

## Socialization and Simulation of Stunting Prevention through Youth Posyandu: Case Study of Lembang Village, Garut

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Article Info	Abstract
<b>Keyword:</b> <i>Stunting;</i> <i>Posyandu;</i> <i>Adolescent</i>	This community service aims to prevent stunting since adolescence through comprehensive health education and services. The benefits include increasing adolescents' awareness of the importance of health and their readiness to become healthier individuals, ultimately contributing to the creation of a stunting-free generation in the future. The method used was qualitative with a descriptive approach. The data collection techniques used include observation, interviews and documentation studies. The results of this community service show that the socialization and simulation of stunting prevention through youth posyandu which includes providing education and innovating 6 youth services are expected to be implemented optimally in Lembang Village, Garut. The six services include health education, psychological counseling services, health services and nutrition counseling, interests and talents, self love, services and education on adolescent sexual reproductive health.

## 1. INTRODUCTION

Stunting is a condition of chronic malnutrition that occurs during the critical period of the growth and development process starting from the fetus. For Indonesia, it is currently estimated that there are 37.2% of children aged 0-59 months or around 9 million children with stunting conditions, which continue until school age 6-18 years. Stunting is defined as a condition of children aged 0-59 months, where height for age is below minus 2 Standard Deviation ( $< -2SD$ ) from WHO median standards (Fitri, et al., 2022). The problem of stunting has a serious impact, including in the short term related to morbidity and mortality in infants/toddlers, the medium term related to low intelligence and cognitive abilities, and the long term related to the quality of human resources and degenerative disease problems in adulthood (Arsyastami & Tarigan, 2017).

According to research with the title "Factors Associated with the Incidence of Stunting in Toddlers Aged 24-59 Months" shows that the most dominant total direct and indirect effect on the incidence of stunting is maternal nutritional knowledge of 0.31 or 9.61%. The knowledge factor

can be one of the approaches that can be taken to support stunting prevention (Budiastutik & Rahfiludin, 2019). The nutritional intake factor shows that 32% of adolescent girls in Indonesia in 2017 were at risk of chronic energy deficiency (CED). If the nutrition of adolescent girls is not improved, there will be more pregnant women with short stature and/or chronic energy deficiency in the future. This will result in an increase in the prevalence of stunting in Indonesia (Aslati, Silawati, Sehani, & Nuryanti, 2018).

Lembang Village is located in Leles sub-district, Garut, West Java, Indonesia. The village has interesting and unique cultural potential. The majority of the population are farmers, and the climate affects cropping patterns. However, on the other hand, the village has a low level of health, especially among under-fives. Based on data obtained through the e-PPGM web of UPT Puskesmas Lembang, there are 63 children in Lembang Village who are stunted. This condition is a serious concern because stunting can have an impact on children's physical and cognitive development in the future.

In response to this problem, students of the 18th Regular KKN Group of Universitas Muhammadiyah Bandung took the initiative to help overcome this problem by holding a socialization and simulation of stunting prevention through youth posyandu. This program aims to provide comprehensive health services and education for teenagers in this village, with the hope of contributing to stunting prevention through an early and sustainable approach.

## **2. METHODS**

This community service uses a qualitative research method with a descriptive approach which explains that the selection of this method is carried out to investigate and understand the significance given by many individuals to social or humanitarian issues (Cresswel, 2013). To obtain the data needed in this community service, researchers use various data collection techniques including observation, interviews and documentation studies (Cresswel, 2013). This community service was carried out at SMA IT Lekor, Lembang Village, Leles District, Garut Regency with the target of adolescents aged 15-18 years.

## **3. RESULT AND DISCUSSION**

Stunting is a condition in which a child's growth when compared to children at their age will be shorter due to chronic lack of nutritional intake in the first thousand days of a child's life since birth, which is caused by diet, care, and sanitation (Taufikurrahman, et al., 2023). Aryastami (2017) added

that stunting is a nutritional problem that is inherited between generations and is multifactorial. People often ignore it by stating that stunting occurs due to heredity. The wrong perception of the community causes one of the difficulties in solving this problem.

