

Stunting and PMT counseling dissemination in Argomulyo Village, Cangkringan District

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ABSTRACT

Argomulyo Village, which is in the administrative area of Kapanewon Cangkringan, is one of the areas with a relatively low level of sensitivity to children's health. The purpose of this community service is to increase the sensitivity of the community, especially mothers of toddlers to children's health. The methods used include surveys, providing information to the padukuhan, preparation stage, stunting counseling process, giving PMT. This activity aims to raise awareness, provide or increase knowledge and attitudes. Community service activities in the Argomulyo Village generate new knowledge for mothers of toddlers so they can minimize the possibility of stunting in children. This knowledge can then be conveyed in the POSYANDU forum in each hamlet so that it benefits the surrounding community.

KEYWORDS

Argomulyo Village;
Children's Health;
Awareness;
Stunting



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1. Introduction

Community service is a manifestation of academics who are present in the community which involves academics such as students, lecturers, alumni, and other education staff. The World Health Organization (WHO) placed Indonesia as the third country with the highest stunting prevalence rate in Asia in 2017. The figure reached 36.4 percent. However, in 2018, according to Basic Health Research (Riskesdas) data, this figure continued to decline to 23.6 percent. The decline in the stunting rate in Indonesia is good news, but it doesn't mean it can calm you down. Because when referring to WHO standards, the maximum limit is 20 percent or one fifth of the total number of children and toddlers.

Based on the results of this research, we also held a more detailed service to one village. Some of the previous researchers used as references in this service namely factors causing maternal depression in pregnancy to the occurrence of stunting in toddlers were studied by Apriliana [1]. Vitamin A deficiency and associated risk factors in children aged 12–59 months living in the poorest city in the Southern Region of Brazil was studied by Dallazen [2]. Revealing the functional residues of the HDS isoprenoid biosynthetic enzyme Arabidopsis was investigated by Wang [3]. Field evaluation of gut microbiome composition of preschool and school-age children in Tha Song Yang, Thailand, following an oral MDA for STH infection was studied by Stracke [4]. Secular trends in low birth weight and child malnutrition in West Africa: Evidence from a complex national survey, 1985-2019 researched by Dwomoh [5]. Early life migration and malnutrition among children of circular migrants: An observational study in a brick kiln in Bihar, India investigated by Roshania [6]. The INTERGROWTH-21st project's newborn standard evaluation for neonatal phenotype and neonatal morbidity and mortality was investigated by Grandi [7]. Viral diseases: a threat to tomato cultivation in the eastern Indo-Gangetic plains of India was investigated by Nagendran [8].

Association of child malnutrition trends and implementation of the National Rural Health Mission in India: A nationally representative serial cross-sectional study on data from 1992 to 2015 investigated by Soni [9]. Spatial analysis of urinary zinc (Zn) concentrations for women of reproductive age and school-age children in Malawi was investigated by Phiri [10]. Hutchinson-Gilford progeria syndrome: a rare premature aging syndrome studied by Varshney [11]. Occurrence of Tomato yellow leaf curl virus and mixed infection of Tomato chlorosis virus in protected tomato plants, Antalya, Turkey was investigated by Gul-Seker [12]. Eco-geographical patterns of child malnutrition in India and their relationship to cereal cultivation: An analysis using a demographic health survey and agricultural data set was investigated by Sanjeev [13]. The experiences of mothers in raising stunted children in Majene Regency, Indonesia were studied by Darwis [14]. Regions of the Melon Genome Associated with TGR-1551 Inherited Resistance to Cucurbit yellow stunting disorder virus was studied by Pérez-de-Castro [15]. Sound Localization in Prewearling Mice Is More Affected by Kcna1 Gene Deletion Compared to Kcna2 Deletion, and a Reverse U Developmental Course Appearing to Exceed Adult Performance Was Observed in All Groups studied by Ison [16].

Vitamin D3 supplementation during pregnancy and lactation for women living with HIV in Tanzania: A randomized controlled trial investigated by Sudfeld [17]. Identification and analysis of risk factors for stunting in children under three years of age in the Kampar watershed area was studied by Yenita [18]. WHO and UNICEF Joint Monitoring Program (JMP) Indicators for Water Supply, Sanitation and Hygiene and Their Relationship to Linear Growth in Children Aged 6 to 23 Months in East Africa was investigated by Rakotomanana [19]. Stunt Rubus: an overview of important phytoplasmic diseases in Rubus spp. studied by Linck [20]. Nutritional Status of Children (5-18 Years) Using Anthropometric Indices: A Cross-Sectional Study Between Sartang and Miji, Lesser Known Tribes of Arunachal Pradesh, India researched by Ashgar [21]. The nutritional status of children living in institutional-based care: a retrospective analysis with funnel plots and control charts for program monitoring was investigated by DeLacey [22]. The prevalence and factors associated with stunting in school children in Egypt were studied by Hamed [23]. *Seticuspe chrysanthemum* accession screening revealed different levels of resistance to chrysanthemum action viroids studied by Matsushita [24].

