

Social Reality Stunting Prevention in Cianjur District

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ABSTRACT

Social Reality is defined as a reality that forms an interaction pattern based on the values held by the community, stunting prevention is no longer talking about malnutrition but related to parenting patterns that affect stunting rates to go up or down. This study explains to find social reality in stunting prevention in the Cianjur Regency area, by using a literature study that is relevant to several events related to stunting problems in Indonesia, the results of this study explain that, malnutrition or poor nutrition and stunting or short stature (stunting) is a global health problem, where the prevalence of these two health issues is still relatively high in developing countries, such as Indonesia and as one of the regions in Indonesia that contributes to the increased risk of stunting among children and toddlers, Cianjur Regency in fact still has a high prevalence of stunting. quite high, namely in the range of 37%. For this reason, the existence of a family companion team (TPK) is expected to be one of the efforts to accelerate the reduction of stunting in the Cianjur Regency area which has been established since 2020. The principles of stunting prevention are contained in the Cianjur regent regulation number 4 of 2020 concerning stunting prevention efforts. as well as the communication strategy for changing community behavior emphasizes that the community must be optimal and utilize existing resources and be mobilized to achieve optimal results, then act quickly and accurately, meaning that in efforts to prevent stunting, midwives, nutrition and trained health workers must act according to procedures. maintain nutrition services and professional code of ethics by prioritizing human aspects. Then strengthen inter-institutional and collaborative work, meaning that efforts to deal with stunting can not only be done sectorally, but require support from other sectors and programs that will be able to run optimally and effectively in the future.

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1. Introduction

Basically, health development is an inseparable part of the national development mission, because this aspect is essentially able to touch almost all activities of human life, therefore, health development is closely related and influenced by many aspects including demography, economic growth, education level and circumstances. and environmental development, both physical and biological (Fatkhudin et al., 2021). The results of research by Firdanti et al (2021), health development in the 2015-2019 period is a healthy Indonesia program with the aim of improving health and nutritional status through health efforts and community empowerment supported by financial protection and equitable distribution of health services from the government.

Indonesia is a developing country with a very low health index, and one of them is influenced by the lack of education about health prevention and public awareness in protecting the environment, especially in the aspect of handling nutrition or often referred to as stunting. Stunting is an indicator of chronic malnutrition caused by poor interaction of various risk factors that has lasted for at least the first 1000 days of life (Heriawan et al., 2021). Meanwhile, according to the Indonesian Ministry of Health, stunting is defined as a growth

disorder in children, namely the child's height is lower or shorter (dwarf) than the standard age caused by lack of nutritional intake for a long time.

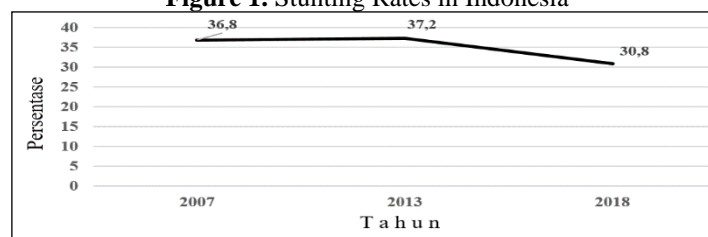
According to Imani (2020) stunting is also one of the SDGs targets which are included in the second sustainable development goal, namely eliminating hunger and all forms of malnutrition with a maximum achievement until 2030, but the government itself has an initial target of reducing the stunting rate to 40% by 2025. and establish stunting as one of the priority programs for sustainable national health empowerment. In addition to affecting intelligence, stunting can also affect the growth and development of children where when they grow up they are very at risk for contracting degenerative diseases.

The impact of stunting can persist throughout life and children who suffer from stunting have a higher risk of death than children who grow normally, then physical and mental growth is impaired, cognitive and psychosocial abilities are not optimal and when adults are at risk of obesity and non-communicable diseases such as hypertension and diabetes (Kumanireng & Triputro, 2021). According to the National Team for the Acceleration of Poverty Reduction, stunting is allegedly hampering economic growth, lowering work productivity which in turn increases the income gap for the wider community.

In Liem et al., (2019), explaining that, responding to the condition of the stunting problem which continues to increase every year, the government has actually made efforts to schedule various programs that can reduce the risk of stunting in children, which in the National Long-Term Development Plan (RPJPN) In 2005-2025, the government issued the Healthy Living Community Movement Program (Germas), the Family Hope Program (PKH), the 2019 universal access to drinking water and sanitation program to control the risk of stunting among the Indonesian people. There are at least four ministries that work hand in hand and work together to launch the first 1000 days of life movement which aims to reduce nutritional problems by targeting pregnant women for 270 days of pregnancy and children aged 0-24 months. Meanwhile, the results of research by Ningtyas et al., (2020) stated that nutritional problems are very complex and important issues to be addressed immediately in Indonesia, plus Indonesia is one of the countries that has the most complete nutritional problems, and several studies have stated that nutritional problems in Indonesia tends to continue to increase, not comparable to several other ASEAN countries such as Malaysia, Singapore, and Thailand, including stunting.

