

Original Research Article

Gampong Integrated Nutrition House in Nutrition Class Implementation to Decrease Stunting in Alue Ambang Village

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Abstract: Background: The Integrated Nutrition House (RGT) Which Was Initiated By The Aceh Jaya Government Also Held A Gathering In One Place To Provide An Explanation Or Understanding of *Stunting*. **Objective:** To Determine The Success Rate of RGT In Preventing And Reducing **Stunting** In Alue Ambang Village, Aceh Jaya Regency. **Methods:** This Research Was Conducted In Aceh Jaya, While The Selection Of Research Sites Took Into Account That Aceh Jaya District Was Running An Integrated Nutrition Home Program To Reduce **Stunting** Rates. This Study Uses A Qualitative Method With A Descriptive Approach Which Will Produce Data in The Form Of Speech, Writing, And Observed Behavior. **Result:** The Integrated Nutrition Home Program (RGT) is A Highly Prioritized Program In The Context Of Realizing Public Health. Infants And Toddlers Will Be Weighed, Body Measurements, Supplementary Feeding (PMT), Especially *Stunting*. Posyandu Activities Must Be Carried Out Frequently in Order To Improve The Health Status of The Community. Infants And Toddlers Will Be Weighed, Body Measurements, Supplementary Feeding (PMT), Complete Immunization of Infants And Toddlers. **Conclusion:** In The Implementation Of The Integrated Nutrition Home, It is Relatively Better Than Before, The Community Can Understand About The Provision of Additional Food (PMT), Complete Immunization, The Importance of Posyandu, The First 1000 Days of Life.

Keywords: Stunting, Nutrition, Poor, Rgt, Pmt.

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PRELIMINARY

Stunting Is A Condition In Which The Length/Height of A Child Is Below The Child's Age Standard. Physically, Stunting Toddlers Are Shorter Than Other Normal Toddlers Of The Same Age.

Stunting is The Result of Long-Term Malnutrition Due To Lack of Intake And Recurrent Disease Infections. Stunting Children Tend To Be At Greater Risk of Suffering From Disease or Getting Sick Easily, Experiencing Mental Development Barriers, Experiencing Intellectual Disorders, Having Low Achievements, and Being At Greater Risk of Death (WHO, 2005).

Stunting Is A Form of Long-Term/chronic Malnutrition That Causes Impaired Growth In Children (Short Children of Their Age), Stunting results in irreversible delays in brain development, reduces productivity, and increases the risk of degenerative diseases in adulthood. According to UNICEF, stunting has an impact on intelligence levels, disease susceptibility, decreased productivity and then hampers economic growth, increasing poverty and inequality.

Health development in the 2015-2019 period is focused on four priority programs, namely reducing maternal and infant mortality, reducing the prevalence of under-fives (stunting), controlling non-communicable diseases and controlling infectious diseases. one of the national development priorities listed in the main targets of the 2015-2019 medium-term development plan is efforts to improve the nutritional status of the community, including reducing the prevalence of *stunting* under five (Kemenkes, 2016).

Stunting is one of the problems of nutritional status in terms of height (tb) which is shorter than children of his age (KDPDTT, 2017) Stunting in 2016 at the world level reached 22.9% (154.8 Million) toddlers where it there are various related factors in the first 1000 days of life. the first thousand days of life is a phase of life that starts from the formation of the fetus in the womb Until The Child Is 2 (Two) years old, which is a phase of human development that takes the form from the time of conception (Fertilization) and grows into a fetus in the gestation period (270 days) until with the age of the first 2 years (230 Days). this

period becomes an important stage (critical moment), especially in the formation of the golden periode. The period of 1000 HPK has been proven to determine the quality of life, therefore this period is referred to as the "Golden Periode" or known as the window of opportunity.

The prevalence of stunting in indonesia is the fifth largest country with the number of stunted children in the world. the 2013 basic health research (Riskesdas) noted that there were around 9 million stunted children in indonesia, an increase from 36.8% in 2007 to 37.2% in 2013. Riskesdas also shows a tendency for provinces with poor access to sanitation to have more *stunting* cases. To prevent stunting, the government has set 100 priority districts/cities for *stunting* child intervention. there are two intervention models to prevent stunting, namely specific and sensitive interventions. specific interventions include efforts to prevent and reduce interference directly for example through immunization, supplementary feeding (PMT) for pregnant women and toddlers and growth monitoring. sanitation improvement, education improvement, poverty reduction, and gender equality improvement.

The village nutrition house is a form of community empowerment at the village/gampong level in an effort to prevent stunting. The village nutrition home (RGT) activity includes a combination of specific and sensitive programs for the prevention and treatment of stunting in Aceh Jaya.

