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The Role of Community Leaders in Stunting Prevention in Mana Village, Muara Beliti District, Musi Rawas Regency Towards Stunting-Free Tourism Village

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ABSTRACT

Stunting is one of the nutritional problems that have an impact on children's intelligence in the future. Handling stunting requires support from various parties, one of which is community leaders. This community service activity aims to invite community leaders to be actively involved in handling and preventing stunting. Community service activities begin by carrying out the Village Community Deliberation (MMD) which aims to convey existing problems and together find solutions to solve these problems. The method used in MMD activities is discussion and question and answer with community leaders. There are several activities agreed upon in the village community deliberations, namely: training and refreshment of cadres, nutrition counseling, home visits and training to make additional food from local food ingredients. The results of this community service activity show that there is an increase in the knowledge of mothers and cadres about nutrition and health as well as skills in making additional food from local food ingredients.

1. Introduction

Nutritional problems in infants under 5 years of age (toddlers) can have serious short-term and long-term impacts. Toddlers who are malnourished can have an impact on morbidity even in developing countries, malnutrition is one of the factors causing child mortality. In the long term, it will have an impact on the occurrence of chronic nutritional disorders, or toddlers grow to be shorter (stunting) than children their age. This can have an impact on decreasing intelligence or cognitive abilities, increasing morbidity, and increasing the risk of non-communicable diseases (NCDs) in the future (Budiastutik & Rahfiludin, 2019).

The impact caused by stunting is stunted growth. Short-term adverse effects that can occur are impaired brain development, intelligence, impaired physical growth, and metabolic disorders in the body. Meanwhile, the long-term adverse effects are decreased cognitive abilities and learning achievement decreased immunity, and a high risk of degenerative diseases such as diabetes, obesity, heart disease, hypertension, and disability in old age. If this happens, it will reduce the quality and productivity of human resources and national competitiveness (Daracantika et al., 2021).

The results of the integration of the March 2019 Susenas and the 2019 Indonesian Toddler Nutritional Status Study (SSGBI) showed a stunting prevalence of 27.67 percent. The stunting rate for children under five in Indonesia is still far from the standard set by WHO, which is 20 percent. At the regional level, the province of South Sumatra also experienced a decline in stunting cases from 2013 to 2019. In 2013, the percentage of stunting under five in South Sumatra was 36.7%. There was a decrease in 2019 to 29%. This percentage decreased, when compared to the average in Indonesia, the figure was still 1.3% higher (Izwardy, 2020).

Data from the Directorate of Community Nutrition through the E-PPGBM (Electronic Community Based Nutrition Recording and Reporting) application in August 2021 showed that Musi Rawas district was ranked 9th out of 17 districts/cities in South Sumatra with the highest number of underweight children under five according to indicators (BB/U) with a percentage of 6.1%. Based on the indicator (TB/U), the percentage of stunting under five is 6.7%, ranking 7th out of 17 districts/cities. Meanwhile, based on indicators (BB/TB), Musi Rawas district is ranked 9th with a percentage of 4.5% (Dinkes Provinsi Sumatera Selatan, 2018).

The government has issued Presidential Regulation No. 72 of 2021 regarding the acceleration of stunting reduction through specific and sensitive interventions. Technically, stunting reduction efforts through specific intervention activities aim to prevent the direct factor causing stunting, with the leading sector being health. Stunting prevention efforts that only involve one sector, namely health, can only contribute 30% to stunting reduction. The involvement of various sectors from the government, the private sector, and all components of society is indirect prevention of stunting prevention which actually contributes 70% (Kementerian Hukum dan HAM, RI, 2021).

Based on the Decree of the Musi Rawas Regent regarding the Determination of the Location of Stunting Intervention Focus Locations in Musi Rawas Regency in 2021-2022, 8 villages in the Muara Beliti sub-district are included in the location of the highest stunting prevalence focus, one of which is the official Manah village with a prevalence of 22.05% (Kabupaten Musi Rawas, 2020).

Handling the stunting problem is not only the task of the Ministry of Health but also requires the participation of all parties including community leaders. Community leaders are the closest parties and can influence the community to prevent stunting, especially in their children under five. To get the participation of community leaders, this is done using village community deliberation as the first step in community service activities (Imbar & Momongan, 2021 ; Indra & Khoirunurrofik, 2022 ; Digwaleu-Kariko et al., 2019).

As one of the tourist destinations in South Sumatra, Musi Rawas Regency has attractive natural potential which is a tourist attraction. In addition to tourist attractions, the Musi Rawas district also has potential for the small, medium, and micro-businesses in the form of brown sugar, which tastes

different from other regions. Tourists besides enjoying nature tourism can also buy brown sugar souvenirs.