Entering year by year cases of stunting or failure to thrive in children under five in Indonesia are still very high and have not shown significant improvement, besides that the World Health Organization (WHO) places Indonesia as the third country with the highest stunting cases in Asia, and based on health research data. Based on the 2018 Basic Health Survey (Riskesdas), the stunting rate in Indonesia reached 30.8 percent, far from the WHO target, which states that the stunting rate should not exceed 20 percent. The prevalence of stunting in Indonesia is around 37.2%, and in 2018, the figure was successfully reduced to 30.8%. The Indonesian Ministry of Health hopes that the stunting rate can continue to decline at least three percent every year, so that the 19% target in 2024 can be achieved, while the trend of stunting data in Indonesia can be seen in Figure 1 below:

Figure 1. Stunting Rates in Indonesia



Source: Basic Health Research Ministry of Health RI

Based on the explanation of the table above, we can see that according to Riskesdas data in 2018 from a total of 24.5 million children under five in Indonesia, 9.2 million people (30.8%) were in the stunting category. very short and short toddlers between provinces show a very high disparity. Meanwhile, according to the Regulation of the Minister of Health of the Republic of Indonesia Number 23 of 2014 concerning Efforts to Improve Nutrition, Article 7 states that the duties and responsibilities of Regency/City Governments in their efforts to deal with nutritional problems in Indonesia must be carried out based on several considerations, such as implementing the management of malnutrition on a district scale. / city, improving family and community nutrition, increasing public awareness of the importance of nutrition and its effect on improving nutritional status and finally providing services for improving nutrition in health service facilities in the local district/city. However, entering 2021, as reported by the official website of the Indonesian Ministry of Health, the number of children experiencing stunting in Indonesia has decreased by 3.3% from 27.7%, this is certainly very different from the prevalence data in 2019 which touched 24.4. %.

As one of the regions in Indonesia that contributes to the increased risk of stunting among children and toddlers, Cianjur Regency in fact still has a fairly high prevalence of stunting in the range of 37%, as revealed by the Head of the Office of Population Control for Women and Children Family Planning in Cianjur Regency said that , his party always strives for and controls stunting cases every year, and targets the stunting rate to decrease to 20.23% in 2024 to come, especially in each district/city in tandem with the target carried out by the West Java Provincial Government. and center. Indeed, the West Java Provincial Government has carried out a target to be able to reduce the stunting rate in the range of 13.96%, but everything returns to each Regency/City to be able to move together and reduce the stunting rate every year (Noviansyah, 2022).

For this reason, the existence of a family assistance team (TPK) is expected to be one of the efforts to accelerate the reduction of stunting in the Cianjur Regency area which has been formed since 2020. Currently, 1,908 TPK have been formed spread across almost the Cianjur Regency area with one TPK consisting of three people from midwives/nutritionists, PKK cadres, and family planning cadres. In accordance with the direction of the head of the Cianjur Regency Population Control Service, this TPK is functioned to assist every pregnant woman, postpartum mother and strive for survival by coordinating directly with other technical regional apparatuses, so that this program can be implemented properly and meet the targets that have been carried out. previously (Collin, 2012; Nuraeni et al., 2022). Responding to stunting cases that continue to increase every year, the Regent of Cianjur Herman Suherman admitted that his party is currently intensively and always trying to improve every existing stunting problem, one of which is by placing three hospitals to implement the program for the hospital movement for mothers and children in the hope that the people of Cianjur Regency can be more concerned about the risk of stunting.

The description of the conceptual framework of social construction related to the meaning of stunting in the community cannot be separated from the theoretical building that has been put forward by Peter L. Berger and Thomas Luckman. Indeed, formulated by these two academics as a theoretical and systematic study of the sociology of knowledge, Berger and Luckman substantively believe that reality is the result of creative human creation through the power of social construction on the social world around them. However, the basis of social construction theory itself comes from Max Weber's thinking which explains that humans act on the basis of their meaning in the social reality around them, so from this meaning, humans build their rationality based on aspects, including value rationality (wertrationalitat), instrumental rationality of traditional actions, and affective action (Dharma, 2018; Achmad, 2022).

