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Education Nutrition, Pattern Foster Care And Giving Food Additional Toddlers Prevent Stunting In Hall Ii, Wonokerto Village, Tugumulyo District, Musi Rawas Regency

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Abstract. Stunting is a serious public health problem, characterized by a condition of failure to thrive in toddlers due to chronic malnutrition, especially in the first 1,000 days of life. The impact is not only on physical growth, but also cognitive development and productivity in the future. Based on data, the prevalence of stunting in Musi Rawas Regency is still quite high, at 15.3%. In Wonokerto Village, 6 out of 38 toddlers (15.8%) were found to experience stunting, indicating the need for interventions based on education and community empowerment. This activity aims to increase awareness and knowledge of parents of toddlers regarding the importance of balanced nutrition, good parenting patterns, and the provision of nutritious supplementary foods (PMT) based on local food ingredients. The methods used include nutrition and parenting counseling, demonstrations of making PMT, and monitoring toddler growth. The results of the implementation showed an increase in knowledge of mothers of toddlers, changes in behavior in feeding children, and active community involvement in PMT activities. Education integrated with direct practice has proven effective in building community awareness and participation. This activity is expected to support government programs in accelerating the reduction of stunting at the village level in a sustainable manner.

Keywords: *Stunting, Nutrition, Parenting*

INTRODUCTION

Stunting is a chronic nutritional problem that remains a major challenge to health development in Indonesia. Stunting occurs due to malnutrition. in time Which long, infection repeating, and a lack of stimulation and appropriate parenting, especially in the first 1,000 days of life. Children who experience stunting are not only shorter than their age, but are also at risk of experiencing cognitive, motor, and social developmental delays that can influence quality life term Length (Ministry of Health of the Republic of Indonesia, 2024). The negative impacts of stunting in the short term include impaired brain development and intelligence, impaired physical growth, and impaired metabolism. In the long term, 23 long consequence bad Which can The consequences are a decrease in cognitive abilities and learning achievement, a decrease in immunity body so that easy Sick, And high risk of developing diabetes, obesity, heart and blood vessel disease, cancer, stroke, and disability in old age, as well as uncompetitive work quality which results in low economic productivity (Ministry of Health of the Republic of Indonesia, 2024). According to the 2022 Indonesian Nutritional Status Study (SSGI), the national stunting prevalence remains at 21.6%, while the government's target for 2024 is to

reduce it to 14%. At the regional level, Musi Rawas Regency recorded a stunting prevalence of 15.3%, indicating that this region still requires comprehensive and sustainable intervention efforts. Wonokerto Village as Wrong One region in Musi Rawas Regency showed a stunting prevalence of 15.8%, where 6 out of 38 toddlers were identified as experiencing stunting. Various factors contribute to stunting, including a lack of understanding public about nutrition unbalanced, inappropriate parenting patterns, and limited access to food nutritious. By Therefore, a prevention strategy is needed that is not only curative, but also promotive and preventative. One way is through educational activities for parents of toddlers about the importance of nutritional fulfillment and parenting patterns. good, accompanied by giving Food Companion Supplements (PMT) that are nutritious and based on local food. Activity This aim For Increase public knowledge and awareness, particularly among mothers of toddlers, regarding the application of appropriate nutritional practices and parenting patterns to prevent stunting. This education-based and community-participatory intervention is expected to positively impact child growth and development and become a strategic effort to accelerate the reduction of stunting rates in Dusun 2, E Village, Wonokerto, Musi Rawas Regency.

RESEARCH METHODS

This activity was carried out in Hamlet 2, E Village, Wonokerto, Musi Rawas Regency on June 3. – 17 June 2025. Step First Which done in study This with give counseling about balanced nutritional eating patterns, parenting patterns for mothers with toddlers with a target number of 20 people. This activity was carried out using a question and answer lecture method using Leaflet media. Before done counseling, participant given questionnaire Pre inauguration For evaluate level of knowledge public. After given Counseling, given Again questionnaire post counseling with the aim of seeing whether there are changes in the level of public knowledge. On stage furthermore, will done inspection Heavy body (BB) And Tall Body (TB) children for monitor growth toddler. Activity This Also Work The same with cadre integrated health post Which There is in Hamlet 2. After that, toddlers were provided with supplementary feeding (PMT) as an effort to prevent the risk of stunting. Furthermore, this also aims to provide information directly to the public about additional food that is appropriate for the child's age. Activity This done together Device Subdistrict, Posyandu Cadres in region hamlet 2 Wonokerto village with a target of 20 mothers of toddlers.

RESULTS AND DISCUSSION

Results Activity

Based on data obtained from the C Nawangsasi Community Health Center, Musi Rawas Regency, in the Village In Wonokerto, there were 6 cases of stunting out of 38 toddlers, with a stunting prevalence of 15.8%. This high figure stunting This caused by by various factor like lack of knowledge about nutrition, pattern improper care and inappropriate provision of supplementary food. KKNT activities This activity was carried out by inviting 20 mothers of toddlers from Hamlet II, Wonokerto Village, Musi Rawas Regency. This activity consisted of counseling and mentoring on providing supplementary food. on toddler (PMT). Counseling Which given includes: 1. Definition nutrition balanced. 2. Contents my plate. 3. pattern foster care. 4. Giving food addition (PMT).