METHOD

This Research Was Conducted In Aceh Jaya, As For The Selection Of Research Sites With The Consideration That Aceh Jaya District Which Runs An Integrated Nutrition Home Program To Reduce *Stunting* Rates As One Of The Community Service Programs, Especially For Infants And Toddlers In Dealing With *Stunting* Cases, Thus Facilitating Research In Providing A Little Understanding Regarding *Stunting* Reduction In Alue Ambang Village, The Sample In This Study Was Mothers Of Children Under Five.

This Study Uses A Qualitative Method With A Descriptive Approach Which Will Produce data In The Form of Speech, Writing, And Observed Behavior (Manzilati, 2017).

The Data Sources Used Are Primary Data And Secondary Data. Primary Data Is Data That Is Directly Collected From The Main Source. With The Primary data Method Can Facilitate This Researcher In Completing This Research (Sugiono, 2017). Secondary data Is Data That Comes From Other Studies Made With Different Intentions, But The Data Can Be Utilized (Kountur, 2007: 178).

Aceh Jaya Regency Has Made a Program With The Aim of Reducing The Incidence Of Stunting in

Which Mothers with Toddlers Will Be Given an Understanding of The Occurrence of Stunting, Stunting Prevention, Parenting, Integrated Management of Sick Toddlers (MTBS), Immunization, Local Food, Posyandu, 1000 HPK, Infant and Child Feeders (PMBA), and About Supplementary Feeding (PTM) To Toddlers. The Difference Before There Was An Integrated Nutrition Home In The Village The Number of Stunting Rates Was Still Quite Large and After The Integrated Nutrition Home Program The Achievement of Stunting Reduction Decreased In The 14-Day Monitoring of The Nutrition Home, But Returned To The Behavior of Parents of Toddlers Which After Not Their Nutrition House Does Not Provide Additional Food Intake (PMT) To Their Children, So It Will Have The Same Impact On Their Children, Namely Stunting. As For Mothers Who Continue to Apply Additional Food (PMT) for Their Children So That The Impact of Malnutrition And Stunting Will Decrease.

In The Formation of An Integrated Nutrition Home Group in Alue Ambang Village, Mothers with Toddlers and Babies Will Be Given an Accurate Understanding of Stunting, After This Understanding, Mothers Will Be More Focused in Dealing with Stunting/Malnourished Children and Mothers Mothers Will Understand More About Providing Supplementary Food (PMT) Which is Easier to Find and Can Be Processed At Home Such As Vegetables, Nuts, Fruits, Processed Supplementary Food (PMT), Vitamins, and Complete Immunizations for Babies Provided by The Health Center to The Community.

RESULTS AND DISCUSSION

The Success of A Program Depends On The Program Itself Which Aims To Be Easy to Understand and Well Implemented by Both The Implementer and The Community As Beneficiaries, There are Supporting Factors in The Form of Implementing Staff, One of Which is The Integrated Nutrition Home Program (RGT) Which Has Been Initiated by The Aceh Jaya Government.

The Integrated Nutrition Home Program (RGT) Is A Highly Prioritized Program In Order To Realize Public Health, The Nutrition Home Program Is Needed Because Of The Lack of Public Understanding, Especially The Problem Of Stunting.

The success of aceh jaya in reducing stunting rates is inseparable from the services provided by the puskesmas and will also be monitored directly by the aceh jaya health office as a driving force for health organizations that have implemented a well-integrated nutrition home program and can also be seen with the saweu ureng saket (sus) program. And the implementation of posyandu is routinely held in every village.

The integrated nutrition house (rgt) which was initiated by the government of aceh jaya also held a gathering somewhere to provide an explanation or understanding about stunting, this was done to invite or directly check the condition of the community. In every area of aceh jaya district to check malnourished and stunting infants.

To reduce the stunting rate, it is also carried out by holding routine posyandu activities in every gampong that must be attended by pregnant women, also bringing toddlers and babies, pregnant women will be given an understanding of nutritious and balanced food intake to avoid potential babies experiencing stunting.

Infants and toddlers will be weighed, body measurements, supplementary feeding (pmt), complete immunization of infants and toddlers. If a baby is found to be stunted, a team from the puskesmas and posyandu cadres will go directly to check on the baby's condition by giving care for babies who are stunted and provide additional vitamins is also monitored for growth and development of the baby, the family can consult a doctor at the public health center.

Integrated healthcare center activities must be carried out frequently in order to improve the health status of the community as well as the importance of providing an understanding of it is important to take care of yourself, your family and the environment. After the integrated nutrition home program, the community will better understand the importance of routine posyandu, nutritious and balanced food for infants and toddlers, and the community is required to be more active in recognizing the symptoms of stunting.