It is said to use value rationality, then every human being can act on the basis of certain values as a reference and goal. Meanwhile, action with instrumental rationality if people consider the means or tools used and the purpose of the action. In this concept, humans are considered autonomous as the owner of the various desired goals and the criteria for choosing these goals. Similarly, humans are also able to assess tools and then begin the process of gathering information, noting possibilities and obstacles, and predicting the consequences of those actions. Finally, it selects goals and tools that reflect considerations of its efficiency and effectiveness.

2. Method

Researchers conducted a literature search that was relevant to several events related to stunting problems in Indonesia, where in the implementation of this study, researchers also used descriptive methods, namely to collect data on indicators related to the focus of the problem being sought. The search was carried out through electronic databases such as (Pubmed, Science Direct, Google scholar, Sinta, Garuda Kemendikbud, Scopus) as well as a review of several previous articles that were still relevant, while the inclusion criteria used were (1) Research articles published in the last 10 years, namely in 2010 to 2020 (2) The research article discusses the factors that influence the risk of stunting among children and toddlers and consists of several other factors such as Resources, Response Time, and Innovation. (5) Research articles are published in Indonesian and/or English. (6) The full text of the article (full text) and of course can be accessed.

3. Results And Research

Researcher Name (Year)	Article Title	Results
Weny Lestari, Lusi Kristiana, dan Astridya Paramita (2018)	Stunting : Study of Social Construction of Rural and Urban Communities Related to Nutrition and Child Care Patterns in Jember Regency	The incidence of malnutrition in children under five as a health phenomenon is not a stand-alone result and is not just a health issue. With the description of the social construction mapping of a rural and urban

Liem, Panggabean, Farady (2020)	Social Perception of Stunting in Tangerang Regency	<p>community that is closely related to the phenomenon of the incidence of stunting and malnutrition, the real problem that causes malnutrition is found. Not because of the lack of budget, lack of health personnel, and related programs, but rather the difference in communication and meaning from the health service providers (village midwives, puskesmas personnel and health offices) with those in the community.</p> <p>The findings of this study indicate that although the term stunting is increasingly known, it has not been accompanied by adequate social perceptions, namely the nutritional deficiency factor in it. In two different sub-districts in Tangerang district, cebol" and kuntring" are used to describe individuals, including children under five, who are short in stature. This shows that the emphasis on the meaning of stunting is still limited to the physical aspect. Toddlers with short stature are perceived as offspring, but this assumption begins to be questioned, especially when one child is much shorter than the parents and siblings.</p>
Mely Agatha Tampubolon & Berlian Primadani Satria Putri (2019)	Communication Strategy Analysis of the Genbest Program of the Ministry of Communications and Information Technology in the Context of Reducing Stunting Prevalence in Indonesia	<p>At the planning stage, the Genbest program focuses on choosing the right media channels to use so that information about stunting is spread throughout Indonesia so as to increase public awareness, especially mothers with children aged 2 years and under, pregnant women and young women to be aware of the dangers of this disease. stunting and information on stunting prevention using 4 main contents, namely health, growth and development, sanitation and nutrition. The determination of the media used also adjusts the existing regional survey data so that the delivery of information can be accepted by the intended target audience in accordance with the characteristics of the individual and the region.</p>
Ratoyo (2021)	Community Empowerment Strategy in Handling Stunting Cases in Tulung Kakan Village, Bumi Ratu Nuban District, Central Lampung Regency	<p>With the passage of time and the government's participation in resolving the stunting case that occurred in Tulung Kakan Village, as for several efforts made by the government to support the completion of the completion, namely by developing infrastructure, increasing community capacity through training held for local cadres, increasing the economic sector. through a series of community economic empowerment activities such as women's farmer groups and the creation of fish ponds. It can be</p>

concluded that the demographic environmental conditions of Tulung Kakan Village are gradually getting better than the previous year, due to the active role of the government participating in mobilizing the PKK team and posyandu cadres. In addition, the government also cares about the state of infrastructure and the economic welfare of the people of Tulung Kakan Village.

The Social Reality of Stunting Prevention

The case of stunting in children under five is still a health problem that needs to be watched out for, especially in Indonesia, as conveyed by the Minister of Health on November 12, 2019, coinciding with the 55th National Health Day, that the prevalence data for stunting in children under five were collected by the World Health Organization. (WHO) released in 2018 states that Indonesia is included in the third country with the highest prevalence in the Asian region after Timor Leste (50.5%) and India (38.4%) which is 36.4%. Therefore, the Indonesian government always strives to reduce the risk of stunting in children and ensure that its citizens can thrive and be free from any disease.

