

Psychoeducation on Stunting Issues

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ABSTRACT

Background: Stunting, defined as inadequate height for age, is a severe public health issue that affects millions of children worldwide, particularly in low and middle-income countries. It leads to long-term impacts on physical health, cognitive development, and economic productivity. Psychoeducation has been identified as a potential intervention to mitigate the effects of stunting by enhancing community and parental practices.

Methods: This research is a pre-experimental study with a pre-post design. Measurements are conducted before and after the psychoeducation on stunting issues. The population consists of all cadres in the Candiroto Community Health Center work area, and the sample size is 22 people. Statistical testing used the Wilcoxon test to determine the statistical differences before and after the psychoeducation.

Results: The results indicate that there is a difference in knowledge and affective of the cadres regarding stunting issues.

Conclusion: Psychoeducation is an effective intervention used as an approach for health cadres to understand and address stunting issues.

Keyword : psychoeducation; stunting issues

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Background. Stunting is a condition of chronic malnutrition characterized by a height that is not appropriate for a child's age and is one of the most important indicators of public health, particularly in low- and middle-income countries. According to a recent report by the World Health Organization (WHO), there are over 148 million children under the age of 5 worldwide who have a height that is too short for their age, known as stunting. In 2022, about 22.3% of children under 5 years old experienced stunting, a decrease compared to 33% in 2020 (WHO, 2023).

The 2018 Basic Health Research (Riskesdas) shows a decline in the national prevalence of stunting among children under 5 over a five-year period, from 37.2% in 2013 to 30.8% in 2018 (Balitbangkes, 2018). The Global Nutrition Report notes that Indonesia is facing nutritional issues (GNR, 2018). Indonesia has set a target to reduce stunting in line with the global target from the World Health

Assembly (WHO, 2014), aiming to reduce the prevalence of stunting by 40% by 2025 based on 2013 data. Additionally, the Sustainable Development Goals (SDGs) aim to eliminate all forms of malnutrition by 2030. Therefore, accelerated actions are needed to reduce the prevalence of stunting in children under 5 to 19.4% by 2024 (Mensetneg, 2020).

A reduction in stunting is expected to be achieved at a rate of 14% (Kemenkes, 2022). Among the challenges in accelerating stunting prevention is the fact that potential resources and funding sources have not been optimally identified and mobilized, resulting in less effective and efficient allocation and utilization to ensure stunting prevention needs at the district/city level (Setwapres, 2018).

There is a need for more tangible action support with better accountability in addressing the global nutrition crisis (GNR, 2022). Therefore, effective and timely interventions are crucial to address the root causes and

consequences of stunting. One promising approach to tackling this issue is through psychoeducation, which aims to increase awareness and understanding of the factors influencing stunting as well as strategies for preventing and managing it. The aim of this study is to determine the impact of psychoeducation on the knowledge and affective of health cadres regarding stunting issues.

Methods. This research is a pre-experimental study with a pre-post design. The study was conducted in July and August 2024. Measurements are conducted before and after the intervention. The population consists of all cadres in the Candiroto community health center area, Temanggung, Central Java. The sample size is 22 people. Consists of health cadres who have a focus on stunting. The exclusion criteria are health cadres who are not active. Statistical testing computer assisted used the Wilcoxon test to determine the statistical differences before and after the psychoeducation.

Result and Discussion.

The results indicate that there is a difference in knowledge and affective of the cadres regarding stunting issues ($p < 0,05$). Psychoeducation, as a public health intervention, plays a crucial role in addressing stunting issues. This program not only focuses on delivering basic information about proper nutrition and hygiene but also educates parents and communities on effective ways to support child growth and development. In areas with high stunting prevalence, psychoeducation becomes a vital tool to raise awareness and change community behavior. Recent research findings indicate that with appropriate interventions, psychoeducation can significantly reduce stunting rates in affected communities

Community Involvement through Psychoeducation

Initiatives such as online webinars have been crucial in enhancing understanding and disseminating knowledge about stunting prevention and management strategies to parents and caregivers (Rachmah et al., 2022).

Online education about stunting and obesity prevention for parents of early childhood education students in Surabaya has successfully improved parents' knowledge, which is expected to help reduce stunting and obesity among children (Damayanti et al, 2023). Analyzing individual empowerment in stunting prevention programs shows that empowering cadres through community-based programs can increase individual engagement and empowerment, which is important for stunting prevention (Setyoadi et al., 2023). Online education initiatives, such as webinars, play a significant role in improving understanding and spreading knowledge about stunting prevention and management strategies. These webinars effectively enhance parents' knowledge about stunting and obesity prevention, with the hope of reducing these conditions among children. Additionally, empowering cadres through community-based programs has been shown to improve individual engagement and empowerment, which is critical for stunting prevention.

Psychoeducational Practices

Effective parenting practices, enhanced by psychoeducational interventions, can improve child development outcomes and help prevent stunting. These practices are vital for early childhood development (Primasari & Keliat, 2020).. Quasi-experimental studies show that behavior change communication models that improve parenting practices related to child health, protection from neglect, and injury have lifelong impacts on health, learning, and economic productivity. This research integrates Early Childhood Development components into maternal and child health programs, leading to significant improvements in early learning support and nutrition practices (Rosales et al., 2019). Effective parenting practices, reinforced by psychoeducational interventions, play a crucial role in improving child development outcomes and preventing stunting. Research indicates that communication models that enhance parenting practices have long-term impacts on children's health, learning, and economic productivity. Furthermore,

integrating Early Childhood Development components into maternal and child health programs has successfully improved early learning support and better nutrition practices, highlighting the importance of proper parenting practices in early childhood development.

Psychosocial Stimulation for Stunting

There are studies on programs aimed at reducing stunting through nutritional counseling, psychoeducation on healthy parenting, and psychoeducation on early marriage risks and marriage preparation. These programs involve village officials and local midwives and have received positive feedback from local communities, indicating good potential in implementation and outcomes for reducing stunting levels (Wardani et al., 2022). Given the negative impacts of stunting on early childhood cognitive achievement, as shown by studies from low-income countries, there is a need for interventions to mitigate these effects (Woldehanna et al., 2017).

Psychosocial stimulation is closely related to stunting occurrence in young children, with less stimulation provided by families to stunted children compared to those who are not stunted (Rahmawati, 2020). Modules on Psychosocial Stimulation & Nutrition effectively enhance knowledge, affective, and skills among assistants in preventing stunting, helping mothers and caregivers of at-risk children (Mulyanti et al., 2023).. As children grow older, psychosocial issues may arise. Adolescents who have experienced stunting may face psychological impacts and require guidance from counseling teachers, social support, and efficient parenting to overcome these challenges and plan for a successful future (Delima et al., 2023)..

Conclusion and Suggestions.

Psychoeducation is an effective intervention used as an approach for health cadres to understand and address stunting issues. However, more targeted research on specific demographics is needed to fully understand and maximize the benefits of these interventions. Future research could focus on longitudinal studies to assess the long-term

benefits of psychoeducational interventions and explore their scalability and sustainability.

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