Prevention of toddler stunting through nutrition fulfillment on the role of local wisdom Rumoh Gizi Gampong (RGG)

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Abstract

Stunting is one of the global nutrition challenges and problems being faced by people in the world. the problem of overcoming stunting must begin long before a child is born or since the 1000 HPK period and from when the mother is an adolescent to be able to break the chain of stunting in life. The population in this study were mothers who had toddlers with 128 respondents. The sampling technique is total sampling technique, where the entire population is sampled. This study uses an analytical method with a Cross Sectional approach, namely this design aims to determine the relationship between variables where the independent variable and the dependent variable are identified at the same time. Data processing in this study used univariate and bivariate analysis using the Chi Square test. The results of the characteristics of the respondents above show that the majority of respondents are 31-41 years old as many as 89 (69.6%), the majority of respondents' education is high school as many as 70 (54.7%), the majority of mothers' work is housewife as many as 94 (73.4%), the majority of respondents' children are 3 years old as many as 60 (46.9%), the majority of children's gender is female as many as 76 (59.4%), the majority of children's weight is 11-20 kg as many as 121 (94.5%) and the majority of children's TB is 81-90 cm, namely 70 (54.7%). The results of univariate analysis of the majority of good knowledge as many as 78 (60.9%) respondents. negative attitude as many as 66 (51.6%) Respondents. The results of statistical tests using the chi-square test showed a p-value of 0.001 (p-value <0.05) which means that there is an influence of knowledge with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers. There were 45 (35.2%) respondents who had a positive attitude and

followed RGG activities well. The results of statistical tests using the chi-square test showed a p-value of 0.002 (p-value <0.05) which means that there is an effect of attitude with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers. The RGG is an effort to empower communities at the village level in the prevention and handling of stunting, educating the community about the importance of balanced nutrition and how to prevent stunting. Providing information and education on the importance of good nutrition and how to prevent stunting to the community. Monitoring the growth and nutritional consumption of at-risk groups in a structured manner. The establishment of Rumoh Gampong Nutrition (RGG) is a place or forum for conducting socialization and nutrition services as well as Providing Additional Food (PMT) to people affected by nutritional problems. With the existence of Rumoh Nutrizi Gampong (RGG), it is hoped that it can help accelerate the reduction of stunting cases.

Keywords: toddler, stunting, local wisdom

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1. Introduction

Stunting is one of the global nutrition challenges and problems being faced by people in the world. The Ambitious World Health Assembly targets a 40% reduction in stunting worldwide by 2025. The Global Nutritional Report 2018 reports that there are approximately 150.8 million (22.2%) stunted children under five years old, which is one of the factors inhibiting human development in the world. The World Health Organization (WHO) determines five subregions of stunting prevalence, including Indonesia, which is in the Southeast Asia region (36.4%) (Bappenas, 2018).

Based on data obtained from the Ministry of Health, it shows that East Nusa Tenggara is ranked first with the number of stunted toddlers reaching 37.8%, followed by West Sulawesi at 33.8%, then Aceh with 33.2% stunted toddlers. The provinces with the lowest level of stunting toddlers in 2021 are Bali with only 10.9%, DKI Jakarta with 16.8%, and Yogyakarta with 17.3%. Aceh is ranked third nationally as an area with stunted toddlers in 2021. This is contained in a pocket book released by the Indonesian Ministry of Health entitled The Results of the Indonesian Nutrition Status Study (SSGI) District / City in 2021. Reporting from Acehtrend.com, the districts / cities in Aceh with the highest level of stunting in 2021 are Gayo Lues with a percentage of 42.9%, followed by Subulussalam 41.8%, Bener Meriah 40.0%, Pidie 39.3%, North Aceh 38.8, and East Aceh 34.4%. Meanwhile, the districts/cities with the lowest rate of stunting are Banda Aceh, which is only 23.4%, Sabang 23.8%, Bireuen 24.3%, Langsa 25.5%, and Simeulue 25.9% (Dinkes Aceh,2019).

Several regions in Indonesia have started to implement innovative programs based on community empowerment. One of these innovative programs is the nutrition post program. The pos gizi program is a proven success in tackling malnutrition based on experiences from various countries. The objectives of the pos gizi program are to recover undernourished children, maintain good nutritional status at home, and prevent malnutrition. The pos gizi program assumes that the solution to nutrition problems in the community can be found in the community itself. The program involves various levels of society to work together to overcome nutrition problems by maximizing the resources, skills and strategies available in the community (Gaffar dkk, 2021).

Local wisdom is a view of life and science as well as various life strategies in the form of activities carried out by local communities in responding to various problems in meeting needs. In handling stunting, local wisdom is used by utilizing local wisdom in fulfilling nutrition, be it in the form of traditions or work programs (Hidayat, 2018). One of the program efforts in Aceh is the establishment of Rumoh Gampong Nutrition (RGC) in each village, this RGC is a place or forum for conducting socialization and nutrition services as well as Providing Additional Food (PMT) to communities affected by nutritional problems. With this rumoh gizi gampong, it is hoped that it can help accelerate the reduction of stunting cases (Norsanti, 2021).

