The Effect of the Implementation of Specific Nutrition Intervention Policies on the Effectiveness of Stunting Prevention in Cirebon Regency

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A R T I C L E I N F O

A B S T R A C T

This study aims to identify the impact of the implementation of special nutrition intervention policies on the effectiveness of efforts to prevent stunting in Cirebon Regency. The method used is quantitative research with survey design and deliberately selected sampling. Data was collected through filling out questionnaires by 99 respondents consisting of pregnant women and breastfeeding mothers in two villages in Cirebon Regency. Data analysis includes validity tests, reliability tests, classical assumption tests, and simple linear regression analysis. The findings of the study show that the implementation of special nutrition intervention policies has a significant influence on the effectiveness of stunting prevention in Cirebon Regency. In the regression model used, every 1% increase in the implementation of special nutrition intervention policies (X) correlates with an increase of 0.560 in stunting prevention effectiveness (Y). This impact moved in a positive direction, with a coefficient of determination (R Square) value of 36.8%, indicating that the variable of implementation of special nutrition intervention policies significantly explained the variation in stunting prevention effectiveness in Cirebon Regency.

INTRODUCTION

Many countries in the world are experiencing double nutrition problems, this is an important problem for developing countries including Indonesia (Shauma, 2022). This problem is one of the problems that must be acted upon. Malnutrition in the early stages of life will have a negative impact on pregnancy and in the first 23 months of a child's growth and development. The problem of multiple nutrition is characterized by a condition of failure to grow due to chronic malnutrition and recurrent infections that cause weight loss, this is commonly known as stunting. Stunting is not only limited to physical health problems, but also has an impact on the mental development and intellectual ability of affected children. The condition not only inhibits physical growth, but also interferes with their brain development and cognitive development. In addition, stunting can also cause a decrease in productivity in adulthood because children who experience stunting tend to have limited learning and development abilities. In the long run, this can hinder their ability to contribute optimally to society and the economy. Therefore, efforts to prevent stunting and improve children's nutrition are very important. This involves various interventions, such as providing adequate nutrition during pregnancy and in the early years of a child's life, nutrition education for pregnant and lactating women, and better access to health and nutrition services for families in need. (Lasmadasari et al., 2023)

Stunting is a disorder in children's physical growth and development, which results in their shorter height compared to children of the same age. Symptoms of stunting include lower height than children of the same age, although body proportions may be normal, children look smaller or younger than their age, low weight for age, and delayed bone growth. Detecting these signs Parents and health care providers have a shared responsibility to ensure children get proper nutritional intake, adequate stimulation, and access to quality health services so that children with stunting can receive appropriate nutrition and care to meet their nutritional needs and adequate stimulation to support their physical, mental, and cognitive development. (Sahroji et al., 2022).

Survey data shows that the percentage of children under five in Indonesia who experience stunting reaches 27.76%, a figure that far exceeds the WHO limit of below 20%. This is a serious problem for the future of the nation, because stunting can hinder children's physical growth, brain development, and learning ability. exceeding the threshold set by the World Health Organization (WHO) by less than 20%. The Government of Indonesia has allocated serious attention to this problem through various policies, including Presidential Regulation Number 42 of 2013 which was replaced by Presidential Regulation Number 72 of 2021. The purpose of this policy is to accelerate the reduction of stunting rates, in line with the government's commitment to improve the nutritional status of the community, especially in overcoming stunting. In addition, Indonesia has been part of the global Scaling Up Nutrition (SUN) movement since 2011, which aims to reduce nutrition problems by involving cross-sectors in the region. (Shauma, 2022).

The problem of stunting is a very crucial problem to be overcome. The impact not only has an impact on children's health, but also has the potential to hinder the development of a country's human resources. Data from EPPGBM shows that in Cirebon Regency, the stunting rate reaches 8.59% of the number of children under five or around 14,014 cases. This indicates the need for further efforts in dealing with the stunting problem in the region. Although there has been a decrease in stunting rates from time to time, this figure is still considered high, especially when compared to the standards set by WHO. WHO has set a target that the stunting rate should not exceed 20%, so that the figure of 8.59% in Cirebon Regency is still far from the desired target. (Febrian & Yusran, 2021)