Health development in the 2015-2020 period is a healthy Indonesia program with the aim of improving the health status and nutritional status of the community through health efforts and community empowerment supported by financial protection and equitable distribution of health services. The main targets of the 2015-2020 RPJM include (1) improving the health and nutritional status of mothers and children, (2) improving disease control, (3) increasing access and quality of basic health services and referrals, especially in remote, underdeveloped and border areas. (4) increasing the coverage of universal health services through the healthy Indonesian card and the quality of the management of the Health SJSN (5) fulfilling the needs of health workers, drugs and vaccines as well as increasing the responsiveness of the health system. In addition, the healthy Indonesia program itself is carried out on the basis of three main pillars, namely the healthy paradigm, strengthening health services and national health insurance (Pratama, 2022).

According to the World Health Organization (WHO) through the World Health Assembly (WHA) it is targeting the prevalence of stunting in 2025 to decrease by 40% in all countries that have stunting problems, including Indonesia. Even though in several periods, Indonesia also experienced a decrease in the prevalence of stunting children, but this was still under the recommendations of the World Health Organization (WHO) in which cases of stunting based on the targeted target of WHO parameters the prevalence should be less than 20%. This makes Indonesia as a whole still classified as one of the countries that must receive special attention in the problem of stunting risk.

Stunting itself is often interpreted as a condition when a toddler has a below average height. This is due to the nutritional intake given, in a long time, is not in accordance with the needs. In addition, stunting has the potential to slow brain development, with long-term effects in the form of mental retardation, low learning abilities, and the risk of chronic diseases such as diabetes, hypertension, and obesity. And one of the causes that is often involved in stunting cases so far is poverty and mother's knowledge. In the long term, the increasing prevalence of stunting will have a negative impact on economic losses in Indonesia, this is stated by the Nutrition Status Monitoring (PSG) and according to the World Health Organization (WHO), if the prevalence of stunting exceeds 20% then it can be said to be a chronic disease. This means that stunting in Indonesia is classified as a long-term problem nationally, especially in 14 provinces where the prevalence rate exceeds the national figure.

Stunting prevention is one of the efforts to support sustainable development goals (SDGs) where the target for solving the stunting problem is in line with the 2nd sustainable development goal, which is to make Indonesia free from hunger and other forms of malnutrition in 2030 to come. There are several factors that influence stunting conditions which are quite high in several regions in Indonesia, such as the lack of knowledge of a mother in providing balanced nutrition during labor and postpartum, even though knowledge of nutrition is needed by mothers who have babies because in this case will reduce the risk of chronic stunting. In addition, economic conditions are also another factor that causes stunting cases to remain high in Indonesia, this is evidenced by the large number of families living in the poverty line so that it is not enough to provide a balanced nutritional intake for their children.

In the Sustainable Development Goals (SDGs) or sustainable development, prevention of stunting in children under five is the main goal, especially goal number two, namely ending hunger. Meanwhile, when

viewed from the perspective of social science, the problem of stunting is very closely related to the lower middle class or the poor who are less aware of the adverse effects on children if they experience stunting. Not only does the Ministry of Health take stunting seriously, the Ministry of Social Affairs also looks at the stunting problem, this is evidenced by the intervention carried out by the Ministry of Social Affairs in handling stunting problems through the Family Hope Program (PKH).

The Family Hope Program (PKH), known as Conditional Cash Transfer (CCT) is a conditional social assistance program that opens access for poor families, especially pregnant women and children, to take advantage of health services (faskes) and educational service facilities (fasdik). PKH aims to open access for poor families to various health care facilities and education services, as well as access to efforts to improve welfare for vulnerable groups. Basically, the causes of stunting are very diverse and complex, but in general they can be categorized into three factors, namely the root of the problem consisting of economic, social, and political factors. Then the indirect causes consist of factors of food availability, parenting, and health services, and the last one is the direct causes which consist of factors of nutritional intake and infectious diseases. The occurrence of poverty for a long time can result in families not being able to meet their food needs in good quantity and quality, including in providing the best nutritional intake for their children (Pratama & Suhartini, 2020). This is in line with the opinion of Sulaiman (2016) that the social reality of "reality" and "knowledge" lies roughly in the middle between the understanding of ordinary people and the understanding of philosophers. Ordinary people usually don't bother thinking about what is "real" for him and about what he "knows", unless suddenly he is faced with some kind of problem, he takes for granted "reality". ' and his 'knowledge'.

