

ANTI-STUNTING EDUCATION STRATEGY IN DAYCARE: ANALYSING THE ROLE OF CAREGIVERS AND FAMILIES TOWARDS EARLY CHILDHOOD

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Abstract: The high rate of stunting in Indonesia has a negative impact on children's health. This suggests the need for effective interventions. The purpose of this study is to determine the anti-stunting education strategy in daycare by analysing the role of caregivers and families towards early childhood. This research discusses the pattern of anti-stunting education implemented in Rumah Pelita Daycare, the role of parents and caregivers in reducing stunting, and the implications of anti-stunting education on child development. This research uses a qualitative case study method through observation, interviews, documentation. Data analysis uses the Miles and Huberman approach through the stages of reduction, data presentation, conclusion drawing. The results showed that Rumah Pelita Daycare is committed to reducing stunting rates through comprehensive efforts, namely providing nutritional intake, clean and healthy living behaviour, routine examinations, learning activities, implementing naps. Parents are also involved in parenting classes and counselling. This research provides practical and theoretical understanding of the role of caregivers and families towards early childhood in anti-stunting education.

Keywords: role, caregivers, family, anti-stunting education, daycare

Introduction

The stunting rate in Indonesia is still very high and is a serious problem for children's health (Sakti et al., 2023). Based on the data, the downward trend in stunting prevalence rates in Indonesia shows a slow but continuous decline. From 2013 to 2016, the stunting prevalence rate decreased by an average of 1.3% per year from 37.2% to 34%. In the period 2016 to 2021, the average decrease reached 1.6% per year (Susanti & Mardhiah, 2022) and from 2021 to 2022, the decrease increased to 2.8% per year, bringing the stunting prevalence rate in 2022 to 21.6% (Has et al., 2024). However, data from the Ministry of Health noted that in 2023, the stunting

rate only decreased slightly to 21.5%, or only 0.1% from the previous year. Therefore, there is a need for effective and holistic interventions to overcome the high rate of stunting in Indonesia so that future generations of Indonesians grow healthy and develop optimally (Alifisyiam et al., 2024).

The family as the first and primary environment for children is largely responsible for providing balanced nutrition, supporting cognitive and motor stimulation, and creating a stable emotional climate (Ruswiyani & Irviana, 2024; Santoso, 2020). In addition, daycare also has the potential to pay special attention to children's nutrition and development by providing nutritious food and an environment that supports physical and mental growth (Hasanah et al., 2024; Qodliyah, 2022). Daycare caregivers can play a role in monitoring diet, providing appropriate stimulation and facilitating physical activity to prevent stunting (Imroatun et al., 2023; Mediani et al., 2022). Therefore, active participation from various parties, including families and daycare caregivers, is needed to support early childhood development (Wiliyanarti et al., 2022).

So far, researchers have taken this issue seriously. The research conducted discussed the empowerment of parents of stunted children and emphasised the importance of education and family support in overcoming stunting. Meanwhile, Mardiana et al. (2023) explored efforts to assist and strengthen daycare as an intervention to reduce stunting in the Sekaran Health Centre area, which showed the importance of the role of health institutions in supporting daycare. Meanwhile, research conducted by Siswati et al. (2022) in "Drivers of Stunting Reduction in Yogyakarta, Indonesia: a Case Study" explored the factors driving stunting reduction in Yogyakarta by emphasising the importance of multi-sectoral interventions and community involvement. However, research that specifically addresses anti-stunting education strategies in the daycare context and examines the role of caregivers and families is scarce. This suggests a significant research gap, where an in-depth study of how daycare caregivers and families collaborate in anti-stunting education could provide new insights and effective solutions to reduce stunting rates in early childhood.

Given this urgency, this study aims to examine the anti-stunting education strategy implemented at Rumah Pelita Daycare in Semarang City by analysing the role of caregivers and families towards early childhood. To achieve this goal, this research focuses on answering three important questions, namely: First, what is the pattern of anti-stunting education implemented in Rumah Pelita Daycare; Second, what is the role of parents and caregivers in preventing stunting; and Third, what are the implications of anti-stunting education on child development in the daycare. This research was conducted at Rumah Pelita Daycare in Semarang City because it is the first stunting reduction innovation programme in Indonesia that focuses on improving children's nutritional status. In addition, Semarang City also continues to reduce stunting rates, so in-depth analyses at Rumah Pelita Daycare are expected to provide practical insights into broader stunting reduction efforts (Cahyati et al.,

2019). The collaborative approach between caregivers and families applied in this daycare is also an important reason for the research, given the important synergistic role of both parties in supporting optimal child development (Helmyati et al., 2020).

This research is based on the argument that anti-stunting education strategies in daycare: analysis of the role of caregivers and families in early childhood is very significant when analysed through Urie Bronfenbrenner's Ecological Systems Theory of Development. This theory emphasises that child development is influenced by various interacting environmental systems (Daniel et al., 2023). The immediate environment, namely family and daycare (microsystem), plays an important role in shaping healthy eating habits and applying good parenting to children. Caregivers in daycare are also responsible for implementing anti-stunting programmes (Sari et al., 2021). Meanwhile, mesosystems highlighted the importance of communication and cooperation between daycare and families to ensure anti-stunting strategies are consistently implemented at home (Masan, 2021). Furthermore, health and education policies (macrosystem) also support effective anti-stunting programmes in daycare (Sari & Montessori, 2021). Thus, interactions between children, caregivers and families in the daycare environment are highly influential in reducing stunting to support optimal early childhood development (Rahma et al., 2022).

