



## Maintaining The Sustainable Engagement of Adolescent in Family Team of Stunting Prevention Program

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### ABSTRACT

Maintaining the sustainable engagement of youth as part of the Family Assistance Team (TPK) in the Family Planning (KB) program is needed. The objective is to provide a structured framework on how to recruit youth to the Family Assistance Team (TPK). This study used a qualitative method with a descriptive design. The instrument used was a list of semi-structured questions. The participants were 3 nurses, a midwife, and one family planning instructor (PKB). Data were collected through in-depth interviews and analyzed using thematic analysis techniques. The supporting tool was Appreciative Inquiry (AI). The results were based on the AI analysis it was found there were five important components considered as determining aspects in maintaining the sustainability of youth in stunting prevention program (i.e recruitment requirements, training programs, parental permission, willingness of youth, and incentives). We recommended that knowledge; skills, parents' permission, motivation, and those currently studying health majors should be considered as they have the potential to maintain the sustainability of their engagement in the stunting reduction program.

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### Kata kunci:

Keluarga Berencana

Keterlibatan Remaja

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### ABSTRAK

Mempertahankan keterlibatan pemuda yang berkelanjutan sebagai bagian dari Tim Pendamping Keluarga (TPK) dalam program Keluarga Berencana (KB) sangat diperlukan. Tujuannya adalah untuk memberikan kerangka terstruktur tentang cara merekrut pemuda ke dalam Tim Pendamping Keluarga (TPK). Metode Penelitian ini kualitatif dengan desain deskriptif. Instrumen yang digunakan adalah daftar pertanyaan semi terstruktur. Peserta terdiri dari 3 orang perawat, seorang bidan, dan satu orang penyuluh Keluarga Berencana (PKB). Data dikumpulkan melalui proses wawancara mendalam dan dianalisis menggunakan teknik analisis tematik. Alat pendukungnya adalah *Appreciative Inquiry* (AI). Berdasarkan analisis AI ditemukan ada lima komponen penting yang dianggap sebagai aspek penentu dalam menjaga keberlanjutan remaja dalam TPK guna pencegahan stunting (yakni persyaratan, program pelatihan, izin orang tua, kemauan remaja, dan insentif). Kesimpulannya kami merekomendasikan pengetahuan; keterampilan, izin orang tua, motivasi, dan mereka yang sedang menempuh pendidikan di jurusan kesehatan perlu dipertimbangkan karena berpotensi mampu mempertahankan berlangsungnya keterlibatannya mereka dalam program pencegahan stunting.

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## INTRODUCTION

The involvement of adolescents in the Family Assistance Team (TPK) is relatively new, therefore its position is still facing various challenges from different angles (Puspasari, 2020). Some of the challenges that can be mentioned are recruitment requirements, the certainty of conditions, geographical location, competencies, the standard of training material provided, priority of debriefing, to the possibility of their salary (Fertelli, et al., 2018; BP Jamsostek, 2020). Those problems require wise handling based on research results (Sulwanta and Kasnawi, 2019). So far, the involvement of adolescents in the handling of stunting has not been seen transparently. Although many studies support the position of adolescents, it is very important in the development of various fields (Afrianti and Tahlil, 2017; Ardiyani, 2020). As part of the family and members of society, the position of youth is also very crucial. They are often involved in many activities both at the local, national, and regional levels, including in the healthcare sector (Azupogo et al., 2020). The involvement of adolescents in stunting handling is an integrated part of which is a strategic component that does not need to be questioned (BKKBN Planning Bureau, 2020).

In the national health system goals, stunting is referred to as an objective where by the end of 2024 it is expected that the target of achieving prevalence is 14% (BKKBN Planning Bureau, 2020). In Papua, for example, this figure is too far from realistic because the average prevalence rate in Papua in 2022 is still far above 25% (Wulandari et al., 2022). Jayawijaya, Tolikara, Lanny Jaya, Nduga, and Dogiyai have a high prevalence above the national figure (Fertelli et al., 2018). In Bolmong Raya, North Sulawesi, as another example, although North Sulawesi is one of the provinces with a low prevalence, in Bolmong there are still 19,000 stunting cases (Hamzah, 2020). Maximizing the involvement of adolescents in suppressing cases of high stunting not only increases their understanding of health problems faced by the community and the state on a national scale but also trains them in handling academically accountable problems (Anjaswarni et al., 2022). The involvement of adolescents related to family health under the TPK umbrella is much needed (Hairil, 2021). It is the gap that provides novelty in this article which can be used as an interesting material to study.