According to Basic Health Research (Riskesdas) data in 2019 shows that the stunting rate in West Java reaches 29.2 percent, and there are eight districts in West Java that have a high prevalence of stunting, one of which is Cianjur Regency with a prevalence of 35.7 percent. In 2010, the Ministry of Health along with related programs and cross-sectors have formulated a Strategy for Improving Infant and Child Food, in addition, Indonesia is also collaborating with WHO/United Nations Children's Fund (UNICEF) and Millennium Challenge Account Indonesia (MCA-Indonesia) by holding training Infant and Child Feeding, where in the process this program is one of the activities in the Community-Based Health and Nutrition Project (PKGBM) which aims to reduce the incidence of stunting in Indonesia (Achmad et al., 2022). The purpose of the training is that it is hoped that the posyandu cadres as the frontline of stunting prevention have counseling skills in dealing with infant and child feeding problems so that they will help improve the nutritional status of the community to be more ideal.

In fact, since 2013 the government has held this PMBA training in 11 provinces and 62 regencies/cities in Indonesia, one of which is in Cianjur Regency, on the grounds that Cianjur Regency is one of the priority districts for stunting prevention in Indonesia, and there are 10 prioritized villages, including in Sayang Village has 10 cadres of PMBA counselors and is tasked with providing PMBA counseling to the community in order to solve PMBA problems that exist in the community. However, based on the findings in the field, the implementation of PMBA counseling there is still not optimal, one of which is caused by the lack of efforts made to maintain commitment and increase the motivation of cadres as PMBA counselors to continue to carry out counseling, this causes low motivation of PMBA counselor cadres to continue counseling in every activity.

Basically, the target of this activity is PMBA counselor cadres who live in Cianjur Regency, but they are starting to experience a decrease in motivation in implementing PMBA counseling for the community. Through this community service, it is hoped that PMBA counselor cadres will be helped to be enthusiastic about returning to their duties as PMBA counselors, improve the quality of PMBA counselor cadres, and provide skills to PMBA counselor cadres to practice PMBA support groups. Based on the problems above, in order to increase the motivation of PMBA cadres to continue to preserve PMBA counseling, a reunion activity for PMBA counselor cadres is needed to exchange experiences and refresh the important points of PMBA counseling. In addition, in this refreshing activity, material and practice will also be given regarding discussions of PMBA support groups consisting of mothers, grandmothers, fathers or neighbors as a forum for exchanging information to support PMBA practices. This activity is a form of scientific assistance to meet the needs of the community by producing a cadre of PMBA counselors who are skilled in conducting individual counseling and PMBA discussion groups so that people can practice PMBA according to recommendations. This activity is useful for increasing knowledge, skills, motivation and cooperation among PMBA cadres to realize stunting-free Cianjur.

Parenting Patterns That Cause Stunting

Stunting is a problem because it is associated with an increased risk of illness and death, and causes stunted mental growth and motor development. Unicef explained that almost a third of children under the age of five are short in developing countries, including Indonesia. Based on basic health research (Riskesdas) in 2013, the national stunting prevalence reached 37.2% consisting of 19.2% short children and 18.0% very short children so that there was an increase from 2007 (36.8%) and 2010 (35.6%)^{2,5,6}. The prevalence rate is higher than the prevalence rate of obesity (14%), thinness (13.3%), malnutrition and malnutrition (17.9%)⁷. Overall, more than 25% of the number of children under five years old, which is approximately 165 million children experienced stunting in 2011, and in 2005-2011 Indonesia was the fifth highest country with the highest prevalence of stunting in Asia.

The phenomenon of the problem of short toddlers or commonly referred to as stunting is one of the nutritional problems that occur in children. Stunting occurs in about 150.8 million (22.2%) children under the age of five in the world. Stunting toddlers in Asia occupy the highest prevalence in the world, which is around 55%, the second position is followed by the African continent with 39% of children experiencing stunting. Most stunting occurred in South Asia as much as 58.7%, and the lowest prevalence of 0.9% was in Central Asia. The causes of stunting include toddlers with a history of low birth weight, a history of infectious diseases that have been experienced, parenting patterns related to nutrition, exclusive breastfeeding, availability of food and clothing, parental education, social, cultural, economic. Behavior related to poor or poor parenting can also cause stunting, which is specifically explained, such as lack of knowledge of mothers in fulfilling their nutrition during pregnancy, even nutritional preparations that must be met when preparing for pregnancy and after childbirth to increase good breast milk production.

Children who still need their parents as caregivers or those who take care of course greatly determine the nutritional intake given to children. If the child's nutrition is deficient, it will have an impact on stunted growth and brain development, decreased immunity and low immunity against infection, which is prone to stunting in children. In addition, several things must be considered in parenting related to child nutrition, including the amount of nutritional intake and the quality of the food to be given. A mother and parent need to understand what nutrients and nutrients should be given to children, including in terms of food hygiene and environmental hygiene as well as the proper use of health facilities to overcome problems that occur in children, especially those related to child nutrition (Ratoyo, 2019).

