

EMPIRICAL STUDY OF STUNTING PREVENTION PROGRAM IMPLEMENTATION IN SEI TAROLAT VILLAGE, BILAH HILIR SUB-DISTRICT, LABUHAN BATU DISTRICT

Rini Agustini¹, Rahmadani Yusran*²,

¹Universitas Negeri Padang, Jl. Prof. Dr. Hamka, Air Tawar Bar., Kec. Padang Utara, Kota Padang, Sumatera Barat, Indonesia

riniagustini035@gmail.com

yusranrdy@fis.unp.ac.id

(*) Corresponding Author

yusranrdy@fis.unp.ac.id

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ABSTRACT

This study aims to empirically analyze the stunting prevention and control program in the Sei Tarolat village of Bilah Hilir District, Labuhan Batu Regency. The author in this study used a type of qualitative research that uses a descriptive method. The research location was carried out in the Sei Tarolat village, Bilah Hilir District, Labuhan Batu Regency, at the health office, village office, and puskesmas. Data collection techniques are performed by interview methods and documentation studies. This study found a stunting prevention program not yet done as it should. This is distinguished because of several factors namely limited findings, lack of supervision of the program and inadequate facilities. Still lacking the implementation of the activity of the prevention and prevention program. The results in the difficulty of achieving policy goals in increasing knowledge.

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INTRODUCTION

Stunting is a chronic malnutrition problem caused by insufficient nutritional intake for a long time due to the provision of food that does not match nutritional needs. Stunting can occur when the fetus is still in the womb and only appears when the child is two years old (Ministry of Health, 2016). Chronic nutritional problems in toddlers can be caused by insufficient nutritional intake for quite a long time due to parents/family not knowing or not being aware of providing food according to their children's nutritional needs (Lestari & Kristiana, 2018). Based on the Regulation of the Minister of Health Number 39 of 2016 concerning Guidelines for Implementing the Healthy Indonesia Program with a Family Approach, health development must be seen as an investment to improve the quality of human resources in accordance with Law Number 36 of 2009 concerning Health.

Indonesia is one of the countries with a high stunting rate in the world, with a prevalence rate of 27.67% in 2019 (Sudikno et al, 2019). Where Indonesia's stunting rate is in the third highest position in the Southeast Asia / South-East Asia Regional (SEAER) region based on prevalence data collected by the World Health Organization (WHO), where the average prevalence of stunting under five in Indonesia was in 2005- 2017, namely 36.4% (Ministry of Health, 2018). Based on the 2019 Health Profile of the Ministry of Health, the percentage of toddlers aged 0-59 months according to nutritional status with the Weight/Age Index by province in 2018 recorded 13.8 percent of Indonesian toddlers experiencing malnutrition, while 3.9 percent experienced malnutrition and 3, 1 percent experienced excess nutrition.

In North Sumatra Province, in 2020 the rates of undernutrition and overnutrition are lower than the national figures, namely 11.2 percent and 2.9 percent. However, there are more children under five who experience malnutrition, namely 4.2 percent. Based on data compiled by the Coordinating Ministry for PMK from the Indonesian Toddler Nutrition Status Study (SSGBI 2020) it is stated that the five districts/cities on the Nias Islands occupy the highest poverty position in North Sumatra, this then becomes one of the triggering factors for stunting in toddlers. The prevalence rate of stunting in Kab. Nias by 56.21 percent, Kab. South Nias by 57 percent, Kab. North Nias by 26.57 percent, Kab. West Nias is 43.96 percent, and Gunungsitoli City is 25.92 percent. In 2021, the national scale stunting rate will be 24.4%. Meanwhile, stunting in North Sumatra is 25.8% .

Based on the 2018 Basic Health Research (Riskesdas) that toddlers with short and very short nutritional status are 29%, while the RPJMN target is 28%. Based on profile data for 2019 there were 528 stunted toddlers spread across 15 Puskesmas areas in Labuhan Batu Regency. Based on Labuhanbatu Regent Regulation Number 11 of 2021 concerning Prevention and Management of Stunting in Labuhan Batu Regency. The purpose of this regent's regulation is to reduce the prevalence of stunting in Labuhan Batu Regency so that it has a positive impact on improving the nutritional status of the community and the quality of human resources. The purpose of implementing this regulation is (a) to encourage maximum stunting prevention and prevention efforts for pregnant women, mothers giving birth, newborns and infants aged 6 to 2 years, (b) to synergize other regulations related to efforts to prevent and overcome stunting and (c) produce a healthy and intelligent generation.