The ruk (planned activity proposal) for the nutrition program is integrated with other activities, starting at the village level by involving the village head and representatives of the village community, in a village community deliberation forum. Furthermore, the results of the deliberation will be discussed in the village musrenbang to integrate village/kelurahan proposals, held at the end of january. In building a nutrition house, the village apparatus will sit down to agree for a discussion with the village gechik, pkk mothers, designated village cadres, the puskesmas, the health office, and doctors who are nutritionists and stunting.

Therefore, the government of aceh jaya in preventing the increase in stunting rates issued a proposal for an integrated nutrition home program carried out in a village by deploying nutritionist doctors, nurses and posyandu cadres for the community. In addition, to reduce the stunting rate, the aceh jaya government also initiated the saweu ureung saket (sus) program which directly visited people's homes.

To provide services and improve nutrition, provide balanced nutritional food, monitoring and supervision of stunting counseling, vitamin fruit for toddlers who have experienced stunting.

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The linkage of rgt in preventing stunting in the gampong integrated nutrition home program, the community or mothers of children under five were immediately given an understanding by the puskesmas team about the first 1000 days of pregnancy with the aim of preventing stunting so that people understand about the existence of malnutrition or stunting, pregnant women are also required to always maintain her pregnancy by consuming high protein foods, following regular posyandu, and vitamins. Toddlers are also required to be given additional food (pmt), processed supplementary foods, vitamins, 4-star foods, and complete immunizations. Therefore gampong nutrition homes are very important for the community, especially pregnant women and toddlers and are closely related to the existence of nutrition homes so that there is an understanding of stunting.

The prevalence of stunting in infants under five years (toddlers) in indonesia in 2015 was 36.4%. This means that more than a third or about 8.8 million children under five have nutritional problems where their height is standard according to their age. Stunting is above the who threshold of 20%. The prevalence of stunting for indonesian toddlers is the second in southeast asia, below laos, which reaches 43.8%. However, based on the monitoring of nutritional status (psg) 2017, children under five who experienced stunting were recorded at 26.6%. This figure consists of 9.8% in the very short category and 19.8% in the short category. The first 1000 days are actually the golden age of babies but in reality there are still many toddlers aged 0-56 months who actually experience nutritional problems. In order to suppress the nutritional problem of children under five, the government carried out a national movement for stunting prevention and multi-seltor partnerships. The national team for the acceleration of poverty alleviation (tnp2k) has implemented 160 stunting reduction priority districts. Based on basic health research (riskesdas) 2013, there

are 15 districts/cities with stunting prevalence above 50% (bhutta *et al.*, 2010; unicef, 2017).

Stunting is associated with an increased risk of morbidity and mortality, decreased physical capacity, impaired development and function of children's motor and mental conditions. Efforts have been made by the government through an integrated health center (posyandu), but it is not optimal because it has not involved all aspects of the community. Cadres are an important part of the community that are strategic enough to be involved in this activity, because they are very close to mothers and the community (martha *et al.*, 2020).

The length of the baby's birth is also associated with the incidence of stunting, short birth length has a high risk of stunting in toddlers (mailiyasari and insawati, 2014).

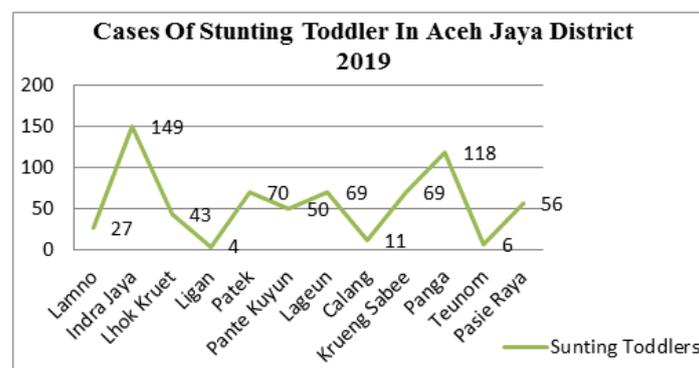
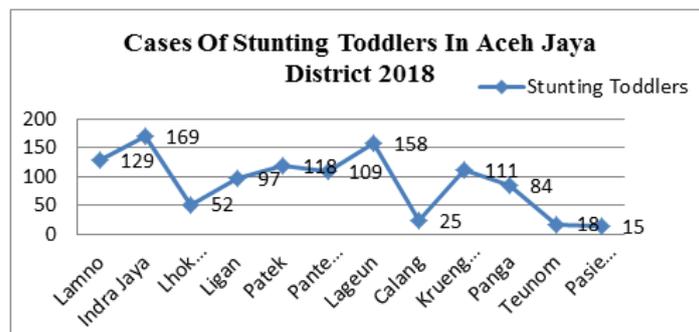
Another factor related to stunting is the intake of exclusive breastfeeding for toddlers, toddlers who do not receive exclusive breastfeeding for 6 months are at high risk of experiencing stunting (fikadu, *et al.*, 2014).