Based on observations and data obtained, the problem of stunting in Lembang Village, Leles District, Garut Regency is still a serious issue. The high stunting rate in this village indicates a deeper problem, including one caused by economic factors. When viewed from the economic conditions, Lembang Village has a majority of its population relying on their livelihoods as coffee farmers, tobacco farmers and bag craftsmen who still face significant challenges related to high poverty rates.

**Table 1. Extreme Poverty in Leles Subdistrict, Garut Regency 023 (Deciles 1-3)**

No	Villages	Deciles			Total
		1	2	3	
1.	Dano	1.271	2.106	1.805	5.182
2.	Jangkurang	1.282	1.910	1.410	4.602
3.	Sukarame	1.098	1.472	1.098	3.668
4.	Lembang	1.036	1.974	593	3.603
5.	Cangkuang	774	1.317	1.188	3.279
6.	Margaluyu	878	1.010	862	2.750
7.	Haruman	444	990	1.115	2.549
8.	Cipancar	834	804	495	2.135
9.	Ciburial	507	654	687	1.848
10.	Kandangmukti	622	681	581	1.884
11.	Leles	152	320	450	922
12.	Salamnunggal	131	170	387	688
<b>Total</b>		<b>9.029</b>	<b>13.410</b>	<b>10.671</b>	<b>33.110</b>

*Source: Kecamatan Leles (2023) from (Sabrina & Rusli, 2024)*

From the data table above, it can be seen that Lembang Village is the village in Leles Sub-district with the fourth highest poverty rate in 2023. Low economic levels are very influential on stunting, because preventing it requires sufficient costs to purchase milk and additional food for their children (Rustiyani & Susilo, 2020). From this phenomenon, stark poverty and high stunting rates are intertwined and reflect the close relationship between economic and health conditions in this village.

**Table 2.**  
**Stunting Data of Lembang Village, Leles District, Garut Regency 2024**

No	Posyandu	Stunting	Percentage
1.	Mawar I	2	3,17%
2.	Mawar II	1	1,59%
3.	Mawar III	11	17,46%
4.	Mawar IV	9	14,29%
5.	Mawar V	13	20,63%
6.	Mawar VI	10	15,87%
7.	Mawar VII	4	6,35%
8.	Mawar VIII	13	20,63%
<b>Total</b>		<b>63</b>	<b>100%</b>

*Source: data processed by the author from UPT Puskesmas Lembang (2024)*

Based on stunting data from 8 posyandu in Lembang Village, it was found that there were 63 cases of stunting with varying distributions. Posyandu Mawar V and Mawar VIII showed the highest stunting rates, each with 13 cases (20.63%). This indicates that these two posyandu require more attention in handling nutrition issues. In contrast, Posyandu Mawar II has the lowest number of stunting cases, with 1 case (1.59%), suggesting that health interventions in the area may be better or that there are other factors supporting the reduction in stunting.

The Group 18 Regular KKN Program of Muhammadiyah Bandung University held socialization and simulation activities by offering a solution in the form of establishing a Youth Posyandu as a comprehensive stunting prevention effort. Youth Posyandu is a form of Community-Sourced Health Efforts (UKBM) that is managed and organized from, by, for and with the community including adolescents in the implementation of health development, in order to empower the community and provide convenience in obtaining health services for adolescents to improve the degree of health and healthy living skills of adolescents (Arini, 2022)

The socialization and simulation of stunting prevention activities include providing education to adolescents on how to prevent stunting, as well as simulating 6 services available

at the adolescent posyandu which include health education, psychological counseling services, health services and nutritional counseling, interests and talents, self love, services and education on adolescent sexual reproductive health.

### 1. Health Education

Health education is one of the methods used to increase a person's knowledge and abilities through learning practice techniques or instructions with the aim of changing or influencing human behavior individually, in groups, and in society to be more independent in achieving the goal of healthy living (Sariyani, Ariyani, Winangsih, & Pemayun, 2020). This service provides knowledge about medicines that are safe and appropriate for consumption at their age. In addition, there are counseling services that focus on dealing with various physical complaints experienced during adolescence, helping to understand the changes that occur and maintain better health.