The stunting prevention and control program in Sei Tarolat Village, Bilah Hilir District, Labuhan Batu Regency has so far been implemented in several activities. First, the implementation is carried out in the form of providing additional food (PMT). Second, holding a posyandu at the village office or in one of the homes of residents who are willing. Third Carry out activities such as providing education, outreach related to nutritional problems and the factors that cause nutrition which can increase the high stunting rate. However, this program has not been successfully implemented in accordance with the regulations that have been set.

RESEARCH METHODS

The method in qualitative research is to use a descriptive method. According to (Sugiyono, 2012) Qualitative research is based on the philosophy of postpositivism , because it is used to examine the conditions of natural objects , where the researcher is the key instrument, sampling data sources is done purposively . Data collection techniques with triangulation (combined) data analysis is inductive and the results of qualitative research emphasize the meaning and facts that occur. By using this descriptive qualitative research approach , the researcher intends to describe or describe events or phenomena that exist in the field based on the facts and reality found related to the implementation of the stunting prevention program in Sei Tarolat Village, Bilah Hilir Sub-District based on Perbup no 11 of 2021 concerning prevention and control stunting in relation to the implementation of the stunting prevention program in Labuhan Batu Regency.

This research was conducted in Sei Tarolat Village, Bilah Hilir District, Labuhan Batu Regency, namely at the Health Office, Village Office, Health Center. Data collection techniques were carried out using interview methods and documentation studies. To test the validity of the data used is source triangulation and for data analysis techniques, researchers perform data reduction, data presentation and drawing conclusions.

RESULTS AND DISCUSSION

Based on the findings of researchers implementing Regent Regulation no 11 of 2021 concerning the prevention and control of stunting in Labuhan Batu Regency, there are several factors that contribute to influencing the achievements and objectives as follows:

First, limited funds. In addition to human resources and facilities, another factor that influences the implementation of stunting prevention and control is financial resources. In the implementation of prevention and control of stunting, one of the inhibiting factors is limited funds. As a result, policy implementation becomes less effective. This can be seen from the implementation of stunting prevention activities in Sei Tarolat Village, which does not have a special budget, but instead uses the village fund budget to distribute the program. From the explanation of the informants above, it can be seen that the source of funds is very important, with minimal sources of funds due to the absence of special funds provided by the government to carry out stunting prevention and control programs in villages that are stunting loci. This can be seen from the implementation of the program which is carried out using village budget funds and not special stunting funds. As a result, the implementation is not optimal.

Second, lack of program oversight. In an implementation of a policy, oversight from related agencies in program implementation is an important thing to do in order to achieve a program goal properly. If the supervision of a program implementation does not run smoothly, it will be less effective. This can be seen from the lack of cooperation from the Health Office and other OPDs to directly assist the village government, puskesmas and cadres in delivering education and outreach. As the results of the interview stated that there was no oversight in carrying out counseling to prevent and overcome stunting from the relevant agencies to Sei Tarolat Village, Bilah Hilir District. This can be seen in the implementation carried out by the service only conducting meeting visits, education and outreach at the village office and not directly going to the field. So that supervision of the implementation of counseling on stunting prevention and control is only carried out by the village government and the health center. As a result, the desired results in stunting prevention and control policies are less than optimal.

Third, the facilities or facilities and infrastructure owned in implementing the program also greatly influence the implementation of stunting prevention and control counseling policies. The availability of adequate facilities and infrastructure will make it easier to achieve the goals so that the program can run smoothly. Basically, facilities are equipment or equipment used to support the smooth running of activities. While infrastructure is a facility that indirectly supports the course of an activity process. Based on the explanations from several informants above, it can be seen that the facilities in carrying out counseling on stunting prevention and control are still inadequate. For example, the posyandu room cannot accommodate all parents of toddlers, there are no loudspeakers, there is no projector to display images in the implementation of counseling on stunting prevention and control. As a result, its implementation becomes ineffective.

Fourth Community awareness and understanding are also constraining factors in the implementation of stunting prevention and control. They still don't understand how important it is to take part in stunting reduction activities such as outreach, education and outreach. So it is difficult to increase public understanding to carry out clean and healthy living behaviors. As a result, people who do not take part in stunting reduction activities still do not maintain a clean environment, clean water and consume nutritious food. From the explanations of the informants above, it can be seen that the awareness and understanding of the people in Sei Tarolat Village is still low. In carrying out the prevention and control of stunting, many people do not participate in the education and counseling provided. This can be seen, there are still many people who do not want to change their behavior to maintain cleanliness, clean drinking water, sanitation, consume nutritious food.

