

The Importance of Fulfilling Nutrition for Pregnant Women and Toddlers in Stunting Prevention to Improve the Quality of Human Resources in Batu Ceper Village, Tangerang

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ABSTRACT

Stunting is very influential on the development of growth and development as a determinant of the quality of human resources. Many factors include the lack of good nutrition, congenital and infectious diseases, ignorance of a mother's knowledge related to stunting, wrong parenting, poor hygiene handling and low environmental health services. Many people do not know and realize stunting children as a big problem. Because these stunted children in the midst of society look general and have normal activities. Seeing this problem, we have a goal to share information, knowledge and experience with the community, so that it is hoped that in the future the community will be able to avoid, overcome and prevent this stunting problem. The things achieved in this program are (a) residents have knowledge about stunting; (b) Regulate and maintain health in the family; (c) Printing of quality resources.

INTRODUCTION

Health starts from a small context, namely a family, by fulfilling nutritional elements equipped with a clean and healthy menu, balanced nutrition for the growth and development of toddlers, specifically this is carried out at a good time, namely at the age of toddlers the first thousand days of life. This period begins from pregnancy until the child is two years old. Attention to the fulfillment of good and balanced nutrition is very mandatory to be stimulated from the beginning of pregnancy and is very important to be able to meet and compile a menu of healthy and nutritious food dishes in daily consumption. In this region, the role of all citizens is very good in combating stunting, both in the form of counseling, training, introduction of healthy menus and balanced nutrition for growth. The health of pregnant women is also always monitored and minimizes the risk of stunting in this area, so there are only a few toddlers who need to be helped to pay attention to their growth by the village. Because it is located in the city of Tangerang, residents in this area can easily access information related to stunting through digital mass media and the internet, regarding health benefits in the first thousand days of children.

In the period of pregnancy as a beginning of a new life. The health condition of the nuclear family and genetic factors also determine the quality of the fetus conceived, so that it determines the quality of the new life. Therefore, a mother is one that needs to be considered related to nutritional problems. Nutrition becomes a problem in meeting the needs during pregnancy which can affect the growth and development of the fetus in the womb. The fulfillment of good nutrition is the main step in minimizing the incidence of stunting in an area. Judging from the state of growth and development that slows down or there is a failure due to lack of fulfillment of child nutrition in the first thousand days.

The problem of fulfilling nutrition is very closely related to several things including counseling on nutrition, food adequacy, care and parenting, treatment of infectious or infectious diseases. Many problems are found in pregnant and lactating women including vitamin A, vitamin D, folic acid, lack of calcium and iodine, zinc etc. These various problems need to be considered because they provide a big point in the problem of stunting rates. The definition of stunting is the occurrence of a growth and development disorder that has been experienced by a toddler due to malnutrition for a long period of time, the presence of infectious diseases that are transmitted repeatedly.





Picture. 1 Behavior in the Parenting Style of Mothers Who Have Children with Malnutrition in Sepatan Village, Tangerang" which was held on Saturday, September 2, 2022 at 09.00 -12.00 offline.

IMPLEMENTATION AND METHODS

The method of implementation in this activity is by holding counseling, questions and answers and discussions so that the understanding of stunting can be deeper. The material is given with lectures that are made interestingly and systematically. The delivery of material was carried out with vocabulary and language that was easy to understand. then continued with the speaker's discussion activities with all participants present. The discussion was carried out in a very harmonious and warm atmosphere so that participants could understand the material well.

RESULTS AND DISCUSSION

For the implementation of this activity, the Community Service implementation team designed the following steps:

1. Seminar preparation starting from equipment and material to be used in presentations by resource persons.
2. Coordination with resource persons and parties involved in the seminar.

The steps taken in the implementation of this activity are:

1. Opening, remarks by the Head of KKN, KKN Supervisor and Sepatan Village Representative as well as the introduction of resource persons and residents of Sepatan Village who were the audience of the seminar.
2. Material submission: Nutrition Post Report from Puskesmas Kelurahan Batu Ceper Tangerang
3. Material delivery: Recognizing Stunting Early
4. Material delivery: Skilled Human Resources, especially young mothers in caring for the family
5. Discussion, Q&A and closing

CONCLUSIONS AND RECOMMENDATIONS

Community Service with activities carried out for pregnant women in Batu Ceper Village, Tangerang City, as a contribution we help provide facilities and infrastructure, establish close communication with pregnant women, coordinate and interact with each other during the counseling period. The activities carried out are carried out in the form of stunting counseling, prevention and handling as well as good and balanced nutrition. So that the goal of printing quality resources can be realized. The results in this activity show an increase in knowledge of balanced nutrition. This PKM activity is expected to motivate pregnant women and the entire family in maintaining health and actively preventing stunting. In addition to Health Sciences, management science is also needed so that residents are able to manage and maintain a healthy lifestyle. In addition, training and self-development are needed to be more able to keep up with the development and changes of the times.

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