

Providing and Preventing Stunting Through Community Empowerment in a Case Study at Tenawahang Village



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ABSTARCT: The issue of stunting in previous conditions has not been managed clearly. Empowerment begins with socializing the sorghum and its use to village residents and other villages. Implementation is arranged by planting sorghum for three months and processing it into sorghum flour, rice, and cereal. Additional food in the form of sorghum porridge was given to the child under 2 through the Posyandu at 3.00 p.m. Apart from measuring height, body weight is also measured, and pregnant women can consume sorghum without experiencing nausea and vomiting. In the evaluation step, after six months in August, the data of stunting will be hindered through of height and weight measurement. The case study in this research wants to explain the community empowerment program to deal with stunting and specifically using sorghum. The study results show that the rate in Tenawahang Village has decreased for two years between February 2020 and August 2023. sorghum was not allowed in some tribes. Contextually, certain ethnic groups are not allowed to consume certain foods because they can cause illness. Stunting cases also occur due to changing and poor parenting patterns due to different parenting. The Tenawahang village head and the community continue to plant and consume sorghum..

KEYWORDS: sorghum, stunting, empowerment, community, providing, preventing

INTRODUCTION

Child stunting reduction is the first of six goals in the Global Nutrition Targets for 2025 (WHO, 2012) and a key indicator in the second Sustainable Development Goal of Zero Hunger (United Nations, Department of Economic and Social Affairs, 2016). According to data from the Ministry of Health in 2013, the global stunting rate in the world shows that in East Nusa Tenggara Province is 52%, there is a large gap nationally in Indonesia (Beal, 2018: 1). Stunting is a health problem that is a major issue, especially in Indonesia, including in East Nusa Tenggara. Stunting is the main focus of health issues that need to be resolved and given special attention by the people of Tenawahang Village, East Flores Regency.

The action of stunting precautions are implemented by the village through the village head's program to plant sorghum with all residents. Village's head have tips and methods to solve the problem. People together utilize the immunity's abilities and knowledge to use the potential of dry areas or dry land that can benefit and make the community healthy. Sorghum is a season-resistant crop and can be planted on dry land in low rainfall, such as in the East Flores area. Sorghum is a plant that similar to wheat. It is low calories and high fiber so it can be consumed by all ages, both for adults and children aged 0 to 2 years. Stunting is the main focus of health issues that need to be resolved and given special attention by the people of Tenawahang Village, East Flores Regency. The action of stunting precautions are implemented by the village through the village head's program to plant sorghum with all residents. Village's head have tips and methods so that the problem solved. People together utilize the immunity's abilities and knowledge to use the potential of dry areas or dry land that can benefit and make the community healthy.

Sorghum is a season-resistant crop and can be planted on dry land in low rainfall, such as in the East Flores area. Sorghum is a plant that similar to wheat. It is low calories and high fiber so it can be consumed by all ages, both for adults and children aged 0 to 2 years. The people of NTT generally do not know about sorghum which can be consumed as a substitute for rice and as a food that required to pregnant women, breastfeeding mothers, and children under two years old. The benefits of sorghum are also known to many people, especially people of East Nusa Tenggara, and especially people in Tenawahang Village itself. Sorghum food, which turns out to be a substitute for rice and is high in fiber, can be healthy and has high nutritional value to treat and prevent stunting in babies and toddlers and improve health. The health sector is a priority for the village head through the use of village funds so that village officials provide outreach to the community about sorghum food that is useful to dealing with stunting and preventing stunting.