Many studies have explored the importance of involving various components of society in stunting prevention (Bach et al., 2020; Laksono and Megatsari, 2020; Onyeaka et al., 2021). Those components can include community figures, religious leaders, professionals, teachers, schools or campuses, parents, and youth. Of all the layers of society, one very influential point is the role of adolescents as part of the family and society. Teenagers are called the most important part because they are the future of the nation (Salsa Bening, 2014). It is in the hands of the youth that the improvement of economic, social, political, educational, security and welfare conditions, including health, rests. Improving and ownership of family welfare arrangements through the involvement of adolescents in family planning programs in general and stunting prevention in particular, are part of youth responsibilities. The question is whether involving youth through TPK in areas with a high prevalence of stunting can help reduce the prevalence rate?

This study used a qualitative method intending to create a structured strategy on how the process of recruiting youth involved in the Family Assistance Team (TPK) can be used as a reference so that their involvement can be maintained and continued. Besides, the dropout cases can be avoided and a sustainable program occurs. Those implications are expected

to improve the reputation of family planning officers in particular and the health profession in general.

## METHODS

### *Research Design*

This study used a qualitative study method with a descriptive design. The study was conducted in May-June 2022. It has received an ethical approval from the Ethical Committee of Poltekkes Kemenkes Jayapura, Papua.

### *Sampling*

Primary data collection in this study was obtained from five informants, i.e. 3 nurses (West Java, South Sulawesi, Papua), a midwife (North Sulawesi), and one PKB (East Java). The informants were people who knew about incidents or events in the field and were directly involved in the incidents so that when they were asked, the author got valid data. The appointment of those informants was based on educational qualifications, skills, work experience, and participation in stunting-related activities. They were objects that actively provided answers to what was asked.

### *Measures*

A semi-structured questionnaires given to the informants was used through an in-depth interview process by telephone or online. The interview material was obtained from a list of questions collected from previously validated research (Getaneh et al., 2019). Asking questions is delivered with a snowball strategy. The data were also supported by documents from reputable journals published over the last five years (2017-2022) and the related world as well as government institutions (WHO, Ministry of Health, and BKKBN) as secondary data. Keywords from data collection techniques include youth, TPK, and stunting.

### *Data Analysis*

The data analysis technique used descriptive analysis, namely the data that has been collected from the results of this study were described in separate words or sentences. The supporting tool used to analyze the data was Appreciative Inquiry (AI). It was done by relying on concrete examples in the field that have been carried out by previous researchers (Rahina *et al.*, 2021; Widya Gustiani *et al.*, 2021). The stages were five phases, namely define, discovery, dream, design, and delivery phases..

## RESULTS AND DISCUSSION

From the in-depth interview process to 5 informants whose sequence was carried out at the assessment stage, data were obtained from 3 nurses and one midwife each MD (North Sulawesi), ED (Papua), IM (Jakarta), HD (West Java) and a family planning worker SR (East Java). The summary of the interview results is as follows:

### *Theme 1: Recruitment Requirements Details*

In general, each program implementation requires certain requirements for its participants, whether administrative,

technical, physical, or mental. Projects related to stunting prevention are no exception.

"I have seen that there are already requirements such as what is called a teenager... among them are students... aren't they a few who are under the age of 20 and are still teenagers? Maybe we still need other conditions, such as, do we need any health information or not?" (MD)

"In the village, in my opinion, there is no problem with the conditions. The important thing is that they are teenagers, they are interested and we invite them.... although there must be written requirements.... I'm just afraid that if the conditions are strict, we won't get the cadres. What's more, it's free..." (SR)

"Papua may be a bit different from other regions in Indonesia to recruit youth. Especially in mountainous and isolated areas. Determining the conditions for joining the TPK program for teenagers may have to be flexible...." (ED)

"For me, who have lived in the capital city of Jakarta for a long time, the requirements are very important and influential to maintain participant's consistency and focus... you know that the capital city has a different culture and mindset." (IM)

"...I see that the terms have become general provisions everywhere that are applied in all types of programs or projects...so for this type of recruitment of course the details are needed..." (HD)

### Theme 2: Clarity of Debriefing Content

The role of training as a provision and part of program socialization is a major capital in a program. Through the training, participants can gain knowledge and skills enrichment about what youth will do in the field of TPK.