In the Cirebon Regent Regulation No. 57 of 2021 concerning the Acceleration of Integrated Stunting Prevention, the stunting prevention and control strategies are listed as follows:

a. "Babies over 6 (six) months to 1 (one) year old are entitled to quality complementary foods (MP-ASI) that contain protein and micronutrients such as calcium, zinc, vitamin A, and iron".

b. "Toddlers aged 1 (one) year to 5 (five) years must get adequate nutritional intake".

c. "Every child must be routinely measured in height and weight to detect nutritional problems early".

d. "Every community that finds stunted toddlers should report to the local health center".

e. "Every health service facility, both primary or secondary level, that treats stunted children in order to be able to make appropriate efforts and actions in the management of stunting cases".

f. "The Health Center collaborates with Posyandu, UPTD at the Education Office and the Office of Religious Affairs in administering deworming 2 (two) times in 1 (one) year".

The implementation of stunting prevention in Cirebon Regency is still not optimal due to several problems. One of them is the lack of effectiveness of local governments in specific nutrition intervention efforts. In addition, socialization about the importance of nutrition is still not optimally carried out in several sub-districts, and priority programs often overlap.

According to Amin & Pratiwi (2015), policy implementation is a crucial stage that involves various important elements, such as manpower, funding, and organizational capabilities. This process is carried out by various parties, both government and private agencies, and can be carried out individually or in groups. The goal is to realize the targets that have been set by policymakers (Khumayah, 2021).

LITERATURE REVIEW

1. ***Definition of Policy Implementation***

According to Edward III as quoted in Subarsono (2011: 90-92), policy implementation is influenced by several dimensions, namely:

    a. Communication is a process that requires a deep understanding of implementation tasks. It is important to ensure that policy goals and objectives are clearly communicated to target groups in order to reduce potential deviations in policy implementation.

    b. Communication is a process that requires a deep understanding of implementation tasks. It is important to ensure that policy goals and objectives are clearly communicated to target groups in order to reduce potential deviations in policy implementation.

    c. Disposition, which includes integrity, commitment, and inclusivity, greatly affects the effectiveness of policy implementation. Implementers with good quality can carry out policies according to expectations, but differences in attitudes or views between implementers and policymakers can hinder the achievement of policy goals.

    d. The bureaucratic structure, as an organization that executes policies, has a significant influence on the effectiveness of its implementation. Factors such as the standard of operation and the degree of decentralization play an important role in this context. Excessive complexity in organizational structures can hinder control and trigger convoluted bureaucracy, thereby reducing the organization's agility in carrying out its duties.

According to Subarsono (2011: 99), Meter and Horn stated that there are five factors that have a major influence on the results of the implementation of a policy, namely the goals and standards of the policy set, the allocation of resources, communication between organizations and the support of activities, the nature of the agents who implement the policy, and the social, economic, and political conditions that affect it. (GFallis, 2013).

2. ***Definition of Specific Nutrition Intervention***

Specific Nutrition Intervention is a series of steps aimed at directly and specifically addressing nutritional problems in certain groups. This involves activities such as the posyandu program, which focuses on pregnant women, breastfeeding mothers, and children aged 0-23 months. The main target is groups vulnerable to nutritional problems, with the aim of improving their nutritional status and health through counseling, nutritional supplements, monitoring of children's growth, and individual or group educational assistance. The number of targets is usually set, such as 1000 HPK, with the hope of providing specific benefits to that group. (Maulana et al., 2022)

3. *Definition of Effectiveness*

In the opinion of P. Robbins Stephen "Effectiveness can be described as the ability to carry out activities that directly support the achievement of various goals that have been set by an organization". It describes the extent to which management has managed to achieve predetermined targets, both in terms of quantity, quality, and time.

The basic assumption in research is the belief that is the basis for the researcher in determining the direction and focus of the research and formulating the hypothesis to be tested. By having a strong basic assumption, researchers can carry out research in a more targeted and effective manner. Examples of basic assumptions include beliefs about the cause-and-effect relationship between variables, conceptual relationships, sample representation of populations, validity and reliability of measurement instruments, and the importance of controlling certain variables. By having a clear framework based on basic assumptions, researchers can avoid confusion and focus on relevant research questions and formulate empirically testable hypotheses.

According to The Liang Gie (2001), effectiveness refers to a situation in which an action produces an effect or effect that is in accordance with what the perpetrator wants or wants. In other words, a person is considered effective if his actions succeed in achieving the intended or planned goals. (Hidayat et al., 2021).