The results showed that, most of the mother's parenting was in the category of poor parenting, in fact the role of a mother is very important, especially in providing nutrition to her child, the mother must be able to give attention, support, behave well, especially in providing nutrition and providing care. about how to eat, provide food that contains good and healthy nutrition, apply nutritional hygiene, personal and environmental hygiene during preparation or when giving food and make good use of health services to support the improvement or improvement of children's nutrition, if all these things can be done properly then it is possible that the growth and development of a child will be better in the future. Diet is also one of the factors that cause stunting, where the stunting of school-age children occurs due to a poor diet such as a lack of protein and fat intake which causes the high prevalence of stunting in Indonesia.

On the other hand, the better the parenting style of a mother for her child, the less the risk of stunting experienced, while the worse the parenting provided, the more cases of stunting experienced by children and toddlers are possible. Good parenting will affect how mothers practice, behave or behave in caring for children (Nurwati et al., 2022). The intended behavior of the mother is how the mother's behavior in providing nutritional intake, maintaining cleanliness or maintaining environmental sanitation and how mothers use health facilities related to the needs of their children. In addition, the provision of proper nutrition must also be considered during the child's growth and development, because this process is in fact often ignored by some parents, and if you look at the current facts, some mothers still often give inappropriate nutrition to their children, such as giving empty rice with tempeh or rice. only vegetable gravy, if this is allowed to continue until the child grows up, the risk of stunting is of course very large. On the other hand, if a mother provides proper nutrition, such as providing nutritious foods, especially when she is growing, the risk of stunting will never occur.

The role of the family, especially a mother in nurturing and caring for children, can have an impact on the growth and development of children, because mother's parenting is good behavior in caring for or looking after their children. Of course, this can be started by giving milk or giving appropriate complementary foods, then teaching proper eating procedures, providing foods with high nutritional value, and providing the ability to control the number of portions of food that must be consumed, so that nutritional intake can be well received by children. . But another thing that must also be considered is how to provide a varied food menu so that children do not get bored easily, but always like a more nutritious diet. The habit of applying parenting that has been implemented properly and correctly will prevent children and toddlers from being at risk of stunting.

Poor parenting factors can also cause problems in children's growth and development, this is because the mother does not understand good and correct parenting, coupled with the lack of economic conditions, to overcome this can be done by using several solutions such as providing education. and health information related to appropriate parenting. In addition, there are still factors that need to be considered regarding stunting such as the nutritional status of the mother during pregnancy, where mothers who have a history of congenital diseases such as nutritional problems, anemia, and infectious diseases that have been experienced can pose a risk of stunting. So in essence, even though the mother's parenting pattern is good and according to health recommendations, some of the above factors can increase the occurrence of stunting among children and toddlers.

Many factors affect the nutritional status of children, both direct and indirect factors, economic status is also able to have a negative impact on the nutritional status of children in addition to problems with poor feeding patterns, healthy living behavior since the child is born, resulting in children becoming short. In addition, age is one of the internal factors of children that affects the incidence of stunting. Impaired growth in height lasts for a long period of time, from several months to several years. Therefore, the indicators of height and age provide an indication of chronic nutritional problems, because the increasing incidence of stunting along with increasing age in toddlers can actually be influenced by unbalanced nutritional intake coupled with the phenomenon of breast milk consumption being replaced by solid food from time to time.

Unicef explained that almost a third of children under the age of five are short in developing countries. The Lancet's reported that the prevalence of stunting in the world reached 28.5% and 31.2% in developing countries, and based on basic health research (Risikesdas) in 2013 the national stunting prevalence reached 37.2% consisting of 19.2 % of short children and 18.0% of very short children so that there was an increase from 2007 (36.8%) and 2010 (35.6%)^{2,5,6}. The prevalence rate is higher than the prevalence rate of obesity (14%), thinness (13.3%), malnutrition and malnutrition (17.9%)⁷. Overall, more than 25% of the number of children under five years old, which is approximately 165 million children experienced stunting in 2011, and in 2005-2011 Indonesia was the fifth highest country with the highest prevalence of stunting in Asia.