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The head of Tenawahang village receives budgets must be utilized as well as possible by village officials for community welfare, including improving maternal and child health. Village funds can be realisable to implement all programs and collaborate with stakeholders. Posyandu, PKK, posyandu cadres, health workers and the district government to jointly address the stunting problem. Village funds that can be used to handle stunting with the Regency Government and East Nusa Tenggara Provincial Government, all stakeholders as well as community leaders, work together to fight and prevent stunting for their village residents.. The Tenawahang Village Head uses village funds to plant sorghum and market sorghum with other village residents. Apart from that, we try to use our own products, meaning food products that are grown and then processed by the community themselves for the common good and can tackle the problem of stunting. Villages have products that can support themselves to be independent and work together in preventing and dealing with stunting problems in their villages. Independent villages can help their residents through various programs and activities that are recommended for handling and preventing stunting. The leadership of a village head determines the success of the village and the progress of the village. The community needs to be empowered to help the village government in dealing with stunting.

METHOD

This research uses qualitative research with a case study approach. The title of this study is the case of handling stunting by the Tenawahang village head to his village residents. According to Cresswell, a case study is a research approach to understanding certain phenomena in a particular program, activity, or event (Widhagdha & Setyono, 2022). The program is addressed to under two years old children, pregnant women, and breastfeeding mothers. This program is part of the gradual use of village funds for the health sector and supported by health workers from Posyandu, Family Welfare Development institutions, and village officials as community leaders. Stunting cases in the village are hold by sorghum. This village is unique because it produces products to deal with problems in the village using village funds. The stunting issue in village determined to local products in the period of February 2021 to August 2022. The research was located in Tenawahang village, Titehena subdistrict, East Flores Regency. This village was chosen as a research location because this village has various products that are superior to the village. The products of the village community are rice, maize and sorghum. These products then become additional food for people who have stunting. Informants came from the village community consisting of health workers, Integrated Healthcare Center cadres, empowerment and family welfare leaders and members, village officials, pregnant and breastfeeding mothers, and community leaders. The informants are the stakeholders in program and understand the topic of preventing and handling stunting well (Moeliono, 2012: 19). The criteria for the informants in this study were children and parents, pregnant women, breastfeeding mothers, people who have consumed sorghum, grow, and sell sorghum. Village officials are a group of people who support the program of stunting. The programs of stunting arranged by the Village Head and the community to handle and prevent stunting. It is the Food Security and Stunting Prevention program. This program was in 2020 to 2023 depended on the child experiencing stunting. This research used Focus Group Discussions and conducted dialogue and discussions with key informants consisting of posyandu cadres, PKK, health workers, village officials, pregnant women and breastfeeding mothers.

This research is a qualitative research to explain, analyze and describe a social phenomenon and social symptom in society. Qualitative research uses data collection techniques consisting of initial observations, interviews, and Focus Group Discussions. Observations were performed before implementing the focus group discussions. The observation process was started by visiting Tenawahang village several times and staying with the community while observing the lives of the informants. The dialogue activities that took place and discussed in the Focus Group Discussion activities produced various opinions and points of view regarding stunting management. Data collection was got through interviews and dialogue with the participants. The participants have carried out activities in accordance with their duties and responsibilities well. Dialogue occurs as natural to the resource persons tell their stories well and naturally, without being engineered and without fear or pressure. Observations had been carried out previously by observing naturally through living with the people in Tenawahang Village and seeing people's lives closely. Participant observation involves paying attention, seeing the daily life of the village community properly and being able to experience the life of the community in a real way. Children aged 1 to 2 years in Tenawahang village are used to eating plain food and are very eager to taste their food. Parents whose children are financially stable can eat food that is nutritionally complete, while children whose parents are farmers and casual workers generally receive less attention. Interviews are conducted openly, namely interviews with informants and trying to obtain the information or data needed as is. Interviews were conducted in a relaxed and free manner, even informants or interested parties did not know that research was being carried out. Interviews were conducted directly with informants in Tenawahang Village and Kupang City. The author met directly with the Village Head and village community and chatted about using sorghum as additional food for stunted children and preventing stunting by planting sorghum and then consuming it directly by the community. The community, especially housewives, are given training to make sorghum porridge for pregnant women, breastfeeding mothers and children under two years old.