The RGG (Rumoh Gampong Nutrition) concept is the first innovation in Aceh by integrating and integrating all intervention services, both specific and sensitive. The aim of Rumoh Gampong Nutrition is to empower families and communities to improve nutrition services independently by involving various related sectors. To increase the knowledge, skills, and capacity of families and communities in preventing and overcoming stunting. To empower the community in an effort to improve food security and safety, economic empowerment, improve clean and healthy living behaviors in supporting stunting prevention (Kuswanti,I & Azzahra, S.K. (2022).

2. Methods

The analytic method used in this study was cross-sectional. The population in this study were mothers who had toddlers with a total of 128 toddlers in the village of Hakim Tunggul Naru, utilizing the Total Sampling sampling approach, where the entire population was sampled using the following criteria: Exclusion; mothers who have toddlers aged 0-59 months, normal zi status toddlers, krang and risk of stunting, toddlers who have participated in the RGG program, willing to be sampled, cooperative. Exclusion; toddlers with chronic conditions, never participated in the Rumoh Gizi Gampong (RRG) service.

This study was conducted on June 5, 2024. The instrument used was a questionnaire consisting of respondent characteristics, knowledge, attitudes and activities of Rumoh Gampong Nutrition (RRG), each variable consisted of 10 questions, the knowledge variable used a Guttman scale with a value of Yes (1), No (0) (Good If $X \geq 5$, Not Good If $X < 5$). The attitude variable uses a Likert scale with values strongly agree (5), agree (4) doubtful (3), disagree (2) and strongly disagree (1) (Positive $X \geq 20$, Negative If $X < 20$). The Rumoh Gampong Nutrition (RGG) variable uses a Guttman scale with values Yes (1), No (0) (Good If $X \geq 5$, Not Good If $X < 5$). Data processing in this study used univariate and bivariate analysis using Chi Square test.

3. Result

Univariate Analysis

Table 1
Frequency Distribution of Respondent Characteristics

Respondent Ccharacteristics	Frequency	Percen (%)
Mothers's Age		
20-30 Years Old	39	30,4
31-41 Years Old	89	69,6
Mother's Education Level		
Elementary School	9	7,0
Junior High School	26	20,3
Senior High School	70	54,7
Diploma	12	9,4
Bachelor	11	8,6
Work		
Housewife	94	73,4
Private Employee	10	7,8
Bussiness Woman	5	3,9
Civil Servant	19	14,8
Children's Age		
3 Years Old	60	46,9
4 Years Old	45	35,2
5 Years Old	23	18,0
Gender		
Male	52	40,6
Female	76	59,4
Childern's Weight		
11-20 kg	121	94,5
21-30 kg	7	5,5
Childern's Height		
81-90 cm	70	54,7
91-100 cm	43	33,6
101-110 cm	15	11,7
Total	128	100

Source : Primary Data 2024

Based on table 1 it is known that the majority of respondents were 31-41 years old as many as 89 (69.6%), the majority of respondents' education was high school as many as 70 (54.7%), the majority of mothers' work was housewives as many as 94 (73.4%), the majority of respondents' children were 3 years old as many as 60 (46.9%), the majority of children's gender was female as many as 76 (59.4%), the majority of children's weight

Prevention of toddler stunting through nutrition fulfillment on the role of local wisdom Rumoh Gizi Gampong

was 11-20 kg as many as 121 (94.5%) and the majority of children's TB was 81-90 cm, namely 70 (54.7%).

Table 2
Frequency Distribution of Mother's Knowledge

Knowledge	Frequency	Percen (%)
Good	78	60,9
Less	50	39,1
Total	128	100

Source : Primary Data 2024

Based on table 2 the majority had good knowledge as many as 78 (60.9%) respondents and less as many as 50 (39.1%).

Table 3
Frequency Distribution of Mother's Behavior

Behavior	Frequency	Percen (%)
Negative	66	51,6
Positive	62	48,4
Total	128	100

Source : Primary Data 2024

The univariate results of table 3 showed that the majority had a negative attitude as many as 66 (51.6%) and a positive attitude as many as 62 (48.4%) respondents.

Bivariate Analysis

Table 4
Frequency Distribution of Maternal Knowledge of Rumoh Gampong Nutrition (RGG)

Knowledge	RGG Activities				Total		P Value
	Good		Less				
	f	%	f	%	f	%	
Good	66	51,6	12	9,4	78	60,9	
Less	8	6,3	42	21,1	50	39,1	0,001
Total	74	57,8	54	42,2	128	100	

Source : Primary Data 2024

Univariate results table 4 The majority had good knowledge and followed RGG activities well, namely 66 (51.6%) respondents. The results of statistical tests using the chi-square test showed a p-value of 0.001 (p-value <0.05) which means that there is an influence of knowledge with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers in Hakim Tunggul Naru village, Bener Meriah Regency.

