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Providing Health Counseling On Stunting To Young People In Dusun II Pekik Nyaring, Pondok Kelapa Sub-District, Central Bengkulu Regency

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Abstract. Stunting is a disruption in the growth and development of children due to long-term malnutrition. Stunting can be caused by malnutrition experienced by the mother during pregnancy, or by the child during his growth period. The main programs that we have compiled can be carried out well and smoothly with the support, assistance and participation of the government and the people of Pekik Nyaring Village, Central Bengkulu Regency and all those who have helped our KKN program

Keywords: *Hypertention, Health Education.*

INTRODUCTION

According to the Indonesian Pediatric Association (IDAI), stunting is a short stature in toddlers due to chronic malnutrition. By 2022, Indonesia ranks as the 4th largest contributor to stunting after India, Nigeria and Pakistan. Stunting is characterized by a child's length or height being below the standard.

Medically, stunting occurs when a child's height is below the proper growth curve. There are a number of factors that can increase the risk of stunting, the most common of which is long-term inadequate nutritional intake. (Mustafa, et.al., 2023).

Of the 28 respondents present, it is known that the increase in knowledge can be seen from the pre-test questionnaire obtained the results of less knowledge 57%, enough 29% and good 14%. From the post-test questionnaire, the results of knowledge were 38% poor, 54% sufficient and 8% good.

RESEARCH METHODS

This service was carried out in Pekik Nyaring village, Dusun I, Pondok Kelapa sub-district, Central Bengkulu Regency, where this village is where students carry out Real Work Lecture (KKN) activities in the Nursing Science (S1), Public Health, and Midwifery S1 Study Programs of the Faculty of Health Sciences, Dehasen University Bengkulu.

The target is the Pekik Nyaring Village Community, especially for young women. The method of work begins with an application for permission to the Head of Pekik Nyaring Village. conduct an assessment in hamlets 1, 2, 3 and 4, then conduct health education with the problem of stunting.

This community service activity was carried out on June 9, 2024 at the Balai Dusun I Pekik Nyaring, Pondok Kelapa District, Central Bengkulu Regency.

1. Young people filling in attendance
2. Conducting health education
3. Teaching stunting prevention

RESULTS AND DISCUSSION

Activity Result

There is one activity carried out, namely counseling activities on stunting in young people. documents including:

Increased knowledge seen from the pre-test questionnaire obtained the results of less knowledge 57%, enough 29% and good 14%. From the post-test questionnaire, the results of knowledge were 38% poor, 54% sufficient and 8% good.

1. Leaflet sheet
2. Attendance Sheet
3. Activity documentation
4. Minutes of the event
5. PPT

Problem solving

The benefits of health education and teaching ISPA, among others, are to increase knowledge, understanding. The purpose of this health education is for the community to maintain health more optimally.



Figure 3 Health Education



Figure 2 Activity Documentation

CONCLUSION AND SUGGESTIONS

Based on the results of the activities of each KKN work program from large groups that have been carried out in the Pekik Nyaring Village area, Bengkulu Tengah in 2024. the following conclusions can be drawn:

1. KKN as a means of applying the knowledge that students have gained from their studies at Dehasen University Bengkulu is a tangible form of meaningful experience for students in community life directly.
2. The community is very supportive of the presence of KKN students and helps in the implementation of programs that are prepared and implemented.
3. The main programs that we have compiled can be carried out well and smoothly with the support, assistance and participation of the government and the people of Pekik Nyaring Village, Central Bengkulu Regency and all those who have helped our KKN program.

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