Focus Group Discussion is an activity to capture research data with the perceptions of each discussion participant (Moeliono, 2012: 9). FGD was conducted with 24 key informants regarding the activities of stakeholders in preventing and handling cases of stunting children in Tenawahang Village. The dialogue discussed in the FGD activities resulted in various opinions and points of view

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regarding stunting management. Research data collection held through interviews and dialogue with the participants. The participants have carried out activities in accordance with their duties and responsibilities well. The dialogue occurs as it is the resource persons tell their stories well and naturally, without being contrived and without fear or pressure. Informants came from the village community consisting of health workers, Integrated Healthcare Center cadres, empowerment and family welfare leaders and members, village officials, pregnant and breastfeeding mothers, and community leaders. The informants are the stakeholders in program and understand the topic of preventing and handling stunting well (Moeliono, 2012: 19). The criteria for the informants in this study were children and parents, pregnant women, breastfeeding mothers, people who have consumed sorghum, grow, and sell sorghum. Village officials are a group of people who support the program of stunting. The programs of stunting arranged by the Village Head and the community to handle and prevent stunting. It is the Food Security and Stunting Prevention program. This program was in 2020 to 2023 depended on the child experiencing stunting. This research used Focus Group Discussions and conducted dialogue and discussions with key informants consisting of posyandu cadres, PKK, health workers, village officials, pregnant women and breastfeeding mothers. This village is unique because it produces products to deal with problems in the village using village funds. The stunting issue in village determined to local products in the period of 2020 to 2023. The research was located in Tenawahang village, Titehena subdistrict, East Flores Regency. This village was chosen as a research location because this village has various products that are superior to the village. The products of the village community are rice, maize and sorghum. These products then become additional food for people who have stunting. The dialogue about stunting discussed in the Focus Group Discussions. It results in various opinions and points of view regarding stunting management. Research data collection implemented through interviews and dialogue with the participants. The participants have arranged in accordance with their duties and responsibilities well. The dialogue occurs as it is the resource persons tell their stories well and naturally, without being contrived and without fear or pressure.

Data Collections

Observation had been carried out by naturally through living with the people in Tenawahang Village and seeing people's lives closely. Participants are paying attention, seeing the daily life of the village community properly, and being able to experience the phenomena of community in the village. Children aged 1 to 2 years in Tenawahang village are used to eating plain food and eager to taste their food. Parents whose children are financially stable can eat nutritionally food completely, while children whose parents are farmers and casual workers generally receive less attention. Interviews are conducted openly with informants by trying to obtain the necessary information or data. Interviews had run in a relaxed and free atmosphere. The informants or interested parties did not know that research had carried out. Interviews were conducted directly with informants in Tenawahang Village and Kupang City. The author met directly with the Village Head and the community and then talked about using sorghum as additional food for stunted children and preventing stunting by consuming sorghum. The community, especially mothers are given training to make sorghum porridge for pregnant women, breastfeeding mothers and children under two years old.

FINDINGS AND DISCUSSION

Findings

The findings are that there are some people who cannot consume sorghum because there are taboos or prohibitions in certain tribes called "wungu". The Sogen tribe, in its traditional traditions, has for generations been forbidden to consume certain foods. Sorghum cannot be consumed by certain tribes so it can be replaced by other foods, for example Moringa leaves and other foods.

Community empowerment activities are carried out so that people from all sectors, including village government, community leaders and PKK, Posyandu cadres, are empowered together and given the opportunity to participate in dealing with and preventing stunting. All parts help in accordance with program targets and achievements in preventing and dealing with stunting. The empowerment process involves stakeholders, namely Empowerment Family Welfare, Posyandu, Puskesmas/health workers, village communities. External factors can also influence children's health, for example the provision of additional food routinely provided by the posyandu must be supported by the parents' parenting style. For example, if a child has to be left with his uncle and grandmother, his eating patterns will change and become irregular. There is a difference between children who do not consume sorghum and children who usually consume sorghum and children who do not consume sorghum. Second, another factor is the dislike of pregnant women to consume sorghum, although there is a difference between pregnant women who consume sorghum and do not experience vomiting and nausea during pregnancy.

