Empowerment of Family Development Cadres of Toddlers in Stunting Prevention in Bukian Village, Payangan District

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Abstract. Stunting is a form of nutritional disorder in terms of body size which is characterized by a short body condition that exceeds the -2SD deficit under WHO standards. Based on the results of the Bali Province Basic Health Research in 2007, Gianyar Regency is one of the regencies in Bali with a high prevalence of stunting. One of them is in Bukian Village, Payangan District, Gianyar Regency. Based on the description above, it appears that the problem of stunting is quite high. From the results of interviews with cadres, several problems related to stunting prevention programs were obtained, namely the minimum information obtained by cadres and the low knowledge of cadres about stunting prevention. Partners who will be empowered here are BKB Cadres (Bina Keluarga Balita). From this, the empowerment of cadres is very necessary for the prevention of stunting in Payangan District. The output target of this activity is to reduce stunting in Bukian Village, Payangan District, Gianyar Regency. The result of this activity is that the partner group plays an active role in every PKM activity with a 100% attendance percentage and 100% active participation. In general, this program can be said to be successful because there has been a decrease in the stunting rate in Bukian Village, Payangan District. The suggestion that can be conveyed is that BKB Cadres can spearhead the sustainability of the stunting prevention program on an ongoing basis in their respective regions so that they can empower cadres to reduce stunting problems in Gianyar Regency.

Keywords: Bukian; cadres; empowerment; stunting

1. Introduction

One of the goals of the Sustainable Development Goals (SDGs) that are starting to take effect around the world is ending hunger, achieving food security and improving nutrition, promoting healthy living and supporting prosperity for all ages. It has specific goals to reduce the global maternal mortality ratio, end preventable deaths in newborns and children under the age of five, reduce premature death from non-communicable diseases through prevention and treatment by one third and improve mental health and welfare.(1)

Stunting is a form of nutritional disorder in terms of body size which is characterized by a short body condition that exceeds -2SD deficit below WHO standards. risk of degenerative diseases in the future.(3) Indonesia is included in the group of developing countries with a high prevalence rate (30-39%), namely 35.6%.(4)(5)

Indonesia, still has problems regarding the welfare of the population and families that have not met standards, especially the problem of fulfilling nutrition which is still not balanced for the next generation. (6) This is evidenced by the main objectives of the National Medium Term Development Plan (RPJMN) for 2015 – 2019, which are Health development during this period focused on four priority programs, namely reducing maternal and infant mortality, reducing the prevalence of stunting under five, controlling communicable diseases and controlling non-communicable diseases.(7)

The problem of short toddlers (stunting) describes a chronic nutritional problem, influenced by the condition of the mother/prospective mother, the fetus, and the period of infancy/toddler, including diseases suffered during infancy. Like other nutritional problems, it is not only related to health problems, but is also influenced by various other conditions that indirectly affect the health of toddlers. (7) According to UNICEF, 37 percent of children under five in Indonesia suffer from malnutrition in the form of stunting, which is means that 1 out of 3 children in Indonesia suffers from stunting. Stunted children face learning difficulties at school, earn lower incomes as adults and tend to pass on the cycle of poverty between generations.(8)

The Ministry of Health of the Republic of Indonesia has prepared a Stunting Action Plan which will be implemented in 160 Regencies/Cities throughout Indonesia in 2019, one of which is Gianyar Regency, which is located in Bali Province. (7) Based on the results of the 2007 Bali Province Basic Health Research, Gianyar Regency is one of the regencies in Bali with a high prevalence of stunting. (9) One of the areas with a high stunting rate is Bukian Village, Payangan District, Gianyar Regency. (10)

2. Problems

At least the information obtained by cadres and housewives who have toddlers about stunting prevention. This stunting prevention program is a forum for cadres and housewives with toddlers to obtain information about the dangers of stunting, risk factors, and how to prevent it. In this activity, cadres and housewives with toddlers can exchange information and experiences about stunting prevention.

Minimum knowledge of cadres regarding stunting prevention. The cadres, in this case, are the extension of the health workers at the puskesmas, do not have an idea about the implementation of the prevention program. They don't know what the dangers of stunting are, the risk factors, and how to prevent them.

So far the cadres and housewives who have toddlers have only heard glimpses of it and don't even know about stunting. Cadres and housewives who have toddlers tend to be busy taking care of toddlers and their families. They tend not to have time to pay attention to or have their toddler's health checked at the nearest health service center, even if it is near their home. If toddlers experience health

complaints, they only come to the nearest midwife/nurse and rarely go to the health service center. This causes housewives to rarely attend counseling or share together about health problems in toddlers. Sharing sessions together are an important part of recognizing the dangers of stunting and preventing it.

Lectures or counseling related to maternal and child health including stunting prevention conducted by the puskesmas and clinics in Bukian Village are less interactive, tending to be one-way. This activity is felt to be less effective because the information provided tends not to be absorbed optimally.

Lack of cadre ability to manage a more creative activity so that community participation becomes higher. Cadres do not have sufficient experience regarding stunting prevention and developing activities into an interesting activity.

3. Problem Solution

Carry out interactive dialogue on stunting prevention by involving cadres, housewives with toddlers and their husbands or families. It is hoped that this activity will increase the understanding of cadres, housewives with toddlers and the people around them regarding the importance of stunting prevention.

Provide training for cadres in Bukian Village to design a stunting prevention program by empowering cadres in Bukian Village as the driving force through the Peer Education program. The training provided is in the form of providing material on stunting, and the necessary infrastructure and resources, sharing sessions, video sessions, and simulations.

Provide an introduction to the importance of stunting prevention. It is hoped that this activity will increase the understanding of cadres, housewives with toddlers and the people around them regarding the importance of preventing stunting in the early stages.

4. Activity Results

Implementation of interactive dialogue on stunting prevention by involving cadres, housewives with toddlers and their husbands or families. This activity has increased the understanding of cadres, housewives with toddlers and the people around them regarding the importance of stunting prevention.

There has been an increase in skills for cadres in Bukian Village to design a stunting prevention program by empowering cadres in Bukian Village as the driving force through the Peer Education program. The training provided was in the form of providing material on stunting, and the necessary infrastructure and resources, sharing sessions, video sessions, and simulations that ran smoothly.

There is an increase in knowledge and understanding of the importance of stunting prevention. This activity has increased the understanding of cadres, housewives with toddlers and the people around them regarding the importance of preventing stunting in the early stages.

5. Partner Contribution To Implementation

Partners' contribution to the implementation of community partnership program activities is very good. Partners are very enthusiastic and actively participate in the empowerment of Toddler Family Development Cadres in preventing stunting in Bukian Village, Payangan District, Gianyar Regency.

6. Conclusions And Recommendations

Partner groups play an active role in every PKM activity with a percentage of 100% attendance and 100% active participation. The pretest and posttest values of the two partner groups experienced a 100% increase after training and mentoring. Focus Group Discussion (FGD) has been able to formulate existing problems in the community regarding the lack of knowledge of BKB Cadres regarding stunting prevention. All partner groups have been able to formulate "peer" stunting prevention activities in Bukian Village, Payangan District, Gianyar Regency. The suggestions that the author can give in this PKM activity include that the two partner groups can spearhead the recruitment of other partners as partners in carrying out "peer" stunting prevention activities in Bukian Village, Payangan District, Gianyar Regency.

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