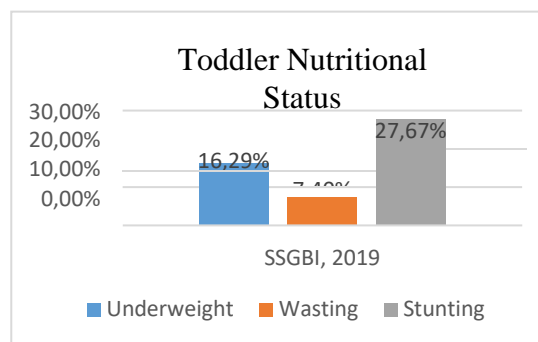
Solutions for Stunting Prevention

Malnutrition or poor nutrition and stunting or stunting are global health problems, where the prevalence of these two health issues is still relatively high in developing countries, such as Indonesia. Serious attention to malnutrition and short stature is shown, one of which is through the Sustainable Development Goals (SDGs). The SDGs are global commitments and world action plans to achieve sustainable development by ending poverty and hunger, fighting inequality, building peaceful, just and inclusive societies, protecting human rights and promoting equality and empowering women, ensuring the protection of the earth and natural resources, creating conditions that ensure sustainable, inclusive, and prosperous economic growth (Searle & Willis, 1995).

The consequences of stunting themselves can be short-term and long-term, including increasing morbidity and mortality, making child development worse and can affect learning abilities, increasing the risk of infection and non-communicable diseases in adulthood, in the future. In fact, the government has paid special attention to the problem of stunting through prevention efforts that are currently being carried out so that Indonesia is free from the effects of stunting. The data collected according to Risikesdas shows that children under five who are affected by stunting start from the high proportion of nutritional problems under five until 2019 reaching 29%. Children in the age category 0-5 years are the category most vulnerable to nutritional problems, infections, and other growth. The problems with nutrition are categorized into lack of food intake and infections suffered by children (Setyowati & Rosemary, 2020).

The existence and ability of the family is very influential in creating healthy and well-maintained family members, because it is through this environment that quality human resources can be well prepared. The current interpretation of the nutritional status of children under five in Indonesia based on the results of the 2019 SSGBI has decreased, although not significantly. These results illustrate the prevalence of nutrition activities with the categorization of under-nourished children under five, underweight, to stunted, which should still be the main focus of the government, especially in combating the risk of stunting, and the following is the distribution of the nutritional status of children under five in Indonesia until 2019:

Toddler Nutrition Status Chart 2019



The graph above is an illustration of the classification of children under five with nutritional problems, where the results of the Study on the Nutritional Status of Indonesian Toddlers (SSGBI) in 2019 showed that there was a decline in the numbers in each category in the previous year. The data above shows that under-fives with stunted conditions are still a big problem with a total of 27.67% this is of course still below the threshold set by WHO where stunting conditions must be 1/5 of the number of toddlers in the country with in other words 20% limit of affected babies. However, until now the prevalence of stunting in Indonesia is still very high and is included in the top three countries with cases of distribution of data on children affected by stunting, especially in the Southeast Asian region.

Stunting cannot be cured but can be prevented by maximizing cooperation and synergy from various parties so as to be able to overcome this problem, thus these efforts are able to meet the needs of health services that focus on sensitive nutrition interventions, providing access to learning for parents in knowing nutritional intake, improving sanitation and changing lifestyles to become healthier, as well as fulfilling food security and community nutrition. In line with the aspiration to prepare human resources with middle-high incomes who are prosperous, fair, and sustainable, it certainly leads to the birth of a superior, healthy, and characterized generation. The government seeks this realization by designing the National Medium-Term Development Plan (RJPMN) 2020-2024, one of which focuses on human development that is free from the effects of stunting (Suminar et al., 2020).

The development of stunting-free human resources can be done by providing assistance and expanding access to knowledge that focuses on public health. In addition, increasing knowledge of nutrition for pregnant and lactating mothers using family education programs that can be used as other solutions in preventing stunting risks, including in the community empowerment process. So far, several factors that are known to influence the incidence of stunting in Indonesia often revolve around (1) poor nutrition experienced by pregnant women and toddlers (2) lack of knowledge of mothers about health and nutrition before and during pregnancy and after childbirth (3) still limited health services including antenatal care, postnatal care and quality early learning (4) still lack of access to nutritious food, and coupled with the difficulty of the community in obtaining access to clean water and sanitation (Leroy & Frongillo, 2019).

As one of the areas that still has the highest prevalence of stunting, especially in the West Java Province, Cianjur Regency continues to improve in reducing the risk of stunting among its people, even though according to Cianjur Regency Office data in 2019, the stunting rate was successfully reduced compared to previous years, where from the total 11,752 children, to 7,987, but this does not change the status of Cianjur Regency as one of the national stunting focuses. The secretary of the Cianjur Regency Health Office said that, based on basic health research data, the stunting rate in the Cianjur Regency area in 2019 reached 27.5 percent, but his party noted that only 6.61 percent were recorded as natives of Cianjur Regency.

