



A Qualitative Study of the Effect of Community Participation on Stunting Prevention Behavior in Pandeglang Regency

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Abstract

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BACKGROUND: Stunting is one of the significant nutritional issues faced by Indonesia. It has the highest prevalence compared to other dietary problems such as malnutrition, underweight, and obesity. Preventing the problem of stunting requires holistic and integrated efforts.

AIM: This study aims to study the relationship between community participation on stunting prevention behavior in Pandeglang Regency.

MATERIALS AND METHODS: This study is purely descriptive research in Bayumundu Village, which is a locus of stunting. Data collection was conducted in July and August 2019. The number of samples taken was 99 people living in Pandeglang Regency, and the sampling was executed using a simple random sampling technique. Data were collected by in-depth interviews, and secondary data review is in the form of accomplishing MCH-KB service targets and literature studies. Data processing was done by triangulation interviews with policies, regulations, laws, and applicable guidelines.

RESULTS: The results showed that the direct effect on stunting prevention was 45% motivation and the indirect effect was the stunting prevention policy of 42.61%.

CONCLUSION: In this study, it was concluded that the implementation of increasing public participation is expected to increase stunting prevention behavior in the public, especially in the Pandeglang Regency area.

Introduction

Stunting is a major nutritional problem facing Indonesia. Based on Nutritional Status Monitoring (PSG) data for the past 3 years, stunting has the highest prevalence compared to other nutritional problems, such as malnutrition, wasting, and obesity [1]. Stunting is a condition of failure to thrive in children under five because of chronic malnutrition, especially in the first 1000 days of life [2]. Stunting is a hidden occurrence because of the impact of chronic malnutrition for 1000 HPK. The damage that occurs will cause irreversible development of the child and the future. The child cannot get and learn as much as he can [3].

Stunting is based on the height index according to age (height/age) wherein the anthropometric standard of child nutrition assessment, the measurement results are at a Z-score value <-2 standard deviations and <-3 standard deviation (very short stunted) from the WHO child growth standard nutritional status table [4]. The prevalence of stunting in Indonesia is the fifth largest in the world. The percentage of short children aged 0–59 months in Indonesia in 2017 was 29.6%, with the

division of 19.8% in the short category and 9.8% in the very short category, this incident increased by 2.06% from 2016 to 27.54% with the division of 18.97% in the short category and 8.57% in the very short category [2].

Another factor that influences the success of stunting prevention programs is public participation. Implementing stunting prevention programs is expected to involve the entire public, but the term stunting is not yet widely known; especially the risk factors and their impact. A formative study involving over 330 mothers of children under five in several provinces found that only 32.9% of respondents had heard/read/knew about the term “short” [5]. From the above constraints, further analysis is needed on community participation in stunting prevention behavior.

Methods

Type of research

This research is a purely descriptive study, which takes place in a village that is a stunting locus, namely, Bayumundu Village.

Sample

The number of samples taken was 99 people living in Pandeglang Regency and the sampling was done using simple random sampling technique. Data were collected by in-depth interviews, review of secondary data in the form of achievement of the KIA-KB service targets and literature studies.

Data collection

The data collection technique was carried out in Stage 1 research by conducting in-depth interviews and focus group discussion. In-depth interviews are a qualitative data collection technique used for a variety of purposes, including needs assessment, program refinement, problem identification, and in-depth strategic planning [6].

Research instruments

The second stage research instrument was assisted using a questionnaire. The questionnaire is a way of collecting data by providing a list of questions to the respondent. A list of questions is created in a semantic differential. A semantic differential is a form of rating scale designed to identify the connotative meanings of objects, words, and concepts on various scales [7].

Data analysis

Data processing was carried out by triangulating the results of interviews with the public and applicable guidelines.

Results

Society participation

To carry out the stunting prevention and handling program, cooperation of various parties and village involvement is needed so that it can run according to the target. One thing that encourages community participation is the involvement of cadres in the village. Cadres are the spearhead in increasing public participation in the village. Prevention of stunting can be done by empowering the public through the family. The public needs to know the chronology of stunting and its effects. The occurrence of stunting when the baby is in the womb, the mother's nutritional intake is low plus unbalanced nutrition when she is a toddler.

Public contribution

The health behavior of a person or society is determined by the intention of the person towards

the object of health, whether or not there is support from the family or the contribution of the surrounding public, the presence or absence of information about health, the freedom of individuals to make decisions/act, and situations that allow individuals to behave/act. About efforts to prevent and manage to stunt, contributions from the public have an important role. The public in this case is mothers who have toddlers, pregnant women, and the social environment of the public around them, public leaders including the head of the hamlet, the head of the RT/RW (Table 1).

The results of the interviews showed that the public contribution was seen from the activeness of cadres in promoting stunting prevention. Cadres carry out promotion/education about stunting, nutritious food, immunization, and the importance of consuming blood-booster tablets during pregnancy. These activities are carried out in Posyandu or directly (direct visits) to target houses (toddlers and pregnant women).

Organizing

An activity can run well if it is supported by organizing activities well. To prevent stunting, several villages have organized activity organizations for stunting prevention programs. Official organization for implementing focused stunting prevention activities has been carried out, namely, by creating a stunting prevention and management team. The village head who makes the organizational structure and divides the roles of each party (Village Midwife, Village, and others) (Table 2).