Table 1. Data of stunting numbers in 2023.

month/year	Total number	stunting child	Percentage
February/2021	21 kids	6 kids	
	18 kids	5 kids	
	33 kids	6 kids	
August/2021	21 kids	3 kids	

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	22 kids	5 kids	
	17 kids	4 kids	
	31 kids	6 kids	
February/2022	12 kids	2 kids	16,7%
	18 kids	4 kids	22,2%
	17 kids	7 kids	41,2%
	33 kids	6 kids	
August/2022	10 kids	1 kids	10%
	16 kids	3 kids	
	16 kids	6 kids	
	24 kids	6 kids	
February/2023	12 kids	0	
	14 kids	3 kids	
	18 kids	5 kids	
	24 kids	3 kids	12,5%

(resource: Puskesmas of Tenawahang Village).

The data shows that there are different numbers of children at each Integrated Healthcare Centers (Posyandu) in the year of 2021 to 2023 from February to August. Additional feeding has decided in 90 days. Within 90 days, intervention to stunted children at several Integrated Healthcare Centers. It apperant that the number of people experiencing stunting has gone up and down, although at the conclude there has been a slight decrease in the stunting rate to 12.5%.

This is caused by parents' changing parenting patterns due to the busy work of the parents of the toddler or the two-year-old baby so that the toddler is looked after by his family, for example grandmother and other relatives. The nutritional needs of under-aged children change when they are not cared for by their parents. The food provided by parents is food recommended by the posyandu in accordance with the Gerobak Cinta program. For toddlers and children who are still stunted or have returned to stunting, it is because the consumption of sorghum food provided is not normal, so the child experiences stunting after 90 days of stunting. The additional food provided is sorghum porridge made by the parents at home. Posyandu also carries out activities to provide additional food every day at 15.00 WITA, which is a regular schedule for providing additional food for toddlers and pregnant women.

Additional food recommended by the Government can come from local food. Sorghum is a type of additional food for toddlers and has very high quality nutritional content and is also high in fiber. Food can be consumed by anyone, including parents, children and the elderly. This food can be processed into porridge, a basic ingredient for making cakes/cookies or pastries, it can be drunk with chocolate dancow milk which is very low in calories and other foods that taste very solid.

Community empowerment activities are carried out so that people from all sectors, including village government, community leaders and PKK, posyandu cadres, are empowered together and given the opportunity to participate in dealing with and preventing stunting. All parties help in accordance with program targets and achievements in preventing and dealing with stunting. The empowerment process involves stakeholders, namely PKK, Posyandu, Puskesmas/health workers, village communities.

DISCUSSION

Community Empowerment

Things to do to prevent stunting are first to recognize what stunting is and its symptoms. However, the parents pay attention to hygiene food, and breastfeeding until six months of age. Apart from that, when a pregnant woman must consume protein and iron. Providing accurate and timely MPASI and most importantly, when a child experiences the characteristics mentioned above, the children can be consulted with the health service team in Tenawahang village.

Stunting is a condition that needs to be corrected immediately before the child is 2 years old, because by the time the child passes the age of two years, it is too late to repair the damage that occurred in the early years (Unicef Indonesia, 2012). Stunting is a predictor of poor quality of a nation's resources, so this problem must be a priority to be resolved through prevention and treatment efforts.