Figure 1. tourist attractions in Musi Rawas district

To maintain the existing natural potential, a healthy generation is needed that can develop the existing tourism potential. It is very important to make Musi Rawas Regency, especially the Official Mana Village, a stunting-free tourism village. The role of Community Leaders to encourage the community to take good care of and care for children so that children will grow up healthy is very important to create a Mana Resmi Village as a Stunting- free Tourism Village. This community service activity aims to determine the role of community leaders in preventing stunting in Mana Official Village, Muara Beliti District, Musi Rawas Regency.



Figure 2. Map of Musi Rawas District

2. Methods

This community service activity carried out in Mana Official Village, Muara Beliti District, Musi Rawas Regency is one form of sensitive intervention that involves cross-sectoral involving all elements in the community. The activity was carried out using the Village Community Deliberation (MMD) which took place at the Village Head's Office. This activity aims to increase participation and ask for support from all components in the village, both government, private, and community elements in preventing and overcoming stunting in the village area. Outside the village government, the parties involved are health workers in the village, namely village midwives, nurses at sub-health centers, village PKK, religious leaders, youth organizations, and village communities.



Figure 3. Village Community Deliberation Activities

The Village Community Deliberation activity will be held on February 3, 2022, at the Village Head's office, Mana Village, Muara Beliti District. This activity was attended by 25 people consisting of the Village Head and village officials, the Village Midwife, the Official Mana Village PKK Mobilization Team, religious leaders, teachers, youth organizations, and representatives of the village community. The activity began with the presentation of the results of data collection on the nutritional status of children under five in the village of Mana Official which was carried out by students of the Department of Nutrition, Health Polytechnic of Palembang Ministry of Health. The data is analyzed to obtain priority problems which will then be followed up with intervention activities. Before the intervention activity was carried out, it began with informal socialization with policymakers in the village, in this case, the village head, to get support from community leaders so that these activities could run well. Based on the study of the magnitude of the problem obtained from the results of data collection followed by the determination of problem priorities, the intervention activities proposed by students are Refresher for integrated service post cadres, nutrition counseling for mothers of toddlers, health education for elementary school children, home visits for children under five who have nutrition problems, and training in making additional food using local food ingredients.

3. Results and dicussion

After the presentation of nutritional problems in Mana Official Village, it was followed by a discussion between students, supervisors and community and community leaders who were present. The results of community service activities are as follows:

3. 1 Training and refresher activities for cadres. Integrated Healthcare Center

Village heads and community Health centers officers prepare cadres to be trained, both old and new cadres. The training was held at the Official Mana Village Hall. This cadre training and refresher was attended by 8 (eight) cadres with resource persons from the Muara Beliti Health Center, lecturers and students. The result of the training and refreshment of integrated service post cadres is an increase in the knowledge and skills of cadres in integrated service post activities. Cadres who are frequently trained in their knowledge and skills will increase (Nurhidayah et al., 2019; Rahmawati et al., 2019) .



Figure 4. Posyandu Cadre Training and Refresher Activities

3.2 Nutrition counseling for mothers of toddlers

The counseling activities will be followed by mothers who have children under five, especially toddlers with nutritional problems. The place for the implementation of Bali is the Official Mana Village. Before the counseling, mothers of children under five were given a pre-test and after the counseling was given a post-test. After being given counseling, the nutritional knowledge of mothers under five increased from before. One way to increase public knowledge, especially nutritional knowledge, is to provide counseling. People who are given knowledge counseling will increase (Umar et al., 2021; Pratama et al, 2020).



Figure 5. Nutrition Extension Activities for Mothers Toddlers

3.3 Health Counseling for Elementary School Children

This activity will be carried out at the Mana Official State Elementary School with the target of grade 5 and 6 children. Counseling materials about the importance of breakfast for school children. Breakfast for elementary school children is an important thing. Breakfast is useful for providing energy for children during activities at school (Soedibyo & Gunawan, 2009; Suraya et al., 2019).



Figure 6. Nutrition Extension Activities for Elementary School Children

3.4 Home visit

Home visit activities are carried out for children who have nutritional problems but their parents are not active to come to the integrated service post. The home visit will be accompanied by a village midwife and village officials. There were 23 children under five who did home visits. In addition to weighing and measuring children's height, parents were also given an explanation about the importance of monitoring the growth and development of children at the integrated service post and providing motivation to always be active in all activities at the integrated service post.



Figure 7. Home Visit Activities

3.5 Training on making additional food using local food ingredients

The training activities involved representatives of mothers of toddlers and integrated service post cadres. The training materials consisted of making banana cookies, banana nuggets, and star fruit pudding. Bananas and star fruit are local foodstuffs that are plentiful and easily available in the official Mana Village. In addition to supplementary food, the results of the training can be used by the community to become entrepreneurs to improve the community's economy ([Jatmika et al., 2019](#); [Widayat et al., 2015](#)).



Figure 8. Additional Food Making Training Activities

4. Conclusions

Community leaders have a very important role in helping the government prevent and reduce stunting rates. The community is more active in every stunting reduction activity if it is supported by community leaders.

5. Acknowledgment

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6. Authors Note

We the authors declare that this article is free from plagiarism

7. References

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