


## Community Midwifery Practice PHBS Education In Households In Preventing Stunting In Toddlers

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Article Info	ABSTRACT
<p><b>Keywords:</b> Infants and Toddlers, Stunting, PHBS</p>	<p>Stunting is one of the chronic malnutrition problems in society, especially in toddlers. Stunting is caused by a lack of nutritional intake that occurs over a long period of time due to the provision of food that does not meet nutritional needs. The direct causes of stunting are inadequate nutritional intake and a history of infectious diseases, while indirect factors are parental knowledge about nutrition, parental education, parental income, and the number of family members. Stunting can be prevented by several things such as providing exclusive breastfeeding, consuming a variety of foods with a healthy and balanced menu, getting used to PHBS, doing physical activities such as exercising, giving supplements to toddlers and monitoring children's growth and development regularly or routinely taking them to the integrated health post. Empowerment and education to the community need to start from the household, especially for pregnant women and mothers with toddlers because children are assets or generations whose growth and development must be maintained. Based on the results of a pre-survey conducted from May 30-31, 2024 in Notoharjo Village with unstructured interviews conducted by researchers through interviews with 10 pregnant women and mothers of toddlers. From the interview results, it was stated that 8 people (80%) did not understand PHBS with stunting. While 2 people (20%) other mothers already understood PHBS with stunting. So the role of health workers plays an important role in providing education about the importance of PHBS with stunting which are interrelated. This aims to increase knowledge related to PHBS in reducing the incidence of stunting.</p>
<p>This is an open access article under the <a href="https://creativecommons.org/licenses/by-nc/4.0/">CC BY-NC</a> license</p> 	<p><b>Corresponding Author:</b> Rita Irawati Universitas Aisyah Pringsewu Lampung <a href="mailto:ritairawati23@gmail.com">ritairawati23@gmail.com</a></p>

### INTRODUCTION

Stunting is one of the chronic malnutrition problems in society, especially in toddlers. Stunting is caused by a lack of nutritional intake that occurs over a long period of time due to the provision of food that does not meet nutritional needs (Handika and Rohmani, 2021). Stunting is also caused by several factors, namely direct and indirect causes, where the direct causes of stunting are inadequate nutritional intake and a history of infectious diseases, while indirect

factors are parental knowledge about nutrition, parental education, parental income, and the number of family members. Stunting can be prevented by several things such as providing exclusive breastfeeding, consuming a variety of foods with a healthy and balanced menu, getting used to PHBS, doing physical activities such as exercising, giving supplements to toddlers and monitoring children's growth and development regularly or routinely taking them to the integrated health post (Apriani, 2018). Efforts to implement clean and healthy living behaviors also affect the health of toddlers, especially the nutritional status of toddlers. Implementing clean and healthy living behaviors will also reduce the occurrence of stunting in children or toddlers from an early age (Purwanto and Rahmad, 2020).

Behaving in a clean and healthy way is a public awareness of a healthy lifestyle, maintaining a balanced diet, not smoking and if sick immediately seeking help from health workers. The pattern of implementing a clean and healthy life is a form of behavior based on awareness as a form of learning so that individuals can help themselves both in terms of health problems and participate in creating a healthy society in their environment (Wati and Ridlo, 2020). The PHBS Program in Households is an effort to empower household members to know, want to

and able to practice clean and healthy living behaviors and play an active role in health movements in the community (Natsir, 2019). Some household members are vulnerable to infectious and non-infectious diseases, therefore, to prevent these diseases, household members need to be empowered to implement PHBS and maintain the surrounding environment (Ali and Muhammad, 2021). The environment is one of the factors that influences nutritional status. Poor environmental conditions allow various diseases to occur, including diarrhea and infectious diseases. Environmental sanitation is closely related to the availability of clean water, the availability of toilets, the type of house floor and the cleanliness of eating utensils in each family (Lynawati, 2020). Empowerment and education for the community need to start from the household, especially for pregnant women and mothers with toddlers because children are assets or generations whose growth and development must be maintained. This community service aims to increase knowledge and application of PHBS at the household level, especially pregnant women and mothers with toddlers in implementing PHBS in the household and to meet the needs of healthy and balanced nutritional intake by implementing PHBS in food processing practices. It is hoped that PHBS education in households can help pregnant women and mothers with toddlers to prevent stunting starting from PHBS to improve the quality of health at the household level.

Based on the results of a pre-survey conducted from May 30-31, 2024 in Notoharjo Village with unstructured interviews conducted by researchers through interviews with 10 pregnant women and mothers of toddlers. The results of the interview stated that 8 people (80%) did not understand PHBS with stunting. While 2 people (20%) of the other mothers already understood PHBS with stunting.