"Not all teenagers understand their role as part of the TPK. Through training with clear content will help them in understanding the program...." (MD)

"In my opinion, what is important in the training materials is to mention who, why, where, when and how youth are involved in TPK of stunting prevention... so that they can be focused and specific..." (IM)

"Young people's educational background is very important. Those who are currently studying health, for example, find it easier to work on it. This makes the cost of the debriefing training more efficient...after all, the content of the debriefing must be clear...." (HD)

### Theme 3: Parental permission

Regarding parental permission, all informants agreed that it was needed because teenagers were still under the responsibility of parents.

### Theme 4: Willingness to Join the Program

Even though they get parental support, not all teenagers are interested in participating in the program. Therefore, it is necessary to examine their readiness. All informants agreed there should be available a written document as the evidence of their willingness to join the program.

### Theme 5: Giving Incentives/Honors

Although all informants agreed on the award of this honorarium, specifically SR said:

"What I know is that the honorarium for the youths is not well organized, except for the local government, for example, village officials who budget for it. I know that TPK cadres have salaries that are not the same from one region to another... youth should be treated the same...." (SR)

From the summary of the interview results of the five informants above, it can be concluded that there are several opinion differences regarding the details of the requirements before the recruitment, clarity of the training content, willingness to take part in the debriefing, and the issue of honorarium. However, they agreed that there were problems that needed to be studied more deeply and to find solutions to the five interview themes above. Below is a summary of the results of the interviews that were analyzed regarding the components that need to be considered to maintain the continuity of the involvement of youth in the stunting prevention program.

**Table 1**  
**Interview Summary based on Thematic Analyses Technique**

No.	Informant	Problem identification of the informers' statement				
		Recruitment Requirement details	Training content	Parents' permission	Willingness to join the program	Incentives
1	MD	x	x	x	x	x
2	SR	x	-	x	x	x
3	ED	x	-	x	x	x
4	IM	x	x	x	x	x
5	HD	x	x	x	x	x
Total (%)		5 (100)	3 (60)	3 (60)	5 (100)	5 (100)

The table above shows that 100% of the informants agreed that there was a need for detailed requirements before recruiting youth, 60% needed clarity on the content of the training, and 60% suggested the importance of obtaining parental consent. While the willingness to participate in the program and they all (100%) suggested honorarium to be given to participants.

The summary below is based on concrete examples in the field that have been carried out by previous researchers

(Rutten et al., 2021). Table 1 is an example of the condition in the community that we projected in this study. The problems were identified and analyzed by using the Appreciative Inquiry. The stages include 5 phases, namely define, discovery, dream, design, and delivery phases. The table below describes the phases of the analysis which are supported by our findings.

The summary is the analysis results according to the Appreciative Inquiry phases containing the problems that need to be addressed as follows:

**Tabel 2**  
**Appreciative Inquiry Analysis**

No.	Phases	Findings
1	Define (defining the issues)	Components that play a role in the continued involvement of youth to prevent stunting (Theme 1, 2, 3, 4, 5).
2	Discovery (discover the problems)	There are 5 basic issues, namely: recruitment requirements, details of debriefing, parental permission, youth willingness, and honorarium (Theme 1, 2, 3, 4, 5).
3	Dream (action plan)	Identify how to ensure that youth involvement in the program can last and be sustainable based on the results of previous research (Table 1, the suggestions in theme 1, 2, and 5)
4	Design	Develop a management flowchart for youth involvement in TPK of the stunting prevention (Diagram 1).
5	Delivery (implementation)	To implement the recruitment flowchart of youth involvement as the result of this study's recommendation.

From the results of the AI analysis above, it can be concluded that the findings of this study indicated that there were 5 important components that we considered as determining aspects in maintaining the sustainability of youth in stunting prevention program through TPK. Those aspects were the detailed requirements of youth recruitment, standardization of training programs, parental permission, the willingness of youth to participate in the program, and incentives.

