that achieving the goal of implementing stunting prevention strategies through early detection and maternal education still needs to be taken into consideration considering that parents are still weak in controlling early detection of children at posyandu. The implementation of early detection activities and education regarding stunting prevention strategies provided by posyandu midwives, posyandu cadres and researchers for parents so far has certainly had many supporting and inhibiting factors.

The level of involvement in counseling from posyandu midwives, posyandu cadres, and researchers, including maternal knowledge, as well as maternal commitment will greatly influence the success of implementing early detection and education to parents for stunting prevention strategies. This factor has not yet been optimally considered, so that the implementation of stunting prevention strategies through early detection and parental education is in line with the expectations to be achieved. The role of posyandu includes early detection and education regarding stunting prevention which is given to mothers based on several things, which are seen from the positive side felt by mothers in Bayongbong village, Linduk village, Pontang subdistrict. In this case, the discussion regarding stunting prevention strategies is how to reduce stunting rates in children carried out by parents in Bayongbong village, Linduk village, Pontang sub-district.

This research was conducted on parents, namely those who have children aged 1-3 months, using interview, questionnaire, observation and documentation methods. From the results of interviews conducted by researchers on January 23 2023, precisely in Bayongbong village Rt 17 Rw 03 Linduk Village, Pontang District, Serang Banten Regency, it is proven that parents play an important role in preventing stunting through detection and parental education. Because basically parents are

important people in a child's growth and development. Parents who have knowledge about stunting will take good care of their children to avoid stunting.

Early detection and parental education regarding stunting has a huge influence on the success of stunting prevention strategies in children, so it needs to have implications for the growth and development of children at the age of toddlers and parents also need to get used to always diligently controlling their children's growth and development at the posyandu and instilling Early detection and stunting education has been provided by posyandu, both from midwives and cadres, to children regularly every month so that their growth and development and nutrition are well maintained and they will avoid stunting.

As stated in relevant research, namely the Journal of Ratih Kumorojati et al, they say that efforts to prevent stunting are through early detection and education of parents and posyandu cadres, so that it is hoped that the stunting rate can be reduced. Quite a lot of mothers don't know about stunting and its measurement. height is not routinely measured during posyandu activities. Therefore, it is recommended that cadres carry out regular height measurements during posyandu activities every month and record the measurement results in the KMS. The Puskesmas and village midwives are also expected to be able to regularly monitor and develop cadres and posyandu and follow up on findings of toddlers with problems. The habits and upbringing given by the mother to her child will influence the child's growth and development so that the child is protected from stunting. And Almost all mothers who were interviewed, observed and conducted questionnaires have tried to develop and implement stunting prevention strategies through early detection and education provided by midwives and posyandu cadres, even though this was last year.

All mothers expressed that our actions and methods both at home and at the posyandu in implementing stunting prevention strategies through early detection and parental education for children can influence children's growth and development starting from head circumference, height, weight, and children's nutritional patterns. Children will have good growth and development if the parents' habituation provided by the posyandu is carried out well so that children will avoid stunting. When observing parents in carrying out stunting prevention strategies through early detection and education for children carried out at posyandu both at home, they become an example of being parents who can be relied on in maintaining children's growth and development.

Maintaining and familiarizing children with their growth and development and children's health to avoid stunting can be done by carrying out early detection at the posyandu or at home. Get parents used to looking for information or knowledge about stunting so that parents know how to avoid stunting. Melhana said that the role of parents, especially mothers, has a very important role in preventing stunting in children, for example by providing food with a balanced nutritional intake and

teaching the children themselves about healthy lifestyles. Mothers also accustom their children to carry out early detection at the posyandu every month to control their growth and development and parents can ask midwives or posyandu cadres in the village about early detection of stunting.

Mothers can also carry out early detection of children at home by parents having a weight scale, for head circumference and height they can use a clothes measure. However, even with early detection at home, it is still necessary to consult and confirm the child's growth and development at the nearest posyandu so that parents know whether the child is stunted or not. In getting used to implementing strategies to prevent stunting through early detection and parent education, there are obstacles experienced by parents such as not having time to go to the posyandu (conflict with work), not having early detection tools (if at home), and nutritious food. This does not discourage parents from continuing to strive to implement stunting prevention strategies through early detection and parent education both at posyandu and at home.

Children are protected from stunting and have growth and development that is suitable for children in general. Parents will be very happy and feel successful in maintaining their children's health and growth and development. In this case, parents will increasingly choose to persist in implementing prevention strategies stunting through early detection and education. And parents continue to give the best for their children to prevent stunting.

CONCLUSION

Based on the results of the research and discussion in this study, it can be concluded that a successful strategy for preventing stunting through early detection and parental education so that stunting does not occur in children in Bayongbong Village, Linduk Village, Pontang District is as follows: The strategy for preventing stunting through early detection and maternal education is very important. It is important for parents, including mothers, to maintain the growth and development of children at every age, as Mrs. Mutmainnah has said regarding this matter. In implementing this strategy, it can be applied at home or at the posyandu which is carried out by parents for their children, so that the child is prevented from stunting. Early detection activities are carried out by weighing, measuring body height and measuring head circumference carried out by mothers at the posyandu and at home. And with further outreach regarding stunting education to parents, parents will remember about stunting, early detection and prevention. And the obstacle when implementing stunting prevention strategies through early detection and parent education at home and at the posyandu is that the posyandu time always coincides with other activities such as at factories and rice fields, lack of understanding and economics among parents regarding healthy eating patterns, and early detection tools do not yet exist if done at home.

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