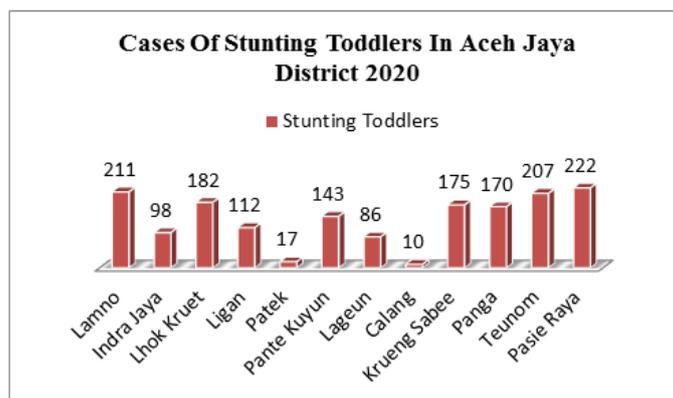
The magnitude of the influence of exclusive breastfeeding on the nutritional status of children makes who recommends implementing an intervention to increase breastfeeding for the first 6 months as the who global nutrition targets 2025 regarding reducing the number of stunting in children under five years (who, 2014).

Stunting in toddlers needs special attention because it can cause stunted physical growth, mental development and health status in children. Children who experience stunting are more likely to grow up to become adults who are unhealthy and poor. Stunting in children is also associated with increased vulnerability of children to disease, stunting in children can be used as a predictor of the low quality of a country's human resources. Stunting causes poor cognitive abilities, low productivity, and increases the risk of disease resulting in long-term losses for the Indonesian economy (trihono *et al.*, 2015).

Indonesia's population based on the 2010 population census has reached 237.56 million spread over 33 provinces with a population growth rate of 1.49. In 2010, the proportion of children 0-4 years old was 8.8% and children 5-14 years old was 20.2%. They are the future generation candidates who will build and change Indonesia in the period after 2025. By 2025, it is estimated that the proportion of the younger age group will decline, and the population will reach an older age. In 2025, it is estimated that the proportion of children aged 0-4 years will be 7.3% and children aged 5-14 years will be 15%. While those aged 65 years and over will be 9.2% in 2025, where in 2010 it was 5.5%. (atmarita., 2012).

A similar study using 2007 riskesdas data was also conducted for the association between short nutritional status and hypertension. The dominance of the obesity factor on the risk of hypertension covers the actual short role (agus t., 2013).





Regions that have implemented gampong-integrated nutrition homes to reduce stunting rates are alue ambang village, timpleng village, bintang village, indra jaya, lamno and panga.

The description of the condition of the area before there its RGT and after there is RGT is as follows:

1. Conditions in the area before the existence of RGT were very many children who Experienced Malnutrition Which Would Result In Stunting.
2. After the existence of the Integrated Nutrition Home Program, the cadres and mothers of toddlers already understand a lot about malnutrition, especially stunting, in that mothers of toddlers can also provide supplementary food (PMT) so that infants and toddlers will be able to more easily avoid stunting.
3. The success of a program depends on the program itself which aims to be easy to understand and well implemented by the implementers and the community as beneficiaries, the existence of supporting factors in the form of implementing staff, one of which is the integrated nutrition home program (rgt) which was initiated by the aceh jaya government.

CONCLUSION

Based on the results of research that has been carried out by the author in the previous discussion regarding "gampong integrated nutrition homes in the implementation of nutrition classes for stunting reduction in alue ambang village by the aceh jaya government". then the following conclusions can be drawn:

1. In the implementation of the integrated nutrition home, it is relatively better than before, the community can understand about the provision of additional food (PMT), an understanding of 1000 days of life, giving 4 stars food, vitamins, complete immunization for infants, the importance of posyandu in reducing stunting rates.
2. The obstacle faced in the implementation of the integrated nutrition home is that if the event is over, the mothers are required to practice at home, but on the basis that the mother of the toddler does

not carry out the mandate so that her child will be at risk of experiencing malnutrition or stunting again.

SUGGESTION

Based on the conclusions found above, for the success of the integrated nutrition home program by the aceh jaya government, the following suggestions can be made:

1. In the integrated nutrition home (RGT) program in preventing stunting rates, the community directly encourages the community to always attend routine posyandu held in local villages in terms of reducing stunting rates in aceh jaya regency.
2. The government of Aceh Jaya will always succeed in health programs for the welfare of its people in reducing stunting, the integrated nutrition home program and continued by providing adequate facilities or equipment related to the stunting reduction program.

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