However, the implementation of the stunting prevention program in Sei Tarolat Village, Labuhan Batu Regency, has not been successful in accordance with the policy objectives. This can be seen from the following problems:

First, cross-sector collaboration in the stunting prevention program has not been implemented in accordance with Article 2 letter (c) of the regional government regulation No 11 of 2021 institutional strengthening and cooperation. This was conveyed by resource person Daniel H. Manurung, S.Km, MM, as the head of the Labuhan

Batu District Health Services Sub-Sector during activities in the meeting hall of the Bilah Hulu Sub-District Office Thursday 22 July 2021 stating that "The potential and opportunities for both programs and activities from across sectors related to stunting prevention in wide-open villages but separated from one another". From the explanation of the sources above, it can be seen that there is still a lack of cooperation between government OPDs in preventing stunting in Sei Tarolat Village, which has resulted in a reduction in the stunting rate less than optimal.

Second, the consistency of the local government in preventing stunting is not in accordance with Article 11 paragraph 2 Perbup No. 11 of 2021 concerning monitoring of toddler growth must be carried out at Posyandu to detect early growth disturbances. So far OPD health rarely carries out stunting prevention activities at Posyandu, even though Posyandu is a means to measure and weigh the baby's weight, early detection of stunting prevention. This was conveyed by Human Development Cadre Erni Casmita Ritonga who stated that: "...So far we also rarely conduct posyandu in the Indrakaya Hilir, Indrakaya Hulu and STU areas because the village is quite far away and the road access to the location is very bad."

As a result of this, the aim of preventing and overcoming stunting is not in accordance with Article 4 letter (a) encouraging maximum efforts and prevention of stunting for pregnant women, women giving birth, newborns and babies aged 6 to 2 years. Efforts to prevent stunting by the posyandu unit have not been carried out properly as a result, the number of children under five affected by stunting has increased.

Third, the high stunting rate in Sei Tarolat Village, Labuhan Batu Regency, is due to the slow change in the behavior of people's nutritional intake. This was conveyed by Mr. Yudianto, SP as the Sei Tarolat Village Secretary, namely: "... We have informed the community about what stunting is and the response from them is that many don't understand and don't know. We also do stunting prevention, such as giving PMT (supplementary feeding) at posyandu but they rarely consume it. Furthermore, there is a lack of public awareness about the health knowledge of their children.

This has an impact on the efforts of the Labuhan Batu district government. According to Article 4 letter (c) Perbup No 11 of 2021 it is explained that the aim of stunting prevention is carried out by producing a healthy and intelligent generation. Public knowledge about the need for nutritious food is low, causing children to experience malnutrition and increasing stunting rates. Based on Article 8 paragraph 3 Perbup no 11 of 2021, namely family empowerment and independence as referred to in paragraph (1) is carried out through increasing the ability of families to recognize, assess and take action independently accompanied by health workers on a regular and integrated basis. One of the efforts made is the health center to increase target reach by visiting the community directly to monitor public health. It is hoped that people's nutrition will be monitored in all regions and a reduction in stunting rates can be achieved.

Fourth, the community's low economic factors, inadequate income from work and high food prices lead to unfulfilled nutritional intake patterns. Meanwhile, on the other hand, nutritional needs are very necessary in the process of growth and development of the child. As well as food consumption patterns, have an impact on improving the nutritional status of the community and the quality of human resources. The government's efforts to optimize stunting prevalence reduction must be more consistent as referred to in Article 6 paragraph 3 Perbup No 11 of 2021, there are several nutrition-sensitive intervention activities targeting the community, namely: a) providing and ensuring access to sanitation, b) providing social security assistance for poor families, c) improve food security and nutrition.

CONCLUSION

Based on the results and discussion conducted by researchers regarding the Implementation of Regent Regulation No. 11 of 2021 concerning Prevention and Management of Stunting in Labuhan Batu Regency, it can be concluded that the implementation of stunting prevention and control program activities in Sei Tarolat Village, Labuhan Batu Regency, namely limited funds, lack of program supervision, as well as inadequate facilities. The implementation of stunting prevention and control program activities is still not optimal. This resulted in the difficulty

of achieving policy goals in increasing knowledge. In the implementation of stunting prevention and control policies in Sai tarolat Village, Bilah Hilir District, Labuhan Batu Regency.

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