Health efforts are carried out through programs or activities by the Village's Head which involve the community. Community empowerment in the health sector, one of which is Posyandu. Posyandu cadres are the main stimulus of all activities carried out at the posyandu. the existence of important and strategic cadres to raise community awareness and participation (Megawati G, Wiramihardja S, 2019). Posyandu cadres, assisted by the PKK, village officials and the community, are the driving force in food security and fighting stunting activities. According to Wiku Adisasmito, quoted by Restuastuti T, et al (2017), community

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empowerment is a process carried out by the community (with or without outside intervention) to improve environmental conditions, sanitation and other aspects that directly or indirectly influence community health. . In community empowerment efforts, there are four main elements that need to be considered, namely information accessibility, involvement and participation, accountability and capacity of local organizations, in order to achieve the goal of community empowerment.

Indonesia is a country that has a culture of mutual cooperation. This culture is a legacy from our ancestors that needs to be preserved, one of which is to solve a problem. According to Pranadji (2009), collective collaboration or gotong royong can be interpreted as a way of involving all elements in community empowerment activities, because it can become social capital to form institutional strength at the community level, the community in the village as a community working together to realize prosperity. This is because mutual cooperation contains the meaning of collective collaboration, collective action to struggle, self-governance, common goals, and sovereignty (Irfan M, 2017).

The term Gotong Royong is used as a way to solve problems by the people of Tenawahang Village, Tite Hena District, East Flores Regency in solving the problem of handling and preventing stunting, so the availability of health facilities, for example, The Posyandu is one of the supporting factors in carrying out activities to monitor the growth of toddlers. Based on the result of the Focus Group Discussion, community leaders represented by cadres and Neighbourhood agreed that GEMPUR Stunting program would be implemented using sorghum and moringa. This activity is a community effort to deal with stunting to help the Posyandu in carrying out its duties. Village funds are used to implement several village programs or activities aimed at handling and preventing stunting. Every day the provision of additional food is coordinated by the cadres and Family Welfare Development (PKK).

The Gempur Stunting Program is a form of community empowerment that will be a strength for Tenawahang Village in providing healthy food for the community. Another step taken in empowering the community through the cooperation is involving health cadres, parents of children as well as all stakeholders in providing information on programs and activities of Gempur stunting and Gerobak Cinta which are part of the village program. The information provided aims to remind the public to be prepared to set aside time to visit the Posyandu, providing additional food in the form of sorghum and moringa.

The village head collaborates with health cadres and appeals to the community and parents of toddlers to visit the Posyandu. Toddlers who are experiencing complaints of growth problems immediately receive assistance and additional food from their parents. The final stage involved the community in monitoring toddlers who were declared to be experiencing issues based on the results of a 90-day evaluation. Therefore, the community empowerment program by the Village Head using a budget from village funds provided by the government within a year expects to reduce the stunting rate. Various programs are mobilized and carried out to prevent and reduce stunting rates. The program was implemented in 1 year and evaluated every 6 months and the results are visible from August to December.

Community empowerment is carried off in the village in general through activities with the community and various understandings performed by the Neighbourhood Head. Community members in Tenawahang Village support empowerment by working with all stakeholders and trying to raise awareness in the community to handle stunting. Raising awareness among the public by routinely providing additional food at the Posyandu for all toddlers in the form of eating green beans, making sorghum porridge for consumption, weighing themselves, and, measuring their height. The Tenawahang Village Head invited the community to plant sorghum and market packaged sorghum in the form of sorghum rice, sorghum flour, and sorghum cereal. Community participation or community involvement in community development through joint work with the Empowerment of Family Welfare in Mobilization Teams in Tenawahang Village.

Handling Stunting

According to WHO data in 2013 (Beal, 2022), contextually there are reasons why stunting management needs to be linked to the socio-cultural factors of the community. These social and cultural factors are some of the factors that cause the stunting issue in Indonesia and other countries. The socio-cultural factors are social life, people who experience stunting problems have various kinds of problems, for instance having certain beliefs and norms that have become myths or certain beliefs, for example, 'pemali' or wungu for women who marry men from the Sogen tribe.