Methods

This research uses a qualitative method with a case study approach to explore anti-stunting education strategies in daycare that focus on the role of caregivers and families (Sugiyono, 2015). Data were collected through observation, interviews and documentation. Observations were conducted in the daycare environment to directly observe the diet implemented, routine monitoring and check-ups, and interactions between caregivers and children. In-depth interviews with caregivers, nutritionist, health worker, cleaning service, parents and nutrition programmers from Semarang City Health Office were conducted to understand their experiences, views and roles in stunting prevention efforts (Margawati & Astuti, 2018). In addition, documentation included internal daycare policies. This data collection was intended for researchers to gain a comprehensive understanding of how anti-stunting strategies are implemented as well as the role of caregivers and families in supporting children's growth and development. Data collection used triangulation techniques, namely triangulation of sources, methods and time. Source triangulation was conducted through interviews with various parties to collect data. The method triangulation was done through observation, in-depth interviews and document analysis to get a more comprehensive and in-depth picture. Meanwhile, time triangulation was carried out by collecting data at different times to see the consistency of findings. Furthermore, data analysis was conducted using the Miles and Huberman approach. This process involved data reduction, data presentation and conclusion drawing. With this approach, researchers were able to develop an

in-depth understanding of anti-stunting education strategies in daycare as well as the role of caregivers and families towards early childhood.

The research was conducted from January to May 2024 at Rumah Pelita Daycare, located at Jalan Candi Pawon Tim. III, Manyaran, West Semarang District, Semarang City. There were 8 respondents, consisting of 2 caregivers, 1 nutritionist, 1 health worker, 1 cleaning service, 2 parents and 1 nutrition programmer from Semarang City Health Office. The respondents' profiles are presented in the following table.

Table 1.
Respondent Profile

Number	Initials	Profile	Age
1.	P1	Caregiver	32 years old
2.	P2	Caregiver	42 years old
3.	N1	Nutritionist	24 years old
4.	TK1	Health Worker	37 years old
5.	CS1	Cleaning Service	44 years old
6.	OT1	Parent	30 years old
7.	OT2	Parent	35 years old
8.	DK	Health Service	38 years old

This selection of respondents was intended to provide researchers with a comprehensive perspective on the various aspects that influence stunting reduction, including nutrition policies and programmes, parenting practices and parental involvement. Rumah Pelita Daycare has a high commitment to early childhood education and health, particularly anti-stunting education strategies. In addition, it is under the supervision of the Semarang City Health Office, which facilitates access to relevant data and support in implementing interventions.

Results

Anti-Stunting Education Patterns Applied in Rumah Pelita Daycare, Semarang City

This study found that Rumah Pelita Daycare Semarang City implemented an anti-stunting education pattern with a holistic approach that focuses on reducing stunting. This programme consists of: 1) Providing balanced nutritional intake according to children's age needs; 2) Habituation of clean and healthy living behaviour to prevent infections that worsen stunting conditions; 3) Regular check-ups to monitor children's growth; 4) Learning activities including structured physical activities and cognitive stimulation through educational games to support children's physical and mental development; 5) Implementation of nap time for children. In addition, parenting classes and counselling for parents are an integral part of the programme. Collaboration between caregivers, health workers and parents makes this education pattern able to reduce the prevalence of stunting and improve and maintain the nutritional status of children in Rumah Pelita Daycare.

Table 2.

Anti-Stunting Education Methods at Rumah Pelita Daycare

Number	Anti-Stunting Education	Implementation
1.	Implementing a special nutrition programme	The meal menu at the daycare is made by a nutritionist with a cycle of 10 menus. The menu is arranged so that in a day 1400 kcal is fulfilled consisting of staple foods, animal and vegetable side dishes, and fruit or vegetables with coconut milk. Feeding includes breakfast, morning snack, lunch and milk.
2.	Clean and healthy living behaviours to prevent infections that worsen stunting	Before breakfast, there is a joint gymnastics activity. Children are made to wash their hands before and after eating. In addition, before going home, they are also bathed by caregivers.
3.	Regular check-ups to monitor children's growth	Every day, children are monitored for food intake. Anthropometric measurements and check-ups are conducted by the health centre doctor every week. In addition, every month there is a Stimulation, Detection and Early Intervention of Growth and Development examination, physiotherapy and Evaluation of Intervention Results (passed stunting or not).
4.	Structured physical activity and cognitive stimulation through learning and play activities to stimulate child development	Learning is done indoors and outdoors by caregivers every day and monitored by SDIDTK. Indoor and outdoor play spaces are safe and comfortable equipped with Educational Game Tools. Learning activities aim to stimulate children's motor and sensory development.
5.	Implementation of nap time for children	Rumah Pelita Daycare has bedroom facilities for children to nap comfortably equipped with air conditioning.
6.	Actively involving parents in anti-stunting education for children through parenting classes once a week	Parents are also educated by health workers through parenting classes, so that they are able to apply good parenting at home, and are given counselling by psychologists.

Based on the data obtained from N1, the provision of balanced nutritional intake in daycare is adjusted to the age needs of children to support their optimal growth and development. In the early stages of life, children's nutritional needs are very specific and different at each stage of development. Infants aged 0-6 months need exclusive breastfeeding that is rich in carbohydrate, protein, fat, vitamin and mineral to support brain development and the immune system. When the age of 6 months and above enters the complementary phase (Complementary Food for Breast Foods), the provision of nutritious foods i.e. rice, potatoes, wholegrains rich in carbohydrates, proteins and fats such as meat, fish, eggs and beans is very important. Vitamins and minerals from green vegetables, fruits and whole grains are also gradually introduced to fulfil the child's micronutrient needs. A varied and balanced diet not only fulfils energy needs, but is also important for cognitive and physical development. Every day at Rumah Pelita Daycare, children are given 2 meals, morning snack and milk. The daily menu is designed by a nutritionist to fulfil the nutritional needs according to their age stage, ensuring each child gets the nutrients they need to support physical health and cognitive development. Therefore, proper monitoring and adjustment of diet based on children's growth

allows their nutritional needs to be optimally met, thus supporting long-term health and reducing the prevalence of stunting.

“At Rumah Pelita Daycare, children’s food is adjusted to their age so that their growth and development is optimal. Here, children eat 2 meals, 1 snack and drink milk. The meal menu is designed by a nutritionist according to the child’s nutritional needs. Children’s food intake is monitored every day. Monitoring is done so that children’s nutritional needs are well met so that their health is maintained.”