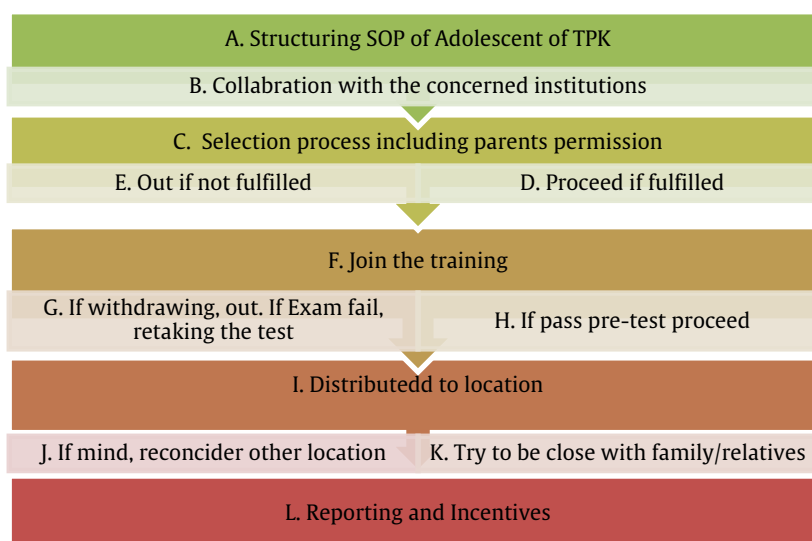
Many studies mention the importance of a standard requirement that needs to be prepared as a condition for someone's participation in a program/project (Benešová and Tupa, 2017; Orhan and Serin, 2019; Mujiati et al., 2020). Requirement during any selection process is the key to screen the candidates naturally (Houghton, Casey and Smyth, 2017). The availability of those requirements will help the existence of natural selection to facilitate the work of the selection committee. The requirements can include administrative requirements such as filling out identity forms, ID cards, family cards, parental permission, and statement letters. The completeness of those requirements must be clear at the outset and used as a basic document for the issuance of a decree by the relevant officials.

The second is about the clarity of the training material. The results of interview analysis in this study showed that all

informants agreed that standard training materials we are needed. The youth training materials in stunting prevention are currently available prepared by the Government (Luis and Moncayo, 2021). However, it is still necessary to have a review every year regularly so that it is possible to include new related information if needed. This is a regular practice and is very common in training (Carr *et al*, 2018; Puspasari, 2020).

The third is about giving incentives. SR proposed that the provision of incentives was very important in the implementation of voluntary programs or projects. Various studies examine the role of incentives in encouraging participants' enthusiasm even as volunteers. By giving honorariums, participants will feel that they have received awards, although not in large amounts (Xu and Liu, 2020). Therefore, it is necessary to discuss he incentives at the village level for instance by using *Dana Desa*. The biggest risk without incentives is participant dropout or poor performance (Gunawan, Suyoto, and Tannady, 2020).

The fourth one is the need for a flowchart of the youth recruitment process. Below are our recommendations on how to recruit youth to maintain their continued involvement in the program. Flowcharts are guides used by many organizations that give direction to organizational goals (Wehrle, Fasbender and Contact, 2020).



**Diagram 1: Flowchart of Recruitment Process**

The diagram above describes the importance of having Standard Operating Procedures (SOP) before starting the process. After that, there must be a collaboration with relevant agencies for example among BKKBN, sub-district offices, village officials, community leaders, health professionals, schools/campus, etc.. After obtaining support from the collaboration, a selection process is then carried out with clear requirements. The teenagers who are selected to be given briefing through training, both theory and practice. After that, they are distributed to the agreed placement locations. Preferably placed in the their family/relatives. Reports/reviews are needed after the implementation of the practice in the field. The provision of incentives is an important part of this flowchart as a concrete appreciation for the youth's performance in this program. This is the path that we recommend in response to the findings of this study.

### RESEARCH LIMITATIONS

The limitation of this study is that it does not represent the youth who are directly involved in the Family Assistance Team (TPK), considering that this program is relatively still new and has not yet been widely implemented. In addition, there are limited funds, energy, and time. During the initial preparation of the study, the pandemic of Covid-19 has not completely vanished. The government restriction was still going on in which we could not meet informants directly to avoid the spread of the Corona. However, this research provides novelty because there has never been a similar study. Previous research that was mostly done was about stunting, the Family Assistance Team, and family planning extension cadres (Aditya and Tobing, 2020; Awwaluddin and Sadewo, 2020; Sudeni, 2022).

### CONCLUSIONS AND SUGGESTIONS

The purpose of this study was to produce a structured framework in the form of a flow for recruiting teenagers involved in the Family Assistance Team (TPK). The existence of a clear reference is expected to have implications for avoiding youth dropout cases after joining the program and the occurrence of a sustainable program. The study produces the results by using Appreciative Inquiry analysis after the in-depth interview, in which we found there were five important components considered as determining aspects in maintaining the sustainability of youth in the stunting prevention program. The researcher's recommendation to maintain the ongoing involvement of youth to prevent stunting is to prepare a standard recruitment flowchart. Still, the weakness of this study was it did not involve the adolescents directly on a wider scale or more informants to be more objective. Regardless of the challenges, in the future, direct research involving them in areas with a high prevalence of stunting cases is highly recommended.

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### Conflict of Interest Statement

All authors declared that they did not have any conflict of interest during the process of this research.

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