This has been going on for generations so that women or mothers who are pregnant with children from certain ethnicities cannot consume it. If this is violated or not adhered to, it will cause illness or allergies in the body. Another factor that causes stunting in children is the parenting style of parents because the parenting style of parents is replaced by the parenting style of grandparents or other relatives. Good and balanced food quality or nutritional intake for stunted children. Fulfilling nutrition with quality food can prevent and help treat stunting (Beal, 2022). The Tenawahang Village Head and the community planted sorghum and consumed sorghum so that it could reduce the number of stunted children over a year. Sorghum is one of the quality foods produced by the people of Tenawahang Village themselves so that it can help or assist its residents to live healthy lives and deal with stunting. Other quality foods, for example, good quality corn, can also help people deal with the problem of stunting.

People in rural areas produce food by growing corn, sorghum and, other foods. Therefore, people consume these foods as additional food for children's health. The lack of healthy food is one of the reasons why stunting occurs in villages. There is a close connection between unhealthy food and stunting, this has been proven through previous research in Indonesia, where the number of

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stunting in rural areas is 55% higher than in cities which is 34% (Masitoh, 2023). Children aged 0 to 59 months and 0 to 23 months who are stunted are declared stunted because the family does not provide food appropriate for their growth (Masitoh, 2023). The analysis has been carried out based on sub-regions. Urban and rural areas are related to the community's understanding of the importance of preventing and dealing with stunting, starting from small families to villages. Consumption of nutritious food for toddlers in programs provided by the Head of Village. Every family is required to cook and take part in the supplementary food program every day at 15.00 at the Posyandu. The provision of additional food is made every day by the parents who have under-five children. Their under-aged children consume additional food, including sorghum. According to research results in several areas, sorghum food is animal feed that has nutritional content and is classified as food with a high reputation for health and contains very low gluten or is gluten-free because it has a low glycemic index number (Yuliana & Tunjungsari, 2023). Sorghum can be made into cookies using sorghum flour and has a very good density of cookies compared to ordinary wheat flour.

Foods with high protein are nutritious foods containing carbohydrates, high fiber, and, low fat. Sorghum is a nutritious or natural food that is drained by children. Sorghum is one part of the food security program by the Tenawahang village head. The program for food security is a program to provide benefits to village communities and can become a nutritious food for the community. Good nutrition can prevent stunting and optimize children's growth and development. The results of a previous study in Indonesia on stunting showed in rural areas. The prevalence rate of 55% was very high compared to the stunting prevalence rate in urban areas. It is because the poverty rate is high in rural areas.

Parenting patterns

Prevention of stunting or anti-stunting can be done at 100 days of pregnancy period (Marwan & Hidayah, 2020). Pregnant women have their pregnancy checked at the Posyandu regularly. Pregnant women who consume sorghum and children who visit the Posyandu are required to measure their height and adopt appropriate parenting patterns. well by the children under two years old's parents. Community empowerment can be achieved through providing additional food every afternoon at the Posyandu. This education was provided by the Village Head together with posyandu cadres and PKK cadres. The parenting pattern in question is the parenting pattern that occurs in the home of each toddler who is in their growing period. Based on the results of research in Tenawahang village, Posyandu cadres told that there were children whose height was initially measured and did not experience stunting, but because of wrong parenting patterns they experienced stunting. Because of different parenting patterns taken care of by families who are not the parents of the young child, but rather grandmothers or grandfathers and close relatives of the young child whose parents have migrated out of the area. The different parenting patterns that occur in Tenawahang village, in general, children have been given food that is different from the food from their parents. For example, because of the grandmother's financial limitations, the child was not given nutritionally balanced food. The changes in the eating schedule often arranged by his parents are different from the eating schedule that his grandmother or grandfather applied. This can be categorized as uninvolved or indifferent parenting. Parents who are busy working or have migrated to other areas and hand over their child's upbringing to grandmothers or grandfathers and even siblings cause young children to experience stunting. This uninvolved or indifferent parenting style is considered the biggest parenting pattern used by parents (Lukman, Sutini & Adilah, 2023: 1061). The behavior of caring for and nurturing under-five children by relatives or family can be one of the reasons that under-five children experience stunting. Apart from that, the parenting pattern of toddler mothers is that within 100 days after pregnancy and breastfeeding (Sarawati, Gustaman & Hoeriyah, 2021), there are toddlers who are given breast milk exclusively by consuming sorghum porridge. Some breastfeeding mothers even don't like sorghum so their children experience stunting because they don't get balanced nutrition. Pregnant women during pregnancy who consume sorghum do not have nausea and vomiting.