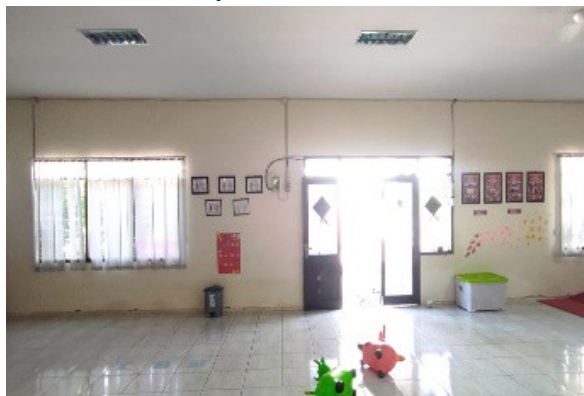
Picture 1.

Implementing a special nutrition programme



Picture 2.

Cleanliness of daycare environment maintained



CS1 stated that clean and healthy living behaviours are familiarised at Rumah Pelita Daycare to prevent infections that worsen stunting conditions. Children are taught to always wash their hands before and after eating, after playing and after using the toilet. The cleanliness of the daycare environment is also maintained by regularly cleaning toys, tableware and play areas. Children are also taught the importance of regular bathing and maintaining personal hygiene. In addition, every day before breakfast, the children and caregivers do morning exercises. By getting used to this clean and healthy living behaviour, children are able to grow and develop optimally without being disturbed by diseases that exacerbate the problem of stunting.

“Children are taught to wash their hands before and after eating, after playing and after going to the toilet. The daycare environment is also kept clean, toys,

tableware and play areas are cleaned regularly. Every day before breakfast, there are gymnastic activities together. Before being picked up by their parents, children are bathed by caregivers, so they go home clean. This habit makes children grow and develop optimally without the disturbance of diseases that exacerbate stunting.”

Meanwhile, TK1 stated that routine health checks at Rumah Pelita Daycare are very important to monitor children’s growth and development. Health workers from the Community Health Centre come to check children’s growth according to health standards. Anthropometric measurements, examination of Stimulation, Detection and Early Intervention of Growth and Development, physiotherapy and Evaluation of Intervention Results (passed stunting or not) are carried out. This examination is an evaluation material for health workers, caregivers and parents, so that the stimulation and intervention given to children is appropriate.

“Routine health checks are carried out at Rumah Pelita Daycare to monitor children’s growth and development. Health workers from the Community Health Centre come to check whether the children’s growth is in accordance with health standards. Examinations carried out include anthropometric measurements, examination of Stimulation, Detection and Early Intervention of Growth and Development, physiotherapy and Evaluation of Intervention Results (passed stunting or not). Health workers, caregivers and parents provide stimulation and intervention to children based on the evaluation of the examination results.”

Picture 3.

Health worker record the results of child health checks



In addition, P1 stated that structured physical activities and cognitive stimulation through educational games are highly emphasised at Rumah Pelita Daycare. These learning activities aim to support children’s cognitive, physical-motor, social-emotional, language and mental development. Every day, children are stimulated with various activities, ranging from morning gymnastics, indoor and outdoor play, as well as light sports designed to improve their motor skills. Cognitive stimulating educational games and art activities are also part of their daily routine. Learning is guided directly by trained teachers, so that children are able to grow healthy, smart and creative.

“Here, structured physical activities and educational games are emphasised for children’s physical, cognitive, social-emotional, language and mental

development. Every day, children do gymnastics, indoor and outdoor play, and light sports to improve motor skills. There are also educational games and art activities. Learning activities are directly guided by trained teaching staff. In this way, children become healthier, smarter and more creative.”

Picture 4.

Learning and play activities to stimulate children’s development



P2 stated that at Rumah Pelita Daycare, the implementation of nap time for children is very important in supporting anti-stunting education patterns. Regular naps help children’s bodies to recover and grow optimally, support metabolic processes and the production of essential growth hormones, and increase children’s endurance. Every day, the daycare implements a nap schedule starting from 10.00-12.00 am. Daycare caregivers ensure that children get enough rest to help optimise physical growth and cognitive development.

“At Rumah Pelita Daycare, nap time is very important to reduce the stunting rate. Every day, children take a nap from 10.00-12.00 am. The benefits are many, to help children grow optimally, support metabolism and increase endurance. The caregivers here always make sure the children get enough rest to maximise their physical growth and cognitive development.”

Informant DK also stated that education and counselling activities for parents about the importance of nutrition and healthy eating carried out in daycare are very important to support children’s health and development. Through this activity, parents are invited to understand how important it is to provide balanced nutritional intake according to the needs of children’s age. Information on the types of foods that are rich in carbohydrate, protein, fat, vitamin and mineral are explained in an easy-to-understand manner, including how to prepare a varied and nutritious daily menu. In addition, once a week there are parenting and counselling classes conducted by nutritionists and psychologists. This activity aims to improve the knowledge and skills of parents in terms of parenting through sharing good experiences related to parenting in children. With this comprehensive education, it is able to raise parents’ awareness in providing healthy food and implementing good parenting for children, so that their growth is optimal.

“Education and counselling activities for parents about the importance of nutrition and healthy eating for children were also held at Rumah Pelita

daycare. Parents are given an understanding of how important it is to provide nutritious food according to the age of the child, making a varied and nutritious daily menu. Every week, parenting classes and counselling by nutritionists and psychologists are also held to share good experiences related to parenting. With this education, parents are more aware of providing healthy food and implementing good parenting for children.”

Based on the data obtained, it is known that Rumah Pelita Daycare implements an anti-stunting education programme with a holistic approach that focuses on reducing stunting. This programme consists of providing balanced nutritional intake according to the needs of the child’s age. Clean and healthy living habits are also instilled to prevent infections that worsen stunting conditions. Daycare also routinely conducts health checks to monitor children’s growth and development. Structured physical activities and cognitive stimulation through educational games are also implemented to support physical and mental development as well as the implementation of nap time for children. In addition, education and counseling for parents through parenting classes and counselling is an important part of the programme. Collaboration between health workers, caregivers and parents makes this educational programme effective in reducing the prevalence of stunting and improving the quality of life of children in Rumah Pelita Daycare.

