

# WELCOME (WEALTH COMMUNITY EMPOWERMENT) JOURNAL

p-ISSN: .....

e-ISSN: .....

[https://ejournal.poltekkes-smg.ac.id/ojs/index.php/welcom\\_ejournal](https://ejournal.poltekkes-smg.ac.id/ojs/index.php/welcom_ejournal)

## TRAINING TO STRENGTHEN FAMILY INDEPENDENCE TO PREVENT STUNTING

Dr.Riskiayana Sukandhi Putra<sup>1</sup>; Ahmad Riadi<sup>2</sup>; Name of Author<sup>3</sup>; Name of Author<sup>4</sup> (10 pt)

<sup>1</sup>*Department Of Nursing (10 pt normal italic)*

<sup>2</sup>*Postgraduate Program Poltekkes Kemenkes Semarang, Indonesia (10 pt normal italic)*

Corresponding author: Ahmad Riadi (10 pt)

Email: ahmadriadi41@gmail.com (10 pt)

Received: written by the editor; Revised: written by the editor; Accepted: written by the editor  
(date of submission, 10pt)

### ABSTRACT

Indonesia is a country with a prevalence of stunting fifth largest and can hamper economic growth, increasing poverty and widening inequality. The aim of this community service is to increase competence and strengthen family independence in preventing stunting. The method of implementing this service is carried out by counseling, which is divided into several stages activities to optimize Cadre's independent abilities, Pregnant women, Breastfeeding mothers and Teenagers. The results of the activity went well, accompanied by discussions and questions and answers about the pocket books provided as an alternative in increasing the knowledge of health cadres, breastfeeding mothers, pregnant mothers and teenagers.

Keywords: Stunting, Health Education, health cadres

### Introduction

Boja II Community Health Center is located at Ngabean-Kliris Village Ngabean, Boja District, Kendal Regency. Boja II Community Health Center has 8 (eight) work areas, namely Karangmanggis Village, Ngabean Village, Kliris Village, Pasigita Village, Leban Village, Village Medono, Banjarejo Village, Puguh Village, consisting of 48 RWs and 128 RT, with a

population of ±21,910 people. Boja area reaching 64.09 km<sup>2</sup>. Stunting is one of them Nutritional problems are quite complex in many countries world, especially in poor and developing countries (Unicef, 2013).

Indonesia is the country with the fifth prevalence of stunting biggest. Baduta (babies under two years of age) who experience stunting will have a level of intelligence that is not optimal, making children more vulnerable to disease and in childhood There is a risk of

declining productivity levels in the future. Eventually In general, stunting can hamper economic growth, increasing poverty and widening inequality.

Stunting is a condition where toddlers (babies) fail to thrive under five years old) as a result of chronic malnutrition so the child is too short for his age. Malnutrition occurs from infancy in the womb in the early days after the baby is born, stunting conditions It only appears after the baby is 2 years old. Short (stunted) toddler and very short (severely stunted) are toddlers with (PB/U) or (TB/U) compared with the WHO-MGRS standard (Multicentre Growth Reference Study,2006).

Meanwhile, definition According to the Ministry of Health, stunting is a child under five whose zscore is less than -2SD/standard deviation (stunted) and less than - 3SD (severely stunted). As for Indirect causes include availability and pattern household consumption, parenting patterns for giving breast milk/ MP ASI, patterns psychosocial care, cleanliness and sanitation, health services and environment. Intervention for direct and indirect causes It is hoped that this direct action can prevent nutritional problems, either nutritional deficiencies or excesses. Most of the causal factors Stunting is caused by a poor lifestyle and low levels of health community knowledge regarding fulfilling children's nutrition. This activity consists of providing education to surrounding communities, research and development, as well devotion to community by collaborating with relevant officers in the community environment.

## Methods

The method of implementing this service is carried out by counseling, which is divided into several stages activities to optimize Cadre's independent abilities ,Pregnant women, breastfeeding mothers and teenagers at the Boja II Community Health Center, Kendal Regency with stages of activities\

## Results and Discussion

- a. Reinforcement on the topic of stunting

Reinforcement on the topic of stunting refers to the importance of reinforcing efforts, knowledge, and strategies to address and prevent stunting, especially in young children. Stunting is a major public health issue that can lead to long-term consequences for children, including impaired physical growth, cognitive development, and overall well-being



- b. Strengthening the topic of balanced nutrition by nutritionists

Strengthening the topic of balanced nutrition by nutritionists involves increasing people's understanding and practice around appropriate eating habits, as well as providing evidence-based guidance regarding nutrition that supports overall health and well-being. Nutritionists play an important role in advocating for balanced nutrition, which is important for preventing malnutrition, promoting growth, and reducing the risk of chronic disease.





c. Filling in the Pocket Book for Pregnant Women, Breastfeeding Mothers and Teenage Girls

Family assistance in preventing stunting is very necessary because stunting is a complex health problem and has a broad impact on the quality of life of children and society. Family assistance helps to detect risk factors for stunting. Family assistance involves providing effective education about the importance of preventing stunting by understanding the basic concepts of stunting, its causes and long-term impacts. With assistance from cadres and teenagers, pregnant women and mothers with breastfeeding toddlers are better monitored and facilitated by health services by helping to provide referrals to community health centers or local midwives, in addition to ongoing assistance from cadres, providing IEC (Maternal and Child Health) and facilitating receipt of social assistance. It is hoped that training in filling out accompanying books for teenagers, pregnant women and breastfeeding mothers with toddlers will be more focused and monitored regarding health, nutritional status and the target environment. Filling out the mentoring pocket book can be done offline with a book or online using the mentoring and evaluation form.

**Conclusion**

Community service activities were carried out well, where all activity objectives were achieved in strengthening the competencies of pregnant women, breastfeeding mothers and young women

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**Example**

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