The basis of a research is a guideline for formulating a hypothesis and helping the smooth running of the research by providing a clear direction and accelerating the process. According to Surakhmad (Arikunto Suharsimi, 2019), "basic assumption is a belief accepted by researchers as a starting point for thinking." Therefore, the basic assumption is the foundation that the researcher believes to be true, becoming the foothold used in carrying out research. Thus, the basic assumption in research is a concept or principle that is the basis for which the researcher believes to carry out research.

Referring to the concept of Sugiyono (2017: 63) which states that the hypothesis is a provisional answer to the formulation of the research problem expressed in the statement sentence, the author formulates the hypothesis of this research as follows:

Ho: The implementation and effectiveness of the stunting prevention program has no effect on government policies.

Ha: The implementation and effectiveness of the stunting prevention program affect government policies.

METHODOLOGY

This study adopts a quantitative method because it is based on a positivism approach that focuses on the objective analysis of phenomena using a quantitative approach. In quantitative studies, the focus is given on understanding rooted in measurable data collected from a representative population or sample. The research process is deductive, where hypotheses are formed based on existing theories and tested through the collection of field data.

This research method uses a survey design with a population consisting of pregnant and lactating women, where samples are purposively selected from two villages, namely Kedungjaya Village and Sutawinangun Village, to ensure adequate representation. The number of samples collected was 99 respondents using the axial technique as a sampling method. Data was collected using questionnaire instruments, both from primary and secondary sources. The questionnaire instrument used is the Likert scale. The data analysis process involves validity tests, reliability tests, and classical assumption tests such as normality tests, and linearity tests. In addition, multiple regression analysis and determination coefficient (R2) were used to evaluate the influence of variable X (implementation) against variable Y (effectiveness). The hypothesis test was carried out using a simple linear regression test.

RESEARCH RESULT AND DISCUSSION

Stunting is one of the significant health problems, especially in developing countries such as Indonesia. This condition affects not only the physical growth of the child, but also cognitive development and overall quality of life. With these problems, research was carried out in accordance with the journal title "The Effect of Public Policy Implementation of Specific Nutrition Interventions on the Effectiveness of Stunting Prevention in Cirebon Regency".

Based on the results of this study, which aims to determine the effect of the implementation of Specific Nutrition Intervention policies on the effectiveness of stunting prevention, researchers have distributed questionnaires to 99 respondents as a sample. The variable X questionnaire (implementation of Specific Nutrition Intervention policies) consists of 8 items, while the variable Y questionnaire (stunting prevention effectiveness) consists of 4 items. Alternative responses of respondents were given a score of 5 (very good), 4 (good), 3 (quite good), 2 (not good), 1 (very bad).

Before analyzing the effect of the implementation of specific nutrition intervention policies on the effectiveness of stunting prevention, validity and reliability tests were carried out using the 2020 version of the SPSS Application. The validity test was carried out using the Pearson Product Moment (r) correlation coefficient with the following conditions:

- An item is valid if the significance (sig) ≤ 0.050.
- An item is invalid if the significance (sig) > 0.050.

The results of the validity test of the X and Y variables are as follows:

Table 1
Validity Test Results of X Variables

No Item	R	Sig	Result
1	0,263	0,009	Valid
2	0,450	0,000	Valid

3	0,467	0,000	Valid
4	0,199	0,049	Valid
5	0,216	0,032	Valid
6	0,250	0,013	Valid
7	0,499	0,000	Valid
8	0,384	0,000	Valid

Table 2
Variable Y Validity Test Results

No. Item	R	Sig	Result
1	0,490	0,000	Valid
2	0,636	0,000	Valid
3	0,332	0,001	Valid
4	0,697	0,000	Valid

Based on the table above, all items of the X and Y variables are declared valid because all items have a sig value of ≤ 0.050.

Furthermore, a reliability test was carried out with the 2020 version of the SPSS application using the Cronbach Alpha reliability code (rii). The provisions are:
- A reliable item if rii > 0.050.
- The item is not reliable if rii < 0.050.