The Role of Parents and Caregivers in Preventing Stunting at Rumah Pelita Daycare in Semarang City

Based on the interviews conducted, it is known that the role of parents and caregivers at Rumah Pelita Daycare in Semarang City is very important in reducing stunting rates in children. Parents work together with caregivers to ensure that children receive balanced and age-appropriate nutrition. At home, parents continue the healthy diet that has been implemented in daycare by providing foods rich in carbohydrate, protein, fat, vitamin and mineral. Parents also practise good parenting and support physical activities that are beneficial for their children’s growth. In addition, adequate time for rest and quality sleep for children is also the responsibility of parents.

On the other hand, caregivers in daycare are responsible for providing nutritious meals and maintaining a clean and healthy environment. They also engage children in developmentally stimulating physical and cognitive activities and enforce naptime. Effective communication between parents and caregivers is essential, so that information regarding the child’s development and health issues are addressed immediately. Good collaboration between parents and caregivers can create an environment that supports children’s growth, thereby reducing stunting rates.

As stated by OT1 that at home, parents also continue the healthy eating pattern that has been implemented at Rumah Pelita Daycare. Parents ensure their children get a balanced nutritional intake by serving foods rich in carbohydrates, proteins, fats, vitamins and minerals, such as rice, potatoes, wholegrains, meat, fish,

eggs, nuts, green vegetables and fruits. This healthy diet helps maintain physical health and supports children's cognitive development.

“At home, I continue the healthy diet from Rumah Pelita Daycare. I provide foods that are rich in carbohydrates, proteins, fats, vitamins and minerals. My child eats rice, meat, fish, eggs, beans, vegetables and fruit. Healthy food helps maintain health and supports children's cognitive development. I try to provide nutrients that support the growth of children to be healthy and strong.”

OT1 added that at home, parents also practise good parenting for their children. Parents maintain a clean and healthy lifestyle by ensuring the home environment is always hygienic and the food served is nutritionally balanced. Providing consistent affection is very important for children's emotional development. Providing a safe, comfortable and fun environment can support optimal child development. In addition, non-violent parenting is also applied to create a positive and safe atmosphere, avoiding negative impacts that hinder children's growth. Parents also provide good role models because children imitate the actions and habits they see. Parents are able to support the anti-stunting education programme implemented at Rumah Pelita Daycare by applying this good parenting consistently.

“At home, I provide balanced nutritious food and maintain a clean and healthy lifestyle. I provide love and create a safe, comfortable and fun environment for my children. I also provide non-violent parenting and set a good example for my children as a parent. I make these efforts to support the anti-stunting education programme at Rumah Pelita Daycare to run effectively.”

Related to this, OT2 also stated that at home, parents also support physical activities that are beneficial for children's growth. Parents support children's development by encouraging them to play inside and outside the house and to exercise lightly on a regular basis. The usual physical activities of playing hide and seek, throwing and catching balls and gymnastics are done to develop motor skills, improve heart and lung health, and strengthen children's muscles and bones. By involving children in fun physical activities, parents support the anti-stunting programme held at Rumah Pelita Daycare.

“I support my children's physical activity by encouraging them to play inside and outside the house, as well as exercising lightly on a regular basis. They often play hide and seek, throw and catch the ball and do gymnastics. The benefits are to develop motor skills, heart and lung health, and strengthen muscles and bones. In this way, I support the anti-stunting programme conducted at Rumah Pelita Daycare.”

OT2 also added that at home, parents ensure that children get enough time for rest and quality sleep. Parents organise a regular sleep schedule and create a calm and comfortable environment. Adequate and quality sleep helps to repair and strengthen the immune system, improve concentration and memory, and support the child's overall growth and development process. In addition, a good nap provides additional time for the child's body to rest and recover energy, which is

very beneficial for stunted children. By integrating regular and quality sleep into their daily routine, parents also contribute to the anti-stunting programme held at Rumah Pelita Daycare.

“At home, I make sure the children get enough sleep with a regular schedule and a comfortable environment. Because quality sleep helps the immune system, concentration, memory and growth of children. In addition, it is also very important for stunted children to give extra time to recover energy. I support the anti-stunting programme at Rumah Pelita Daycare by maintaining a good sleep routine for children.”

Meanwhile, P1 stated that every day at Rumah Pelita Daycare, caregivers actively engage children in various fun physical activities and cognitive stimulation. Children are invited to morning gymnastics, indoor and outdoor play with various interactive games and light exercise to improve their physical fitness. These activities are beneficial for a healthy body and help develop motor coordination and muscle strength. In addition, educational games that stimulate thinking skills (cognitive) and art activities that involve creativity are also part of their routine. The caregivers at Rumah Pelita Daycare play an active role in facilitating and monitoring each activity and ensuring all these learning and play experiences are appropriate to the child’s developmental stage and beneficial to them.

“Every day, caregivers at the daycare engage the children in physical activities. There is morning gymnastics, indoor and outdoor play, and light exercise to improve fitness and motor coordination. They are also involved in educational games and art activities to stimulate thinking skills and creativity. Caregivers actively monitor and ensure all activities are developmentally appropriate to provide optimal benefits for the child.”

P2 adds that the daycare implements nap time for children. Caregivers accompany the children for naps, ensuring they get adequate rest to help optimise physical growth and cognitive development. Regular naps help the child’s body to recover and optimise growth, support metabolic processes and the production of essential growth hormones, and increase the child’s immune system. The implementation of nap time for children is very important in supporting anti-stunting education patterns at Rumah Pelita Daycare.

“In daycare, children are given regular nap times. Caregivers accompany the children during their naps to ensure they get enough rest. This nap is important for them to grow well, support the body’s metabolism and help the immune system. This is implemented to support the anti-stunting programme at Rumah Pelita Daycare.”

Thus, the role of parents and caregivers at Rumah Pelita Daycare Semarang City is very important in preventing stunting in children. Parents work together with caregivers to ensure children receive age-appropriate balanced nutrition. At home, parents continue the healthy diet implemented at the daycare, providing foods rich in carbohydrate, protein, fat, vitamin and mineral. Parents also apply good parenting practices, support physical activities that are beneficial for their children’s growth, and ensure children get adequate rest and quality sleep. On the other hand,

caregivers in daycare engage children in developmentally stimulating physical and cognitive activities and implement a nap schedule. Effective communication and good collaboration between parents and caregivers are essential in creating an environment that supports optimal child growth, resulting in healthy growth and reduced stunting rates.