However, it is different from 2020 where the stunting rate can again be reduced to 11,725 or 6.3 percent, then in the middle of 2021, precisely in August, stunting cases are only 7,987 or 4.34 percent. So far, the Cianjur District Office continues to record children who experience stunting every year, through various efforts that have been made, including by continuing to provide maximum service to children who have a tendency. Efforts made to reduce or prevent stunting in Cianjur Regency are carried out by involving many agencies or gangs. Including coordinating with all agencies and agencies in efforts to handle and reduce stunting rates. In accordance with the request of the Regent and the Ministry of Health, Cianjur Regency continues to carry out joint handling, starting from the social service, PUPR, agriculture to the education office, because until now, Cianjur Regency is still included in the national stunting focus location.

Based on data from Riskesda, almost 50 villages in Cianjur Regency are included in the location of the focus of the trend and large cases of stunting. So that this cannot be allowed, even though it is a temporary assumption that it is a trend because if it is ignored it has the potential to become stunting. Meanwhile, according to the regulation of the Regent of Cianjur regarding stunting prevention efforts and communication strategies for community behavior change, several important points were set, which began with conducting Specific Nutrition Interventions and aimed at a thousand children. These activities are generally carried out by the health sector, and are short term.

Sensitive Nutrition Interventions are interventions aimed at various development activities outside the health sector targeting the general public and children. Efforts to improve nutrition are activities and/or a series of activities carried out in an integrated, integrated and sustainable manner to maintain and improve the nutritional status of the community in the form of promotive, preventive, and curative as well as rehabilitative efforts and are directly encouraged by the local government of Cianjur Regency. In addition, the Cianjur Regency government also involved several Integrated Service Posts, hereinafter referred to as Posyandu as a form of community-based health efforts (UKBM) and managed and organized from, by, and for the community in the implementation of health development, in order to empower the community and provide health services. convenience for the community in obtaining basic health services to accelerate the reduction of stunting risk in the Cianjur Regency area (Sugianto, 2021).

The principles of stunting prevention contained in the Cianjur regent regulation number 4 of 2020 concerning stunting prevention efforts and communication strategies for community behavior change emphasize that the community must be optimal and utilize existing resources and be mobilized to achieve optimal results, then act quickly and accurate, meaning that in the effort to prevent exercise, midwives, nutritionists and trained health workers must act according to the standard procedures for nutrition services and professional codes of ethics by prioritizing the humanitarian aspect. Then strengthen inter-institutional and collaborative work, meaning that efforts to deal with stunting can not only be done sectorally, but require support from other sectors and programs that will be able to run optimally and effectively in the future. The final step that can be taken by the local government of Cianjur Regency in dealing with the problem of stunting is transparency, meaning that it determines that everything related to stunting prevention must be done openly, culturally sensitive, carried out with full responsibility.

4. Conclusion

The phenomenon of the problem of short toddlers or commonly referred to as stunting is one of the nutritional problems that occur in children. Stunting occurs in about 150.8 million (22.2%) children under the age of five in the world. Indonesia itself has a fairly high prevalence of stunting, which ranges from 30.8%, with details of 19.3% short toddlers and 11.5% very short toddlers. Some of the causes of stunting are caused by toddlers with a history of low birth weight, a history of infectious diseases that have been experienced, parenting patterns related to nutrition, exclusive breastfeeding, availability of food, parental education, social, cultural, and economic. As one of the regions in Indonesia that contributes to the increased risk of stunting among children and toddlers, Cianjur Regency in fact still has a fairly high prevalence of stunting, which is in the range of 37%. For this reason, the existence of a family assistance team (TPK) is expected to be one of the efforts to accelerate the reduction of stunting in the Cianjur Regency area which has been formed since 2020. Currently, 1,908 TPK have been formed spread across almost the Cianjur Regency area with one TPK consisting of three people from midwives/nutritionists, PKK cadres, and family planning cadres. As directed by the head of the Cianjur Regency Population Control Agency. The principles of stunting prevention contained in the Cianjur regent regulation number 4 of 2020 concerning stunting prevention efforts and communication strategies for community behavior change emphasize that the community must be optimal and utilize existing resources and be mobilized to achieve optimal results, then act quickly and accurate, meaning that in the effort to prevent exercise, midwives, nutritionists and trained health workers must act according to the standard procedures for nutrition services and professional codes of ethics by prioritizing the humanitarian aspect.

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