Socio-economic disparities in the nutritional status of children in the Democratic Republic of the Congo in 2017-2018: Analysis of data from a nationally representative survey investigated by Qi [25]. The prevalence of overweight and obesity among selected schoolchildren and adolescents in Cofimvaba, South Africa was studied by Otitoola [26]. Prevalence of Malnutrition and Contributing Factors in Children Under Five Years Old in Central Bangladesh was studied by Rashid [27]. The nutritional status of school children in the eastern Hararghe administrative zone, eastern Ethiopia was investigated by Mitiku [28]. The trajectory of the growth pattern in boys with Duchenne muscular dystrophy was studied by Stimpson [29]. Prevalence and determinants of food insecurity and its relation to malnutrition in toddlers in Aligarh was studied by Abedi [30]. Molecular characterization of the Cucurbit aphid-borne yellows virus (CABYV) affecting cucurbit in Turkey was investigated by Topkaya [31]. Previously unreported invasion of dicot host by chickpea chlorotic dwarf virus in Pakistan was investigated by Hameed [32].

Stunting, linear growth anomaly in children under five years (U5): Risk factor analysis of maternal, household, and individual background in the Indian context was investigated by Das [33]. Determinants of growth measurements in rural Cambodian infants: A cross-sectional study investigated by Miyazaki [34]. "When I Breastfeed, It Feels Like My Spirit Is Leaving My Body": A Mother's Ability to Raise a Healthy Child in Rural Southeast Tanzania studied by Mchome [35]. Longitudinal Growth of Very Low Birth Weight Infants at 5 years of age was studied by Kumar [36]. Direct imaging of the life cycle of *Cryptosporidium parvum* revealed the direct development of male and female gametes of type I meronts studied by English [37]. Differences in risk factors associated with single and multiple forms of malnutrition (stunting, wasting or underweight) among children under 5 years in Bangladesh: a nationally representative cross-sectional study investigated by Chowdhury [38]. Risk factors for malnutrition in children under 5 years in Tenom, Sabah, Malaysia were studied by Eric Tan Chee How [39]. Full genome molecular analysis of an unusual virus detected in sweet cherry (*Prunus avium*) in Bulgaria studied by Milusheva [40].

After going through observations, it turns out that there are still many toddlers who experience stunting. Meanwhile, the community service work program held stunting counseling. The purpose of holding stunting counseling is because there are still many mothers under five who do not understand the

dangers of stunting. After the socialization of stunting, the KKN 114 group provided PMT which was distributed from the sub-district to mothers of toddlers whose children were stunted. In order to have PMT as additional nutrition for children to reduce stunting symptoms.

Counseling is an activity of providing information to an individual or group. Counseling is included in the form of education in the health sector in terms of predisposing factors, which aims to raise awareness, provide or increase knowledge and attitudes. Argomulyo Village has many mothers with toddlers and activities that are useful for reducing stunting. But the problem is that there are still mothers who are not sensitive to the health of their children. Based on this problem, Muhammadiyah University Group 114 Real Work Lecture (KKN) students took the initiative to help the urban village to provide stunting counseling to mothers of toddlers to make them aware of the dangers of stunting. The purpose of this community service activity is to minimize stunting in toddlers. With this activity, it is hoped that mothers will understand more about the prevention and dangers of stunting.

2. Method

Community service activities in the form of stunting counseling are carried out in the Argomulyo Village, Kapanewon Cangkringan, Sleman Regency. This activity consists of several stages, namely a preliminary survey in the form of an application for a permit to the Argomulyo Village and providing an explanation regarding the purpose of the activity and the benefits that can be obtained. In addition, an explanation regarding the flow of activities was also conveyed so that the parties fully understood the flow of implementation of activities from start to finish. Next is the stage of providing information between hamlets in Argomulyo Village to cadre mothers and mothers of toddlers about stunting counseling. The last stage is the process of stunting extension activities in Argomulyo Village. After the event ended, the next day the KKN 114 group gave PMT to the posyandu coordinator to distribute to mothers of toddlers whose children were stunted.

