

The Movement of Family Empowerment through Bridal Post Program Against Stunting Prevention in Iloponu Village, Gorontalo Regency

Lisda Van Gobel^{1*}, Sofyan Alhadar², Misbahudin Djaba³, Iin laki⁴

University of Bina Taruna Gorontalo

Corresponding Author: Lisda Van Gobel lisdavangobel69@gmail.com

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ABSTRACT

The purpose of the service activity is to prevent the number of *stunting* cases in Gorontalo Province, especially in Iloponu Village, Tibawa District, Gorontalo Regency. There are several methods used in the form of socialisation and direct assistance. The timing of the implementation of this activity will be carried out in August 2022. Based on the findings in this activity, there were 17 cases of stunting in Iloponu Village. This is updated by the economic level of the community which is still at a low level so that parents have not been able to provide nutritious food to children. In addition, the level of education of parents is also one of the factors in the emergence of *stunting* cases in Iloponu Village. It can be concluded that *Stunting* is a chronic disease that can interfere with the growth of children whose effects can penetrate into a person's career if prevention is not carried out early..

INTRODUCTION

Stunting is a chronic malnutrition problem caused by lack of nutritional intake for a long time. It affects the resulting in growth disorders in children, namely lower or shorter height (dwarf) than the standard of age. According to United Nations Children's Fund conducted by Basic Health Research (Riskesdas), the number of stunting cases in children's growth is of the following types: (1) Short Children is 19.2%; (2) shortest Children is 18.0% ,so that the total cases of stunting in Indonesia are 37.2%. (Ni'mah Khoirun, 2022). In research conducted by (De Onis & Branca (2016); Ramli et al (2009); Leroy & Fronggilo (2019); Prendergast & Humphrey (2014).) they had the same conclusion that stunting is a problem of malnutrition in a level of chronic risk that has long-term impacts.

In line with the case and the results of Gorontalo Province, there are previous research studies, stunting cases, especially in. The scale in 2021 is 29%, and the previously had under to 5% from previously in 2019 amounting to 34.89 which is spread over the districts at Gorontalo, Bone Bolango, Boalemo, Pohuwato, North Gorontalo and in Gorontalo City. To identify the stunting problem in Gorontalo Province, see the following table:

Table 1. (Number of Stunting Distribution in 6 Regions of Gorontalo Province)

District	Amount
Gorontalo District	28,3
North Gorontalo	29,5
Boalemo	29,8
Pohuwato	34,6%
Gorontalo City	26,5
Bone Bolango	25,1

source: (gorontaloprov.go.id)

The current phenomenon of stunting is no longer a pervasive thing. As a basic knowledge stunting is a universal problem. So to overcome the number of cases, the Government of Indonesia through presidential regulation no. 72 of 2021 which is stated in Chapter 2 on "National Strategy for Accelerating Stunting Reduction" in paragraph 2, it is explained that : the government has an obligation to; (1) Reducing the number of stunting cases; (2) Improving the quality of family life services; (3) Ensuring the fulfilment of nutritional intake; (4) Improving access and quality of health services; (5) Improving parenting; (6) improving access to drink water and sanitation. (Regulation of the President of the Republic of Indonesia, 2021).

From the case above, stunting prevention about children less than 5 years old needs more attention. They were affected in rural areas. the lack of government education and parenting patterns need to be resolved. this is include the less of paying attention about their food. Unfortunately, the cases in rural areas are reflected in Iloponu Village Gorontalo Regency. Based on the identification

problem, stunting cases were found in the last 6 months in 2022 in Iloponu village which can be seen in the following table bellow;

Table 2. (The amount of stunting case at Iloponu in 2022)

Month	Case amount
February	13
March	2
May	1
June	1
Total Cases	17

source: Government of Iloponu District

Based on the result about the stage of identification initial, it was found that the main factors causing stunting were; (1)the lack of appropriate parenting applied related to the child's needs ; (2) the stunting impact and the danger that not quite understood by the parents; (3) The government's education of stunting and its danger were not yet optimal in case of the people who lives in remote areas; (4) The community's economy is still below (could not find the unrecommend food).

Above those points presented, the most dominant problem is the economic factor. This is in line with research conducted by Nurdin and Katili (2019) which stated that, 3.6 times parents who have lower economic class are at risk of stunting compared to parents of children with middle and upper economic status. The impact of stunting on children is so heartbreaking because stunting can hinder a child's career in the future.