Table 3
Reliability Test Results of X Variables

No. Item	R_{ii}	Result
1	0,547	Reliability
2	0,501	Reliability
3	0,496	Reliability
4	0,567	Reliability

5	0,555	Reliability
6	0,555	Reliability
7	0,487	Reliability
8	0,518	Reliability

Table 4
Reliability Test Results of X Variables

No. Item	R_i i	Result
1	0,675	Reliability
2	0,630	Reliability
3	0,719	Reliability
4	0,599	Reliability

Based on the table above, all X and Y variable items are reliable because all items have a rii value > 0.050.

Furthermore, classical assumption tests were carried out in the form of normality tests, homogeneity tests, and linearity tests.

The normality test was carried out with a one-sample Kolmogorov-Smirnov Test with the following conditions:

- The data are normally distributed if the significance of the statistical test < 0.050.
- The data are not normally distributed if the significance of the statistical test < 0.050.

Table 5
Normality Test Results

Variable	Statistical test scores	Significance	Resul t
X	0,184	0,000	Normally distributed data
Y	0,164	0,000	Normally distributed data

Based on the table above, the data of the X and Y variables are normally distributed because they have a significance < 0.050.

Furthermore, the homogeneity test was carried out with Levene Statistics with the following provisions:
- The data is homogeneous if the significance of the Levene Statistic > 0.050.
- The data are not homogeneous if the significance of the Levene Statistic < 0.050.

The results of the homogeneity test are:

Table 6
Homogeneity Test Results

Variable	Levene Statistic	Significance	Result
X	1,227	0,300	Homogeneous data
Y	1,170	0,329	Homogeneous data

Based on the table above, the data of the X and Y variables are declared homogeneous because they have a significance > 0.050.

Furthermore, a linearity test is carried out with the stipulation that if the significance of linearity < 0.05 and the deviation from linearity > 0.050, then there is a linear relationship between X and Y. The results of the linearity test are:

Table 7
Linearity Test Results

Significance	Deviation from	Result
0,000	0,522	There is a linear relationship between X and Y

Based on the table above, there is a linear relationship between variables X and Y because of the significance of linearity < 0.050 and deviation from linearity > 0.050.

Since all classical assumption tests are eligible, regression tests can be performed to test hypotheses. The hypotheses in this study are:
- Ho : There is no significant influence of X on Y
- Ha : There is a significant influence of X on Y

The criteria for acceptance and rejection of the hypothesis are:
- If the Significance F < 0.050 then Ho is rejected
- If the Significance F > 0.050 then Ho is accepted

The regression test used is a simple linear regression test because there is only one variable X. The results of the simple linear regression test are:

Table 8
Simple Linear Regression Test Results

Value	Magnitude
Constant Beta	35,668
t constant	14,530
Constant significance	0,000
Total X Beta	0,560
F	56,564
Significance F	0,000
R	0,607
R Square (R^2)	0,368

Based on the table above, then:
- The significance of F of 0.000 means that the significance of F < 0.050 then Ho is rejected or Ha is accepted, meaning that there is a significant influence of X on Y.
- The regression equation is Y = 35.668 + 0.560, meaning that for every 1% addition to X, Y will increase by 0.560.
- The influence of X on Y is positive because R and R Square (R2) have a positive value of > 0 where R = 0.607 and R Square (R2) = 0.368. Positive influence means that if X increases then Y will also increase and vice versa if X decreases then Y will also decrease.
- The magnitude of the influence of X on Y is 0.368 x 100 % = 36.8 %.
- The influence of other variables other than X on Y is 100 % – 36.8 % = 63.2 %.

CONCLUSIONS AND RECOMMENDATIONS

This study shows that the implementation of specific nutrition intervention policies in Cirebon Regency has been proven to have a significant effect on the effectiveness of stunting prevention. This is evidenced by a significance value of F of 0.000, which is well below the significance level of 0.050. Regression analysis showed that every 1% increase in the implementation of specific nutrition intervention policies (X) increased the effectiveness of stunting prevention (Y) by 0.560.The value of the determination coefficient (R Square) of

0.368 showed that 36.8% variation in stunting prevention effectiveness could be explained by the implementation of this policy. In conclusion, this study proves that the implementation of specific nutrition intervention policies has a positive and significant influence on the effectiveness of stunting prevention in Cirebon Regency.

ADVANCED RESEARCH

In writing this article the researcher realizes that there are still many shortcomings in terms of language, writing, and form of presentation considering the limited knowledge and abilities of the researchers themselves. Therefore, for the perfection of the article, the researcher expects constructive criticism and suggestions from various parties.

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