## METHOD

The implementation method in community midwifery practice is a series of stages arranged systematically, starting with the preparation stage, including: observation and survey at the

location where the activity is carried out, consultation with the supervising lecturer and the health center, determining program problems and solutions, preparing correspondence, tools and materials needed.

Based on the results of a pre-survey conducted from May 30-31, 2024 in Notoharjo Village with unstructured interviews conducted by researchers through interviews with 10 pregnant women or mothers of toddlers. The results of the interview stated that 8 people (80%) did not know the relationship between PHBS and stunting. While 2 people (20%) of the other mothers knew about PHBS.

This activity was carried out after all permits and preparation of facilities and infrastructure were ready. This activity has been attempted to be made systematic and orderly so that pregnant women and mothers of toddlers can understand the explanations that have been given. Educational activities were carried out on June 12, 2024 in Notoharjo Village, Trimurjo District, Central Lampung Regency. Then a question and answer session and questionnaire filling were carried out by the participants.

## RESULTS AND DISCUSSION

The results of the PHBS education service activities can be seen from the results of filling out the pre-test and post-test questionnaires of the participants. The average pre-test and post-test scores increased from the pre-test 40 (40%) to 80 (80%) from the post-test results. This is in line with the community service carried out by Lestari et al. (2020) which showed that the materials presented could increase respondents' knowledge.

This is evidenced by the fast and good response and enthusiasm of respondents in answering all questions given correctly and being able to immediately practice how to wash hands with soap 7 steps properly and correctly and the level of knowledge of respondents about balanced nutrition in pregnant women shows that there is an increase in knowledge after socialization or counseling. The implementation of PHBS in the household setting is closely related to the nutritional status of each family member, especially the nutritional status of children.

Good clean and healthy living behavior in the household causes fewer family members to get sick so that it can affect the improvement of the nutritional status of their family members. Conversely, if the clean and healthy living behavior in the household is getting worse, it will cause a person or family member to become easily sick, increasing and potentially experiencing stunting (chronic malnutrition). Clean and healthy living behavior is generally always applied in everyday life, but after receiving PHBS education in preventing stunting, environmental sanitation, and a balanced nutritional menu to prevent things that are detrimental to health. The importance of implementing the right time to wash hands properly and correctly, namely before eating, before cooking and when serving food, before breastfeeding babies, before feeding toddlers, after going to the toilet, and after touching animals (Natsir, 2019).

Students have also conducted socialization about the benefits of avocados which are high in nutrients and nutrition in improving toddler nutrition to eradicate stunting. This stage is very much expected by the community to understand more deeply about stunting. The

method used is through lectures and counseling by providing examples of broadcasts, participants listen and pay attention to the material explained and can ask questions if there is something that is not clear.

This is in line with research conducted by Marchamah with nutritional intake being very important for optimal growth and future health. Factors that directly affect toddler nutritional health problems are that children do not get enough balanced nutritious food. Nutritional problems in toddlers can be avoided if mothers have sufficient knowledge about how to provide food and manage toddler food properly, one of which is by getting health counseling (Marchamah, 2023).

Routine monthly monitoring of child growth aims to detect early developmental disorders in toddlers. The sooner it is found, the sooner cases of malnutrition or poor nutrition can be treated (Pohan & Pohan, 2023). An important factor that must be of great concern to health workers is the nutritional status of mothers and children. Poor food consumption habits are the biggest cause of malnutrition in pregnant women and children. Providing additional food (PMT) can affect the nutritional status of pregnant women and children to be better (Rosyida et al., 2021).

In this activity, we encountered obstacles, namely that there were 3 participants who were absent from the PHBS education in households to prevent stunting in mothers of toddlers on the grounds that they were working and their children were sick. The challenges in this case are the implementation of several indicators which according to participants are smoking in the house due to the husband's habit, regular physical activity or exercise and monthly weighing of babies at the integrated health post, because after babies and toddlers have been immunized, they rarely want to come just to weigh themselves.

## CONCLUSION

This community service was attended by 25 participants consisting of mothers with toddlers. From the results of the pre-test and post-test, it was found that there was an increase in knowledge and application of PHBS in Households and conducting socialization about the benefits of avocados which are high in nutrients and nutrition in improving toddler nutrition for stunting eradication in Notoharjo Village, Trimurjo District, Central Lampung Regency. This community service activity received extraordinary attention and enthusiasm from the participants and received a positive response because this activity was educational and practical in nature.

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