Implications of Anti-Stunting Education on Child Growth and Development at Rumah Pelita Daycare in Semarang City

Based on interviews with caregivers and parents, it is known that the implications of anti-stunting education on child development in Rumah Pelita Daycare Semarang City are significant. With a good understanding of stunting, caregivers and parents are proactive in ensuring their children's nutritional needs are met.

Anti-stunting education helps them recognise the early signs of nutritional problems and act quickly to prevent long-term impacts. Children who receive balanced nutrition and engage in structured physical and cognitive activities experience optimal physical and mental development. They grow up healthy, active and have good learning abilities. In addition, the habituation of clean and healthy living behaviours taught in daycare, regular check-ups, and the implementation of nap time for children can strengthen overall stunting prevention efforts.

This education involves caregivers in giving special attention to each child, ensuring that nothing is missed in monitoring their development. At home, parents also practise good parenting for their children. With this holistic approach, children at Rumah Pelita Daycare have the opportunity to grow up healthy, smart and creative.

In this regard, N1 stated that Rumah Pelita Daycare also provides nutrient-rich food specially designed by a nutritionist. The menu is arranged with a 10-day cycle to keep children from getting bored, consisting of staple foods, animal and vegetable side dishes, and fruit or vegetables with coconut milk, so that 1400 kcal is fulfilled in a day. This aims to support children's growth and development and optimal nutritional improvement. Every child in daycare gets breakfast, morning snack, lunch, and milk.

“At Rumah Pelita Daycare, the food menu is designed by a nutritionist, with a 10-day cycle so that children don't get bored. The menu includes staple foods, animal and vegetable side dishes, as well as fruits and vegetables with coconut milk, so that 1400 kcal is fulfilled in a day. All of this is to support children's growth and nutrition. Every day, children get breakfast, morning snack, lunch and milk.”

With a specially designed food menu to fulfil nutritional needs, children in daycare not only grow healthy and strong, but also active and energetic. The cycle of children's meals at Rumah Pelita Daycare is presented in the following table.

Table 3.

The Cycle of Children's Meals at Rumah Pelita Daycare

Menu to	Breakfast-07.00 am	Snack & Milk-10.00 am	Lunch-12.00 pm	Milk-15.00 pm
1	Coconut Milk Chicken Soup, Bacem Chicken Egg, Fried Tempeh, Banana	Yellow Pumpkin Compote	Pop-Pop Tilapia Rice, Omelette, Spinach Leaf Bobor, Tofu, Orange	Milk
2	Rice, Fried Tilapia, Tempeh Spiced Balado Tomato, Chayote Pumpkin, Watermelon	Cheese Potato Stick	Rice, Boiled Egg, Peanut Sauce Chicken Satay, Carrot Tofu Capcay, Melon	Milk
3	Uduk Rice, Shredded Fried Chicken, Dried Tempeh, Banana	Corn Milk Cheese	Rice, Fish Pepes, Quail Egg Satay, Ca Cauliflower Carrot Tofu, Orange	Milk
4	Rice, Egg Stew, Chicken in Tomato Sauce, Tofu Spinach Bobor, Melon	Potato Tofu Cake	Rice, Fried Fish, Scrambled Eggs, Sayur Lodeh, Watermelon	Milk
5	Yellow Rice, Omelette, Chicken and Tempeh Stew, Carrot, Papaya	Macaroni Schotle	Rice, Ca Chicken Putren Carrot, Tofu, Quail Egg Satay, Orange	Milk
6	Rice, Yellow Spiced Tilapia, Egg Balado, Bobor Kale, Banana	Avocado Pudding	Rice, Crispy Fried Chicken, Sunny Side Up Egg, Carrot Tofu Curry, Watermelon	Milk
7	Rice, Crispy Fried Fish, Long Bean Vegetables, Scrambled Eggs, Sweet and Sour Tofu, Melon	Chicken Potato Risol	Rice, Teriyaki Chicken, Omelette, Tempeh, Carrot Coconut Milk Sauce, Oranges	Milk
8	Rice, Crispy Chicken Steak, Fried Tempeh Cubes, Steamed Carrot Bean Corn, Watermelon	Mung Bean Porridge	Rice, Grilled Fish, Chayote and Coconut Milk Tofu, Banana	Milk
9	Rice, Flour Fried Fish, Chayote and Carrot Soup, Tempe Balado Tomato, Orange	Plain Bread Pudding	Rice, Fuyunghai Egg, Sapo Tofu, Watermelon	Milk
10	Mustard Fried Rice, Chicken Curry, Tempeh Chips, Papaya	Banana Mud	Rice, Fish Cooked in Soy Sauce, Vegetable Tofu, Melon	Milk

P1 also explained that at Rumah Pelita Daycare, children are engaged in structured physical and cognitive activities. Regular physical activity helps them develop motor skills and maintain physical fitness. While structured cognitive activities are able to improve their thinking, problem-solving and learning skills. Every day, the children are stimulated with a variety of activities, ranging from morning gymnastics, indoor and outdoor play, as well as light sports designed to improve their motor skills. In addition, cognitively stimulating educational games and art activities are also part of their daily routine. Learning is guided by trained teachers, so that children are able to grow up healthy, smart and creative. Children in this supportive environment demonstrate good learning abilities. In addition, the social interactions that occur in various activities at the daycare can enrich

children's emotional and social experiences, as well as build self-confidence and communication skills.

“At Rumah Pelita Daycare, children do various activities that make them active and smart. They regularly exercise, do morning gymnastics and play outside to develop their motor skills and keep their bodies fit. In addition, there are also art activities and educational games that help children think and learn. All activities are guided by experienced teachers. The social interaction the children get also helps them build confidence and communication skills.”