### 2. Psychological Counseling Services

Individual counseling is a meeting between a counselor and a client individually, where there is a nuanced counseling relationship, and the counselor seeks to provide assistance to develop the client's personality and the client can anticipate the problems being faced. Through face-to-face, there is direct interaction between the counselor and the client. They discuss various things about the problems being faced by the client (Husni, 2017). This is part of the communication effort to open up about the problem and to find out whether there is acceptance or not to see himself. All of that will be determined by how the individual reveals himself (Zulamri & Juki, 2019).

From the above explanation, it can be said that there is an influence of counseling on adolescent self-disclosure. This service provides psychological support and assistance for adolescents experiencing emotional or mental problems. Psychological counseling helps adolescents overcome stress, anxiety, depression, and other psychological problems by using appropriate therapeutic techniques.

### 3. Health Services and Nutrition Counseling

Education about balanced nutrition and nutritional problems is a priority that will be given to adolescents. Nutrition education plays a role in increasing knowledge about food intake consumed by adolescents so that inappropriate eating behavior can be avoided so that they can have optimal nutritional status in adolescence (Fitriani & Husnah, 2023). In this service, adolescents will receive an examination that includes checking body weight, height, arm circumference, and blood pressure. Arm circumference is an important indicator to detect whether an adolescent is at risk of stunting or not.

### 4. Interest and Talent

Interest is an internal drive that encourages a person to develop attention, energy and other resources in matters of interest. A person may have interests in art, music, sports, technology, science, or other areas. These interests can take the form of hobbies, extracurricular activities, careers, or even academic research. Interest is a development process in shedding all existing abilities to direct individuals to an activity they are interested in (Astuti, 2023). Meanwhile, talent is the potential that a person has from birth. So, talent is the innate potential of a person. Thanks to this talent, a person can learn something faster than other people and with much better results. For example, dancing talent, writing talent, singing talent, dancing talent, and so on (Amira, Hendrawati, & Rosidin, 2024). In interest and talent services, adolescents will be invited to explore

and identify their interests and talents. For adolescents who are still confused, this service helps them discover their potential. Knowing their interests and talents is not only important for self-development, but also provides useful insights in planning future career paths.

## 5. Self Love

Adolescence is a very vulnerable age for a person to be influenced by the environment and those closest to them. Excessive stress can trigger depression and can even end in suicide when individuals feel there is no way out of the problem (Rerung, Sewanglangi, & Patanduk, 2022). Therefore, self love is needed during adolescence, especially during the post-marital growth period. This service aims to teach adolescents the importance of loving themselves and maintaining mental health. Self-love programs usually include training on self-care, self-esteem, and positive ways to overcome self-criticism and negative feelings.

## 6. Adolescent Sexual Reproductive Health Services and Education

Adolescent reproductive health education is a realistic, honest and open discussion that is not a mere moral dictation. Adolescent reproductive health education is an effort to educate and direct sexual behavior properly and correctly (Ernawati, 2018). These services and education provide information and guidance on sexual and reproductive health, including the prevention of sexually transmitted diseases, the use of contraception, and an understanding of body changes during puberty. These services also often include education about healthy relationships and sexual responsibility.

These six services are innovations that are expected to be implemented in Posyandu Remaja, covering important aspects of adolescence such as physical, mental health, and self-development. With a holistic approach, the program aims to prevent stunting early on by paying attention to the physical and mental well-being of adolescents.

## 4. CONCLUSION

Stunting prevention does not only need to be focused on pregnant women, but must also start from adolescence through appropriate services and education. The six services at Posyandu Remaja are an innovation of KKN Regular Group 18 Universitas Muhammadiyah Bandung for Lembang Village, Leles District, Garut Regency, which aims to reduce the risk of stunting from adolescence. These services include health education, nutrition counseling, physical check-ups, and interest and talent development, designed to support the physical and mental well-being of adolescents. With this holistic approach, Posyandu Remaja is expected to equip adolescents with the knowledge and skills to maintain their health, and prepare them for a better future free from stunting.

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