The explanation regarding the stages of community service at Padukuhan Gadingan, Argomulyo Village:

1. Preliminary survey by visiting the Kalurahan for stunting data in the Kalurahan by explaining the aims and objectives of the activity to the Kalurahan apparatus, explaining the flow of activity implementation, and the benefits obtained.
2. The preparatory stage, namely providing information to cadre mothers and mothers of toddlers about the activities that will be carried out by the KKN 114 group.
3. Stages of extension activities carried out. This activity was carried out in the Argomulyo Urban Village with participants from female cadres and mothers under five to find out how to prevent stunting.
4. Stages of PMT preparation. Prepare PMT by buying some nutritional needs for toddlers who are suspected of being stunted.
5. The last stage is giving PMT. The PMT was given by the KKN 114 group to the Posyandu Coordinator in Argomulyo Village to be distributed to mothers under five.

Participation of the parties in the implementation of this activity is to assist in collecting supporting data such as contacting presenters, contacting the Village Head, and preparing activities so that the event runs smoothly.

3. Results and Discussion

This community service activity was carried out on Monday 13 February 2023 at the Argomulyo Village, Kapanewon Cangkringan, Sleman Regency as shown in Figure 1. In the documentation in Figure 1, the preparation of counseling activities with presenters and field supervisors is needed so that the event runs smoothly. This activity consisted of a series of events, namely counseling on stunting and giving PMT. Community service activities in the Argomulyo Village have succeeded in holding stunting counseling, which consists of delivering material to female cadres and mothers of toddlers with the theme "Prevent Stunting with Quality Nutrition and Environment". The fundamental contribution of this activity is the level of curiosity in stunting counseling. It is important to know in order to minimize stunting in toddlers. In the future, it is hoped that female cadres can convey to mothers who have just had babies

about the dangers of stunting. The report legally as proof of scientific documents with community service is in the form of a community service report in the Argomulyo Village



Fig. 1. stunting counseling



Fig. 2. The material provider delivers stunting counseling



Fig. 3. Participant questions and answers

The documentation in Figures 2 and 3 is the delivery of material by presenters with the theme of stunting prevention in toddlers and also a question and answer session given by counseling participants.



Fig. 4. Preparation for distribution of PMT



Fig. 5. Submission of PMT

In the documentation in Figure 4, namely the submission of PMT to the coordinator of the Argomulyo Village Health Center. Meanwhile, figure 5 is one of the documentation of PMT distribution to mothers under five through the coordinator of the Argomulyo Kalurahan Health Center.

4. Conclusion

Of course, the decline in the stunting rate in Indonesia is good news, but this has not yet calmed the government and society. The reason is that when referring to WHO standards, the maximum limit for stunting sufferers is 20% or one fifth of the total number of children and toddlers in a country. Based on this research, then we, the KKN 114 group, who were doing community service, then made deeper observations of the hamlets in Argomulyo Village. Argomulyo Village has many mothers with toddlers

and activities that are useful for reducing stunting. However, there are still many mothers who are less sensitive to children's health.

This problem then led to our initiative to hold stunting counseling to help the urban village to be more aware of the dangers of stunting. The goal, of course, is that the information we provide is able to make mothers of toddlers more sensitive so they can minimize stunting in toddlers. Stunting education was also created to provide information on the characteristics and dangerous effects of stunting on female cadres and also mothers with toddlers so that they have knowledge of the dangers of stunting. With the hope that they can apply it to real life and be more aware of the dangers of stunting on children's growth.

We went through various stages before carrying out counseling and handing over this PMT. We conducted a survey for the first time to find out the conditions in the community and also to apply for a permit from the Argomulyo Village. The next stage is in the form of conveying information to female cadres and also coordinating regarding upcoming counseling events. After carrying out the preparatory process, we conducted stunting counseling in the village. Our counseling is in the form of presentation of material by the KB Extension Officer of the Argomulyo Village. The next day, we handed over the PMT to the Posyandu Coordinator in Argomulyo Village to distribute it to mothers under five.

Our activities certainly produced results with the presentation of the material "Preventing Stunting with Quality Nutrition and Environment" which was able to make women cadres and mothers of toddlers aware of the dangers of stunting. The contribution from cadre mothers and toddlers regarding counseling is then expected to be able to minimize stunting in toddlers. Cadre women become distributors for mothers of toddlers in future POSYANDU activities after our community service program is finished. Submission of PMT is also carried out as an activity that is felt directly by mothers whose children are stunted so that they know examples of healthy foods to treat or reduce stunting symptoms.

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Author Contribution

An activity plan in order to implement the solutions offered to overcome stunting in the Argomulyo sub-district, Cangkringan sub-district.

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Conflict of Interest

The authors declare no conflict of interest.

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