Table 5
Frequency Distribution of Maternal Attitude towards Rumoh Gampong Nutrition (RGG) Activities

Behavior	RGG Activities				Total		P Value
	Good		Less				
	f	%	f	%	f	%	
Negative	29	22,7	37	28,9	66	51,6	
Positive	45	35,2	17	13,3	62	48,4	0,002
Total	74	57,8	54	42,2	128	100	

Source : Primary Data 2024

The results of table 5 the majority had a positive attitude and followed RGG activities well, namely 45 (35.2%) Respondents. The results of statistical tests using the chi-square test showed a p-value of 0.002 (p-value <0.05), which means that there is an effect of attitude with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers in Hakim Tunggul Naru village, Bener Meriah Regency.

4. Discussion

Univariate results table 2 The majority of mothers who have toddlers have good knowledge as many as 78 (60.9%) respondents. According to Nurha-sanah (2014), providing information or health education has a

significant effect on the level of knowledge. Knowledge about stunting measured in this study includes definitions, impacts, characteristics, causes, prevention efforts and factors that influence the occurrence of stunting. To form knowledge with these indicators certainly requires good reception and understanding skills (Iftika, 2017). The ability to receive and understand information is generally more owned by people with higher education. Research in line with that conducted by Corneles & Losu, concluded that there was a significant relationship between the level of knowledge and education of pregnant women about high-risk pregnancies (Corneles & Losu, 2015). Knowledge about a person's nutritional patterns can determine their attitudes and behavior. Attitude is one of the factors that determine a person's food intake while behavior plays a role in achieving balanced nutrition (Kemenkes RI, 2018).

The results of Table 3 show that the majority of mothers who have toddlers have a negative attitude as many as 66 (51.6%) Respondents. Attitudes related to stunting prevention include maternal efforts to improve (Dinkes Sumut, 2016). behavior is determined by the beliefs a person has about the consequences of a behavior. Poor maternal attitudes towards stunting mean that mothers do not support behavior in overcoming and preventing stunting in toddlers, so that it can result in stunting continuously experienced by toddlers, this may be due to a lack of knowledge of mothers about good nutrition for toddlers. Health behavior is influenced by 3 factors, namely predisposing factors which are manifested in knowledge, attitudes, beliefs, beliefs, values and so on, enabling factors which are manifested in the physical environment, available or unavailable health facilities or facilities, such as health centers, medicines, latrines and so on, and reinforcing factors which are manifested in the attitudes and behavior of health workers or other officers who are the reference group of community behavior. Maternal attitudes including in child feeding are important in preventing stunting. In addition, in efforts to prevent and overcome stunting, including accelerating stunting reduction, families have a very important role, especially in providing good parenting practices and creating a sanitary environment that meets health standards (Notoatmojo, 2014). Attitude is a person's reaction or response that is still closed to a stimulus or object. Attitude clearly shows the connotation of a conformity of reaction to a certain stimulus which in everyday life is an emotional reaction (Notoatmojo, 2012).

Bivariate results table 4 The majority had good knowledge and followed RGG activities well, namely 66 (51.6%) respondents. The results of statistical tests using the chi-square test showed a p-value of 0.001 (p-value <0.05) which means that there is an influence of knowledge with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers in Hakim Tunggul Naru village, Bener Meriah Regency. There are four main activities of RGG, namely: providing nutrition education and monitoring growth and consumption in a structured manner in at-risk groups (pregnant women, mothers of toddlers, adolescent girls, and others); providing nutrition services and ensuring at-risk groups get health and nutrition services (PMT, nutritional supplementation); increasing family food security and security through the development of stunting-based sustainable food houses (RPL-Stunting); and empowering the family economy which can be implemented through community service programs (Nurmiati, 2021).

Table 5 the majority were positive and followed the RGG activities well, namely 45 (35.2%) Respondents. The results of the statistical test using the chi-square test showed a p-value of 0.002 (p-value <0.05), which means that there is an effect of attitude with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers in the village of Hakim Tunggul Naru, Bener Meriah Regency. the attitude of the mother is positive in participating in the rumoh gizi gampong (RGG) program, which is a place or forum for conducting socialization and nutrition services as well as Providing Additional Food (PMT) to people affected by nutritional problems. The rumoh gizi gampong is expected to help accelerate the reduction of stunting cases. The rumoh gizi gampong (RGG) program is very important in reducing stunting (Kemensos, 2021).

5. Conclusion

Good knowledge and following the Rumoh Gampong Nutrition (RGG) activities with a good category, namely 66 (51.6%) Respondents. Positive attitudes and following the Rumoh Gampong Nutrition (RGG)

activities well were 45 (35.2%) Respondents. There is an influence of knowledge with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers in the village of Hakim Tunggul Naru, Bener Meriah Regency. There is an effect of attitude with RGG activities as an effort to fulfill nutrition on the prevention of stunting in toddlers in Hakim Tunggul Naru Village, Bener Meriah Regency.

Suggestion - The results of this study are expected that the establishment of Rumoh Gampong Nutrition (RGG) is a place or forum for socialization and nutrition services as well as Providing Additional Food (PMT) to people affected by nutritional problems. With the existence of Rumoh Nutrizi Gampong (RGG), it is hoped that it can help accelerate the reduction of stunting cases.

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