Discussion

In preventing stunting, social factors are one of the influencing factors. These social factors include the dissemination of information to the public through various media, ownership of health insurance by the public, the availability of social help to poor people, and the availability of help to children who are stunted. All these factors are readily available in Pandeglang Regency. Dissemination of information by the Health Office through printed media, online media, television, radio, and the distribution of posters has a good impact on public knowledge regarding stunting, although it is not fully understood by the public. Prevention and handling of stunting can be implemented optimally if people with low economic status have a good safety net from the environment. The availability of social additional food and funds will increase the family's ability to provide nutritious food and, with the ownership of health insurance, the family will not mind funding if it requires further treatment to the hospital. Several studies have shown that health insurance coverage can aggravate acute nutrition problems. The results

Table 1: Public contribution triangulation matrix

Theme	S3	S6	S9	S12
Public Contribution	Usually we have a turn to visit the toddler's house and rarely go to the Posyandu with stunting toddlers, usually together with the midwife, often alone or with other leaders, we usually get one close to home, as well as invite our neighbors to pay more attention to the environment and be ready to help the neighbors if trouble	For home visits, usually give motivation so you want to go to Posyandu, what are the benefits of going to the Posyandu for tea, for pregnant women and toddlers with stunting, the main thing is to remind the food they eat to be nutritious, drink milk and vitamins don't forget, ask the surrounding neighbors to ask for help so that they are encouraging. The family wanted to take their child to the Posyandu	During home visits, they usually talk to their neighbors or when we meet, we ask, were there new pregnant women, no toddlers who were never taken to Posyandu or children who were suspected of malnutrition	The head of the area visits the residents who rarely come to the Posyandu and invites neighbors to care about the environment, especially those who are in trouble and during home visits to motivate pregnant women or mothers with toddlers to eat nutritionally, drink vitamins and milk

Table 2: Stunting prevention organizational matrix

Thematic	D3	D4	S14	Conclusion
Organizing	The organization for Stunting Prevention and Management already has a structure comprising village officials, RT/RW, PKK, and public representative already running	Evaluation of activities has been carried out, providing input to PKK mothers, discussions on the number of children under five with stunting and if there is a problem immediately reported to the village head. It is also confirmed that the public can easily contact the RT/RW if they need help	Stunting socialization activities have often been carried out to village heads, hamlets, RT/RW, PKK women	Stunting prevention and management organizations already exist comprising village officials, RT/RW, PKK cadres, and public representatives and are already running, socialization has often been carried out, and it is also ensured that the public can easily contact RT/RW if they need help

of research in South Sulawesi and West Java found that after one year of the social security program in the health sector, the prevalence of acute KEP appeared to have decreased but the impact was not significant [8].

An activity can run well if it is supported by organizing activities well. To prevent stunting, Pandeglang Regency has formed a Stunting Prevention Team since 2018. With the formation of an organization engaged in the prevention of stunting at the Regency level, all districts and villages make these organizations in their respective regions by the implementation of the stunting program by the pillars of handling stunting. In Indonesia at point 3, namely, convergence, the sample is carried out using coordination and consolidation of national, regional, and public programs. Good organization can be seen from the progress of coordination and communication as well as periodic evaluations. The findings in this study found that cross-sectoral coordination is still lacking, such as in the provision of latrines and improvement of clean water sources, for this, it is necessary to review the existing organization and need evaluation and openness in communication so that the stunting prevention program can run well.

Another indicator in public participation is development (public empowerment). The term development refers to the process of developing human/public resources so that people become more independent, keep up with the times, and can think more deeply to solve existing problems. About efforts to prevent stunting, public resource development is translated as community empowerment by increasing the knowledge, awareness, and skills of the parties concerned, namely, the family and the public itself, and all of these are under one stunting prevention and management program.

In Pandeglang District, the implementation of policy programs and public participation in preventing stunting is ultimately expected to improve public behavior in stunting prevention. From the research results, it was found that several behaviors had gone

right and well, and some were still not working properly. The behavior that has been running quite well is that the Posyandu is held regularly and cadres make home visits, most pregnant women and mothers who have toddlers routinely carry out checks at Posyandu, the coverage of blood supplemented tablets is above 70%, immunization coverage has also reached the following targets With Vitamin A, the coverage of family planning participants has also reached the target, although not yet for the use of long-term contraceptive methods. However, the public participation rate in participating in activities at Posyandu has only reached 60%, in this regard the village is still looking for the right strategy how to encourage the public to be active in Posyandu and other activities held to prevent stunting. According to Green and Glasgow [9], the health of an individual or society is influenced by behavioral factors including individual knowledge, attitudes, beliefs, traditions, social norms, and other elements found in individuals and society. The behavior will be formed if the individual has knowledge which is then implemented in an attitude. The positive attitude possessed by individuals can lead to the formation of motivation so that they behave in a certain way. This requires consistent efforts to increase public knowledge about stunting and its urgency in the future so that it will encourage changes in people's attitudes and behavior for the better.

Conclusion

Public participation plays an important role in preventing stunting, low public participation will hinder stunting prevention programs, for that we need an appropriate strategy and have strong leverage so that public participation in stunting prevention can continue to be increased. Implementing policies and increasing public participation are expected to increase stunting prevention behavior in the public, especially in the Pandeglang Regency area.

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