Stages of community empowerment activities implemented by the Tenawahang village head:

1. Planning

The village head implements outreach about the uses of sorghum to help deal with stunting. The village head, village officials, parents, and Posyandu cadres collaborate to provide understanding to the community and at the same time promote the sorghum produced by farmers in Tenawahang village to neighboring villages, for example, Gerong Village, Waidan Village, and Lato sub-district. On this occasion, the village head gave an understanding to the community because sorghum could be benefited to stunt children, pregnant women, and breastfeeding mothers. The village head implements outreach about using sorghum to help deal with stunting. The village head, village officials, midwives, and Posyandu cadres collaborate to provide understanding to the community and suggest the sorghum produced by farmers in Tenawahang village to neighboring villages, for example, Gerong Village, Waidan Village, and Lato sub-district. On this occasion, the village head provided understanding to the community that sorghum was implemented to stunt children, pregnant women, and breastfeeding mothers. The material presented in the planning activity to socialize the use of sorghum by village officials was about the stunting combat program by planting sorghum by providing seeds by the Tenawahang village head using village funds in each village. Other village officials provided an understanding of the benefits of sorghum food for preventing stunting.

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2. Implementation

In this step, the village heads and the farmers in Tenawahang village planted sorghum and corn collectively. Sorghum is grown for 3 toddlers months and then processed into flour, milk powder and, sorghum rice. When harvesting sorghum, the community brought the results together to the city of Larantuka to be processed using machines. The people who targeted in the Gempur Stunting program were given this food through Posyandu as additional food. Posyandu then created a program with the PKK in the Love Cart program to provide stunting porridge to pregnant women, breastfeeding mothers and, young children.

3. Evaluation

This step was executed by looking at the development of children and pregnant women who experience nausea and vomiting during pregnancy, which turns out to be very helpful because of sorghum. All these symptoms were not suffered by pregnant women, the quality of breast milk of breastfeeding mothers was also good if they ate sorghum. Pregnant women, breastfeeding mothers and, some parents who cooked sorghum saw their children when measuring their children's height at the Posyandu and found that their children were taller than children in their age.

CONCLUSION

Stunting is a condition of not appropriate height for age generally, due to wrong parenting patterns and, undernutrition food. This condition is experienced by toddlers aged 3 to 5 years. Stunting's kids at Tenawahang village in 2020 to 2023 are given nutrients like sorghum porridge, sorghum cereal, and, sorghum milk. Residents of Tenawahang village consume the sorghum through two programs, the Gempur stunting program and Gerobak Cinta Program. The people are empowered by the village head in community empowerment with Posyandu cadres, PKK, and, village officials. Community empowerment implemented out through the provision of additional food every day at 3.00 p.m has a very good impact on young children and pregnant women as well as breastfeeding mothers. For toddlers, children's height growth increases and occurs within 6 months after being given additional food in various programs. Pregnant women do not experience nausea and vomiting which is often experienced by pregnant women in general. Breastfeeding mothers who consume sorghum experience quality breast milk which is good for their child's growth. The handling of stunting and prevention of stunting is provided well by the Head of Tenawahang Village together with stakeholders. Stunting management is carried out by providing additional food and regularly measuring body height by Posyandu cadres. Stunting prevention is carried out by regulating parenting patterns in the family by posyandu and PKK cadres.

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