After done counseling to 20 participants, carried out pre-test And post – test For measure improvement knowledge. The result show improvement average mark from category not enough to be good and sufficient. Furthermore, supplementary feeding assistance activities were also highly sought after. The results of these activities demonstrated the effectiveness of educational and hands-on approaches, and they align with the national strategy to accelerate stunting reduction through specific and sensitive nutrition interventions.



Figure 1 Photo Together Public And Student KKN in Hall Village Wonokerto



Figure 2 Counseling in hamlet 2 Village Wonokerto

Effort prevention stunting can done through fulfillment nutrition balanced since pregnancy, Exclusive breastfeeding for the first six months, followed by nutritious complementary feeding, and the implementation of appropriate parenting patterns. Here are some efforts that can be made carried out by KKN-T students in preventing stunting in toddlers, namely:

Counseling About Nutrition

Counseling about nutrition on my plate was carried out at Wonokerto Village Hall for the participating community. in activity counseling Nutrition start from beginning activity until with activity After the event was over, the community also participated in a series of activities, namely a question and answer session given by students of the Faculty of Midwifery, Dehasen University, Bengkulu to the community and gave appreciation to those who answered . In this activity, the community participated in this counseling activity very enthusiastically from the start to the end of the activity and it is hoped that this nutrition counseling activity can be beneficial for the community. Counseling regarding nutrition on my plate has an important role in reducing the risk of stunting, especially on toddler. Lack of fulfillment nutrition balanced can bother status nutrition child because the body needs more energy to fight infection, as a result, nutrient intake is reduced, nutrient absorption is disrupted, and the child's growth can be stunted.

Counseling About Pattern Foster care

Counseling on Childcare Patterns was conducted at the Wonokerto Village Hall for the participating community. in activity counseling Pattern Foster care start from beginning activity until with After the activity was completed, the community also participated in a series of activities, namely a question and answer session given by students of the Faculty of Midwifery, Dehasen University, Bengkulu to the community and gave appreciation to those who answered . In this activity, the community participated in this outreach activity very enthusiastically from the start of the activity until the end and it is hoped that this parenting outreach activity can be beneficial for the community. Counseling about pattern foster care own role important in lower risk stunting, especially in toddlers. Not quite right Parenting patterns can increase the risk of stunting due to lack of attention to nutrition, stimulation and children's health.

Mentoring Giving Food Addition

The next step is to provide supplementary food to toddlers. Supplemental food provides essential nutrients such as protein, vitamins, and minerals that may be missing. not enough in intake food daily toddler. Giving PMT in a way routine can Helps increase weight and height in toddlers, especially those already stunted. Providing supplementary food also helps improve nutritional status, thereby boosting immunity and preventing infection. Assistance in providing PMT plays a major role in preventing stunting because it not only focuses on providing food, but also involves education, monitoring, and changing family behavior in terms of eating patterns and child care.

Distribution Leaflet

Several studies show that leaflets are proven to be an effective medium in increasing understanding. public about nutrition balanced content my plate, pattern foster care child And giving supplementary food. Studies in Indonesia have shown that distributing leaflets accompanied by educational materials can significantly increase public knowledge. Because they are easy to distribute and inexpensive, leaflets are suitable for use in areas with limited internet access. Visual support in the form of pictures or illustrations is particularly helpful for

groups with low literacy levels in understanding the information. Besides being cost-effective, leaflets can also strengthen other educational activities such as health campaigns, direct education, and community activities. However, their effectiveness can be reduced if the public is reluctant to read or does not understand the leaflets' contents, resulting in required integration with method education other. Evaluation sustainable to Leaflet design and content, such as the use of easy-to-understand language and an attractive appearance, are very important to increase the effectiveness and reach of health messages related to stunting prevention.

CONCLUSION

Collaboration between the UNIVED 2025 KKN Team and the Wonokerto Village Government in preventing stunting use strategy education And giving food addition has prove The effectiveness of an integrated approach in controlling stunting. This program not only emphasizes individual prevention but also strengthens community participation through community outreach activities to collaborate in providing supplementary feeding in village environment. Balanced nutrition strategies and parenting patterns were successfully delivered through field activities, educational media, and leaflets. Education activities on nutrition, parenting, and supplementary feeding (PMT) based on local ingredients in Wonokerto Village have successfully increased the knowledge and awareness of the community, particularly mothers of toddlers, about the importance of stunting prevention. Participatory educational methods have proven effective in encouraging behavioral changes, particularly in selecting nutritious foods and implementing appropriate parenting practices. Although the physical impacts are not immediately visible, these activities are a positive first step in supporting the government's program to reduce stunting rates.

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