This is in line with what was stated by Prendergast & Humphrey (2014) in a research study entitled "The stunting syndrome in developing countries". It states that linear growth failure or stunting is a marker of several pathological disorders cited with increased morbidity and mortality, resulting in loss of growth potential, physical activity, reduced neurodevelopment and cognitive function and an increased risk of chronic disease in adulthood. The severe irreversible physical and cognitive impairment that accompanies stunted growth poses a major threat to human development.

Therefore, through the collaborative service program of lecturers and students of the Faculty of Social Sciences Bina Taruna University, they conducted stunting education in collaboration with the Iloponu Village government and the nearest health center. This is done in an effort to accelerate the reduction of stunting in the Gorontalo Regency area. Basically, service activities relate about two things, namely; (1) Socialization; (2) Mentoring. Those needs to realize efforts and also to understand (educate) people about stunting.

Alhadar & Van Gobel (2020) stated that service in principle uses four approaches, namely; (1) The principle realization of equality and quantity services for the human resources optimization; (2) The emergence of awareness of participation and a sense of concern in increasing productivity; (3) The creation of self-reliance in the community; (4) the capability of produce productivity and

independence. The purpose of this service activity; (1) The community will understand good and correct parenting styles; (2) Parents of toddlers will pay attention giving foods to children; (3) The creation of cooperation between the Iloponu Village government and the Bina Taruna University Campus Institution.

The benefits in this activity are; (1) Through this service activity, it is possible to minimize the number of stunting cases in Iloponu Village; (2) The formation of parental understanding of the dangers of stunting in children; (3) Parents will be able to identify whether their child is stunted or not. Emphasis on understanding to parents is a very urgent effort to do. This is as research conducted by Septamarini in the Journal of Nutrition College in (Ramdhani et al., 2020) showing that, the knowledge ability of parents who are below (Low) 10.2 times will be at risk for their children to be stunted compared to parents who have knowledge above (Enough). Therefore, through this service activity, the team raised the theme entitled "Stunting Prevention Movement Through Family Empowerment in Iloponu Village, Gorontalo Regency".

IMPLEMENTATION AND METHODS

The method in implementing this activity was carried out directly (Offline) in Iloponu Village, Gorontalo Regency. The time for the implementation of the activity will be on August 8, 2022. With the background of the participants present, namely; service outcomes in the form of socialization and assistance to target audiences such as; (1) Bridal Post Cadre; (2) the general public of Iloponu Village; (3) the PKK and Youth Organization Team of Iloponu Village; (4) Campus and Government Agencies originating from the nearest health center. The total number of participants involved was 25 people including the institutions that were presented. The stages of implementing this activity are divided into two, namely;

1. Observation and Problem Identification

In this socialization stage, the first step is to observe environmental conditions in Iloponu Village related to stunting cases. After making observations, the providing material will proceed include;

- 1) Germas-Based Stunting Prevention;
- 2) Youth Posyandu. Where the expected outcomes are; Increased parents ability in understanding the dangers of stunting.

2. Implementation and Socialization of Stunting Prevention Programs

In this service activity aims to provide special education and training to Pos Bridal cadres who have the status as assistant cadres of the health center. In this case, these cadres were given special training in terms of how to;

- 1) Identify communities whose children under five are stunted;
- 2) Train Pos Bridal cadres on how to socialize to mothers with toddlers related to stunting prevention.
- 3) Making the Bridal Post Cadre formed as the motto to accelerate stunting reduction in Iloponu Village, Gorontalo Regency.

3. Persuasive Appeal

Implementing an appeal to actively support government programs in preventing. In this case, it involves the village government and community leaders in Iloponu Village in order to open the horizons of people's mindset.

RESULTS AND DISCUSSION

A. The Initial Observations and Overview of the Iloponu Village Community

Broadly speaking, based on data from the Central Statistics Agency in 2021, Iloponu Village that is included in the administrative area of the Tibawa District, Gorontalo Regency with an area ranging from 30.80 km² or 12.34 of the area. In the majority of Iloponu Village Community 95% work as farmers and 5% work as entrepreneurs and civil servants. (S. D. Nurdin, 2022). Departing from the description of the condition as farmers, we can identify that, on average, parents of toddlers over there do not have sufficient education so that affects the mindset of child care that is less than optimal.