The caregivers observe that the children at Rumah Pelita Daycare have improved, both from a psychological aspect, where children who initially tended to be silent and did not want to communicate with others, are now willing to actively socialise. Meanwhile, from the language aspect, caregivers found that children who previously could only say one or two syllables, are now able to say more than two syllables. Meanwhile, from the motor aspect, the child is able to do the movements that are exemplified and colour objects neatly. In addition, seen from the socio-emotional aspect, the child is able to apply the words thank you, excuse me and sorry to others.

CS1 added that awareness of the importance of clean and healthy living behaviour is also taught at Rumah Pelita Daycare. Children are familiarised to always wash their hands before and after eating, after playing and after using the toilet. The cleanliness of the daycare environment is also maintained by regularly cleaning toys, tableware and play areas. Every day before breakfast, the children and caregivers do morning exercises.

“At Rumah Pelita Daycare, children are taught the importance of clean and healthy living. They regularly wash their hands before and after eating, playing and using the toilet. The daycare environment is also always cleaned, including toys and tableware. Every morning before breakfast, the children and caregivers do morning exercises together.”

In addition, Rumah Pelita Daycare also has an afternoon bath schedule starting from 14.30-15.00 pm. Children are bathed by caregivers by bringing their own toiletries. By getting used to this clean and healthy living behaviour, children are able to grow and develop optimally without being disturbed by diseases that exacerbate the problem of stunting. The provisions for children's equipment are presented in the following table.

Table 4.
Children's Equipment

Time	Activity	Children's Equipment
14.30-15.00 pm	Afternoon Bath	<ol style="list-style-type: none"> 1. Children are expected to bring their own toiletries (soap, shampoo, toothbrush and toothpaste, telon oil, powder, towel). Toiletries are expected to be replenished as informed by caregivers. 2. Bring at least 3 pairs of comfortable clothes for daily activities. Clothes for learning activities in the morning are expected to be neatly free. 3. Bring at least 3 nappies for children who still wear nappies.

4. Not allowed to wear excessive accessories.
5. Children's equipment must be named so as not to be confused with their friends.

TK1 stated that anti-stunting education at Rumah Pelita Daycare plays an important role in helping caregivers and parents recognise the early signs of nutritional problems in children and act quickly to prevent long-term impacts. Through regular check-ups, they know the early symptoms of stunting in children, ranging from slow physical growth, lack of ideal body weight, and delayed motor and cognitive development. This knowledge helps them to take appropriate preventive measures and ensure children receive adequate health care.

“At Rumah Pelita Daycare, there is an anti-stunting education programme which is very important. This programme helps caregivers and parents spot the early signs of nutritional problems in children and act immediately so that the impact is not severe. They can see the early symptoms of stunting, such as slow physical growth, underweight, and delayed motor and cognitive development from routine checks carried out at the daycare. This knowledge is useful for taking appropriate preventive measures and ensuring children receive good health care.”

This routine examination is carried out to determine whether the child has passed stunting or not, so that health workers, caregivers and parents are able to provide appropriate stimulation and intervention to the child. The data on children at Rumah Pelita Daycare who passed the stunting test are presented in the following table.

Table 5.
Data of Children at Rumah Pelita Daycare Who Passed The Stunting Test

Number.	Initials Child's Name	Before		After		Increase	
		Weight	Height	Weight	Height	Weight	Height
1.	NA1	11.5 kg	93.6 cm	12.25 kg	94.4 cm	800 grams	0.4 cm
		Weighing on 21 February 2023		Weighing on 28 March 2023			
2.	SA	10.6 kg	84.2 cm	11 kg	86.7 cm	400 grams	2.5 cm
		Weighing on 21 February 2023		Weighing on 14 March 2023			
3.	NA2	11 kg	90.4 cm	11.5 kg	91 cm	500 grams	0.6 cm
		Weighing on 21 February 2023		Weighing on 28 March 2023			
4.	AS1	10.25 kg	84 cm	10.8 kg	85 cm	550 grams	1 cm
		Weighing on 21 February 2023		Weighing on 16 May 2023			
5.	AS2	13.3 kg	95.5 cm	14 kg	97.3 cm		1.8 cm

		Weighing on 21 February 2023		Weighing on 16 May 2023	700 grams	
6.	RJ	12.35 kg 90.4 cm		13.35 kg 93 cm	1000 grams	2.6 cm
		Weighing on 21 February 2023		Weighing on 15 August 2023		
7.	ST	9.75 kg 84.5 cm		11.15 kg 88.4 cm	1400 grams	3.9 cm
		Weighing on 14 March 2023		Weighing on 22 August 2023		
8.	AA1	10.75 kg 91.5 cm		11.8 kg 95 cm	1050 grams	3.5 cm
		Weighing on 14 March 2023		Weighing on 22 August 2023		
9.	E	10.35 kg 89.2 cm		11.45 kg 94 cm	1100 grams	4.8 cm
		Weighing on 7 March 2023		Weighing on 17 October 2023		
10.	B	11 kg 86 cm		12.2 kg 90.7 cm	1200 grams	4.7 cm
		Weighing on 21 March 2023		Weighing on 17 October 2023		
11.	D	10.75 kg 88.7 cm		12.95 kg 93.8 cm	2200 grams	5.1 cm
		Weighing on 7 March 2023		Weighing on 17 October 2023		
12.	NA3	12.15 kg 92.3 cm		13.7 kg 97.1 cm	1550 grams	4.8 cm
		Weighing on 9 May 2023		Weighing on 8 December 2023		
13.	AZ	12.05 kg 94 cm		14.5 kg 99.5 cm	2450 grams	5.5 cm
		Weighing on 13 July 2023		Weighing on 8 December 2023		
14.	AA2	8.6 kg 81 cm		10.6 kg 85 cm	2000 grams	4 cm
		Weighing on 28 August 2023		Weighing on 8 December 2023		

In addition, OT2 said that at home, parents ensure that children get adequate and quality sleep by setting a consistent sleep schedule and creating a calm and comfortable environment. Good sleep helps to repair the immune system, improve focus and memory, and support children's overall growth and development. In addition, a good nap also gives the body a chance to rest and recharge. This is especially important for stunted children. Parents also support the anti-stunting programme at Rumah Pelita Daycare by including regular and quality sleep time in their children's daily routine.

“At home, I make sure the children get enough sleep on a regular schedule. Quality sleep helps the child’s immune system, focus and growth. In addition, naps are also important for additional rest, especially for stunted children. By maintaining a good bedtime, parents support the anti-stunting programme at Rumah Pelita Daycare.”

Informant DK also stated that at Rumah Pelita Daycare, education and counselling activities for parents regarding nutrition and healthy eating patterns are very important to support children’s health and development. Through this activity, parents are invited to understand the importance of providing nutritious food according to the child’s age. They are given information on foods rich in carbohydrate, protein, fat, vitamin and mineral, as well as how to prepare a healthy and varied daily menu. In addition, there are weekly parenting classes and counselling by nutritionists and psychologists aimed at improving parents’ knowledge and skills in parenting. This education helps parents understand the importance of healthy food and good parenting, so that children grow optimally.

“At Rumah Pelita Daycare, there are nutrition education activities for parents. Parents are taught about the importance of providing nutritious food according to the child’s age. They get information about foods that contain carbohydrates, proteins, fats, vitamins and minerals, as well as how to make a healthy menu. There are also weekly parenting classes and counselling with nutritionists and psychologists to help parents in parenting. All this is done so that children can grow optimally.”

Through this activity, it is hoped that parents will be able to apply good parenting to children and develop a schedule of activities when children are at home as implemented in Rumah Pelita Daycare. The schedule of activities at Rumah Pelita Daycare is presented in the following table.

Table 6.
The Schedule of Activities at Rumah Pelita Daycare

Time	Activity	Preparation
07.00-08.00 am	Breakfast	Healthy Food
	Morning Snack	
08.00-08.30 am (Opening Activities)	1. Greetings and Prayers 2. Singing 3. Physical Activities	Yard Sound Yard
08.30-09.30 am (Core Activities)	Pre-School Learning Activities	2013 Curriculum for Early Childhood Education
09.30-10.00 am (Closing Activities)	Sing and Storytelling	Storybook
10.00-12.00 am	Nap	Bedroom
12.00-13.00 pm (Break Activities)	1. Meal Preparation 2. Lunch Together	Hand Soap, Water Healthy Food
13.00-14.30 pm	Practical Life and Free Play	Playland Indoor
14.30-15.00 pm	Afternoon Bath	Bath Equipment
15.00-15.45 pm	Milk Time	Healthy Snack
15.45-16.00 pm	Home Pick-Up	Pick-Up Book

The implications of anti-stunting education at Rumah Pelita Daycare in Semarang City have a significant impact. By understanding stunting, caregivers and

parents are proactive in meeting their children's nutritional needs, recognizing early symptoms of nutritional problems and taking immediate steps to prevent long-term impacts. Children who receive balanced nutrition and engage in structured physical and cognitive activities experience optimal physical and mental development, improved health, and learning ability. In addition, regular check-ups and teaching clean and healthy living behavior are part of the daycare's program. At home, parents ensure that children have adequate and quality sleep. Weekly parenting classes and counselling by nutritionists and psychologists aim to enhance parents' knowledge and skills in parenting. This education helps parents understand the importance of healthy food and good parenting for children's optimal growth. With this comprehensive approach, children at Rumah Pelita Daycare have a great opportunity to grow up healthy, smart and creative.

Discussion

This study found that the anti-stunting education pattern applied in Rumah Pelita Daycare, Semarang City consists of: 1) Providing balanced nutritional intake according to children's age needs; 2) Habituation of clean and healthy living behaviour to prevent infections that worsen stunting conditions; 3) Regular check-ups to monitor children's growth; 4) Learning activities include structured physical activities and cognitive stimulation through educational games to support children's physical and mental development; 5) Implementation of nap time for children. In addition, parenting classes and counselling for parents are an integral part of the programme. The role of parents and caregivers in overcoming stunting in daycare is also very important. The relationship between parents and caregivers in anti-stunting education at Rumah Pelita Daycare is complementary. At home, parents continue the healthy diet that has been implemented in daycare, apply good parenting to children, support physical activities that are beneficial for their growth, and ensure children get enough time for rest and quality sleep. Meanwhile, caregivers in daycare are responsible for guiding learning and ensuring children get enough rest to help optimise cognitive development and physical growth. Meanwhile, nutritious food, environmental hygiene (Hestuningtyas & Noer, 2014), routine check-ups, as well as parenting and counselling activities are the responsibility of Rumah Pelita Daycare, which involves nutritionists, cleaning services, health workers and psychologists. This comprehensive approach helps children in Rumah Pelita Daycare Semarang City grow up healthy and reduce stunting rates.

Anti-stunting education at Rumah Pelita Daycare Semarang City also has a significant impact on child development. First, anti-stunting education helps caregivers and parents recognise the early signs of nutritional problems and act quickly to prevent long-term impacts. Second, children who receive balanced nutrition and engage in structured physical and cognitive activities experience optimal physical and mental development. They grow up healthy, active and have

good learning abilities. Thirdly, clean and healthy living behaviours, as well as regular check-ups are also implemented in the daycare. In addition, there are counselling and parenting activities conducted by nutritionists and psychologists. At home, parents ensure that children get adequate rest and quality sleep. This shows that the good habits taught in daycare continue in the home environment, thus strengthening the overall stunting reduction efforts. This education builds effective co-operation between daycare and parents and creates an environment that supports holistic child development.

The anti-stunting education pattern implemented in Rumah Pelita Daycare Semarang City has proven to be effective in reducing stunting because it integrates a holistic approach. Firstly, providing a balanced nutritional intake rich in carbohydrates, proteins, fats, vitamins and minerals tailored to the age needs of children, ensuring they get the nutrients needed for optimal growth (Askandary et al., 2024). Second, habituation to clean and healthy living behaviours to prevent infections that exacerbate stunting and diseases that inhibit growth. Third, regular health checks to detect nutrition and growth problems in children. Fourth, the implementation of structured physical activities and cognitive stimulation through educational games to support children's physical and mental development. Fifth, implementation of nap time for children. Sixth, parenting activities and counselling for parents to improve their knowledge and skills in childcare. The combination of all these aspects creates a conducive environment for child development, significantly reducing the stunting rate. This approach ensures that every child receives the right attention and care, and gives them the best chance to grow up healthy and strong.