B. Bride Post Program Concept

The bridal post is a program initiated by the Iloponu Village government as a concrete manifestation of the national plan of action. This is done based on the mandate of presidential regulation no. 72 of 2021. The focus of the Bridal Post in which there are Health cadres, was initiated to carry out missions including;

- 1) Provision of family data at risk of Stunting;
- 2) Assistance for families at risk of Stunting
- 3) Provide assistance to all prospective brides or so-called couples of childbearing age (PUS);
- 4) Surveillance of families at risk of Stunting;
- 5) Stunting case audit or collect data and report

C. Implementation Output Activity

1. Socialization



The output in the process of implementing this activity is to strengthen the presence of the Bridal Post as a stunting prevention post in Iloponu Village which consists of four activities including;

- 1) Strengthening the Capacity of Stunting Activists Forum

The activist forum is the first step that will be taken to create Bridal Post cadres who will serve as assistant cadres for puskesmas in Iloponu Village.

- 2) Strengthening Village Government Capacity for Youth Posyandu
In implementing this youth posyandu, Bina Taruna University lecturers and students encourage that in Iloponu Village hold Posyandu activities for children under five as a step to prevent stunting in the village.
- 3) Strengthening Institutional Capacity (Customary and Community Leaders).
- 4) Institutional strengthening in this community is, namely providing education such as traditional institutions, and community leaders who have supernatural expertise, that stunting is not a disease that comes from supernatural things, it is a disease that comes from parenting patterns so, This is expected to open the horizons of thinking of traditional leaders in Iloponu Village

C. Stages of Assistance to Village Government and Bridal Post Cadres

This stage is carried out to provide capacity and skill strengthening to the seconded cadres in.



For this reason, a bridal post was made. This post was created as a place for the community to gather and to share information with the village government and assigned cadres. Therefore, the importance of mentoring both physically and non-physically is a mandatory stage to do. This is to minimize the occurrence of misinformation. Therefore, the assistance are carried out in several stages as follows; related to the problems experienced by mothers who have toddlers.

1. Strengthening Mastery of Stunting Materials

At this stage, the cadres were given reinforcement regarding the procedures for providing an understanding to the public regarding the prevention of stunting in children under five. With target communities;

- a. Pregnant mother;
- b. Toddler at Risk;
- c. Traditional birth attendants in a language known to the community as "Village Midwife" or called Hulango;
- d. Health cadres on duty at the Bridal Post.

To realize this stage of mentoring, the cadres are given 2 understandings related to stunting prevention procedures, namely; (1) Prevention of stunting when the mother is pregnant with children; (2) When the child is born, he is approximately 1000 days old.

2. Strengthening the Skills of Bridal Post Health Cadres

In strengthening this skill, the Health cadres assigned to the Bridal Post are given procedures for dealing with toddlers who are stunted using 2 ways, namely;

- a. Identifying Through Child Growth (Body Size) including; (1) height; (2) body weight; (3) head circumference.
- b. Conducting an Analysis of Child Development, namely by; (1) sensory (hear, see, touch, taste, smell); (2) motor (gross, fine motion); (3) cognitive (knowledge, intelligence); (4) communication / language; (4) emotional - social; (5) Independence.

Table 3. the success Indicators of the Service Program for Stunting Prevention in Iloponu Village

Before the service program	After the service program
Post Bridal Health Cadres Do Not Have Understanding and Skills Related to Stunting Prevention.	The Understanding and Skills on Stunting Cases through the Bridal Post Program are increased.
Community Leaders (Indigenous) Still Lay About Stunting Problems.	The Opening of the Community Paradigm That Stunting Is Not Related to Occult Things.
Pregnant women, toddlers at risk and village midwives still consider stunting as a normal problem.	The decline in stunting rates in toddlers is accompanied by an increase in parents' understanding of the procedures for child rearing patterns through the provision of nutritional intake to prevent children from being stunted.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the implementation of the service activities, it can be concluded that the results of the activities are; (1) Stunting in children under five can be prevented by providing adequate nutritional intake and good parenting; (2) The environment can have an influence on children's growth and development; (3) Through education to community leaders, village midwives and pregnant women can prevent stunting cases in Iloponu Village. In addition, to realize the stunting prevention program, the role of the government is also needed, both the provincial, district and village governments. the team recommends that in the context of preventing the number of stunting cases Village it is necessary to do the following things;

- 1) relationships build (Cooperation) with the agencies that have expertise in the field of handling stunting cases, in this case, not only medical personnel from the Buhu Health Center, Tibawa District, but also need to involve experts from the Health Office.
- 2) The Bridal Post should be exemplified by villages in the territory of Indonesia, especially villages in the Province of Gorontalo. This

- needs to be followed because the Bridal Post can be used as an information center about the dangers of stunting in children.
- 3) Provincial and Regency Governments need to provide more assistance to seconded medical personnel in the village and provide gradual education to village midwives and pregnant women.

THANK-YOU NOTE

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