The Ecological Systems Theory developed by Urie Bronfenbrenner emphasises that child development is influenced by various interacting environmental systems. In Rumah Pelita daycare in Semarang City, the provision of balanced nutrition rich in carbohydrates, proteins, fats, vitamins and minerals tailored to the age needs of children reflects the support of the microsystem environment directly (Elisanti et al., 2023). The implementation of good parenting for children shows the interaction between the daycare microsystem and the family microsystem (Yulistiyono et al., 2023). Two elements that play an important role in the mesosystem. The implementation of structured physical activities and cognitive stimulation through educational games, and the implementation of nap time illustrate how daycare as a microsystem environment provides positive direct interactions for children. This holistic approach ensures that every aspect of the child's environment works together to make a positive contribution to the child's growth and development, thus effectively reducing stunting rates and supporting healthy physical, mental and emotional development.

Urie Bronfenbrenner's Developmental Ecology (Ecological Systems Theory) also emphasises that the roles of parents and caregivers in reducing stunting interact with each other. At home, parents continue the healthy eating patterns that have

been implemented in daycare. This reflects the synergy between the family microsystem and daycare. Parents also apply good parenting for children (Salsabila et al., 2021), support physical activities that are beneficial for their growth, and ensure children get enough time for quality rest and sleep. This indicates continuous support for the anti-stunting education programme. Meanwhile, children are also engaged in a variety of developmentally stimulating physical and cognitive activities, demonstrating how hands-on interactions in the daycare microsystem support children's physical and mental growth (Meylia et al., 2022). Daycare caregivers also ensure children get adequate rest periods to help optimise cognitive development and physical growth, reflecting the important role of the daycare microsystem in children's daily lives (Utami et al., 2023). All of these efforts reflect harmonious communication and interaction between various environmental systems, thus creating optimal conditions for healthy child development. This is in line with the principles of Bronfenbrenner's theory, which ensures that every aspect of a child's environment contributes positively to reducing stunting.

In addition, the Ecological Systems Theory developed by Urie Bronfenbrenner also looks at the implications of anti-stunting education on child development at Rumah Pelita Daycare in Semarang City. First, anti-stunting education and regular check-ups are conducted to recognise early signs of nutritional problems and act quickly to prevent long-term impacts (Munawaroh et al., 2022). This shows the importance of interaction within the micro-system, namely daycare and family. Second, children receive balanced nutrition, engage in structured physical and cognitive activities (Haeril et al., 2023), and get quality rest and sleep, so they grow up healthy, active and have good learning abilities. This reflects the role of the mesosystem where interactions between daycare and home support each other. Third, awareness and habituation of clean and healthy living behaviours taught in daycare and applied at home show how the ecosystem functions, namely support from daycare which is influential even though indirectly (Dharmayani et al., 2022). All of this creates an environment conducive to healthy child development, reducing stunting rates and in line with Bronfenbrenner's principle that sees children develop through the dynamic interaction of various environmental systems.

The findings in this study show similarities with research Alifisyiam et al. (2024) that anti-stunting education strategies in daycare that involve analysis of the role of caregivers and families for early childhood have significant differences compared to strategies that do not involve such analysis. This is in line with Ruswiyani & Irviana (2024) who explained that appropriate psychosocial stimulation, mothers' knowledge of nutrition and good parenting, and quality childcare contribute significantly to the development of stunted children. With the analysis of the role of caregivers and families, the interaction between daycare and home environment is well coordinated.

However, the findings in this study contradict the opinion that maternal attention to child nutrition is very important to overcome stunting (Merina et al., 2021). Daycare caregivers are responsible for providing structured physical activity and cognitive stimulation, as well as implementing nap time for children. While families are involved in continuing the healthy diet that has been implemented in daycare, implementing good parenting, supporting physical and cognitive activities, and ensuring children get adequate rest time and quality sleep. Without an analysis of the role of caregivers and families, anti-stunting education programmes are less effective due to a lack of awareness and cooperation between daycare and families, which is very important in supporting holistic child development.

Neighbouring communities, the Semarang City Health Office and the Semarang City Government have taken holistic collaborative steps to address the problem of early childhood stunting in Semarang City (Elfindri & Dasvarma, 1996). First, the community plays an active role in providing education on the importance of balanced nutrition through posyandu activities and health cadres, as well as ensuring a clean environment and good sanitation. Secondly, the Semarang City Health Office implements a nutritious supplementary feeding programme for toddlers and pregnant women, and conducts regular monitoring and mentoring of children's growth (Anindita, 2012). In addition, they also conduct nutrition counselling at various community and school levels (Skoufias, 1999). Third, the Semarang city government supports this effort by allocating a special budget for maternal and child health programmes, improving health infrastructure such as community health centres and posyandu, and collaborating with various parties, including the private sector and non-governmental organisations to expand the reach of stunting prevention programmes. This collaborative effort between the community, Semarang City Health Office and Semarang City Government aims to minimise the problem of stunting, so that young children in Semarang grow optimally and healthily.

Conclusion

Anti-stunting education at Rumah Pelita Semarang Daycare involves key steps: balanced nutrition, clean and healthy behaviour, regular check-ups, structured physical and cognitive activities, and nap time. In addition, there are parenting classes for parents on good parenting for children. This study shows that the synergy between caregivers in daycare and families is very important in reducing stunting rates. Caregivers provide physical and cognitive activities, and implement nap schedules for children. Meanwhile, parents continue a healthy diet, implement good parenting, support children's physical and cognitive development, and ensure children get enough rest.

This study provides practical guidance for daycares, but has limitations, namely limited coverage of one daycare and a small number of respondents. For

more comprehensive results, it is recommended to expand the scope of the study by involving more daycares and respondents and using mixed methods and longitudinal studies.

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