

Research Article

The Role of the Family in Overcoming Stunting through the Probebaya Program in the Bukuan Kelurahan Area, Samarinda City

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Nugroho Adi: <https://orcid.org/0009-0000-5696-2661>**Abstract.**

This study aims to determine the role of the local government in the digital and pandemic era in alleviating stunting in Indonesia. This type of research is qualitative. The research method uses in-depth interviews and triangulation for data analysis. Sources of data from key informants and informants from the office and the community in Bukuan Kelurahan Kota Samarinda. The results show that the Community Development and Empowerment program (PROBEBYA), implemented by the Local Government of Samarinda City, in Kalimantan, Indonesia, has been implemented in various regions through the infrastructure program (economy, social culture, and health). By running this program, the community is greatly assisted even though it is seen that the stunting rate is quite high, the government's efforts experienced many obstacles in its implementation efforts because there are still many people who shut themselves down and are ashamed that their children are malnourished. And the ability of families to meet the nutritional needs of children is obtained from prepared food, served instantly.

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1. Introduction

Stunting is a condition where toddlers experience insignificant (short) growth which is commonly referred to as stunting which is triggered by chronic malnutrition due to the low quantity and quality of nutrition obtained in a fairly long time interval (Laili & Andriani, 2019). Stunting experienced by children is a picture of a state of unsuccessful growth in children under the age of 5 years which is triggered by acute malnutrition, which results in a child who is too short for his age at that time. This condition occurs starting when the baby is in the mother's womb until the age of 2 years (Saputri, 2019). There are several things that trigger stunting, namely: very little intake received by pregnant women until after delivery, minimal access to health facilities, minimal access to clean water and sanitation (Laili & Andriani, 2019).

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The problem of stunting does not only have an impact on a child's health but has an impact on the development of trends in the productivity of human resources (HR) in an area including in Samarinda City. 403 toddlers in the short category and 999 toddlers in the short category (Samarinda City Health Office, 2021). The high number of stunting sufferers in Samarinda City is caused by chronic malnutrition due to a lack of nutritious food intake, unhealthy environmental factors, unhealthy parenting styles, including poor water hygiene. (Source: East Kalimantan Health Office, 2019)

Based on data from the Samarinda City Health Office, it is known that the Bukuan Village, Palaran District is the area with the highest number of stunting in Samarinda City (Samarinda City Health Office, 2021). Meanwhile, RT 23 and RT 24 are the closest areas to the Bukuan Health Center, where there are still stunting toddlers in the area. Therefore, research needs to be conducted to identify risk factors for stunting in RT 23 and RT 24, Bukuan Village, Palaran District.

One of the flagship programs is the "Community Development and Empowerment Program (PRO-BEBAYA)". PRO-BAYA is a program whose substance is the dynamics of community cooperation so that it can bring about and overcome every problem including the problem of stunting. neighborhood level. The budget allocation for the implementation of Probebaya for each RT is Rp. 100,000,000.- (one hundred million rupiah) up to Rp. 300,000,000.- (three hundred million rupiah) per year in the Kelurahan. Budgeting is allocated in the Regional Revenue and Expenditure Budget (APBD) for the Village DPA and/or Regional Devices related to the implementation of Probebaya. increasing community welfare, and increasing community participation in development.

This program is intended to support the process of dealing with new stunting at least 2 to 3 people per RT environment. The target entities are for underprivileged citizens, environmental cleaning activities, health, and others in the economic, religious, socio-cultural, and environmental fields (MAF, 2021). One form of community empowerment efforts in the health sector is an integrated service post (Posyandu). The formation of posyandu includes activities to identify and solve health problems through community empowerment (Rina et al., 2020). In practice, posyandu is faced with various problems such as the limited posyandu budget in dealing with certain problems (Novianti, 2021). Cost constraints affect the adequacy of needs in activities to improve toddler nutrition at posyandu (Majidah & Rahaju, 2019). Seeing the essence of the objectives of PRO-BAYA activities, this program is very suitable for collaborating on specific and sensitive nutrition intervention strategies in efforts to prevent stunting in Samarinda City.

2. Literature Review

2.1. Stunting

Stunting or short toddlers is a problem of chronic malnutrition caused by malnutrition for a long time due to the provision of food that is not in accordance with nutritional needs. Stunting can occur when the fetus is still in the womb, and only appears when the child is two years old. Stunting is nutritional status based on weight/age or height/age index where anthropometric standards are used to assess children's nutritional status, the measurement results are within the threshold (Z-Score) <-2 SD to -3 SD (short/stunted) and <-3 SD (very short/very short) (Trihono et al, 2015). Stunting is a nutritional problem that occurs in toddlers. Stunting in toddlers is caused by nutritional problems from the beginning of their life (UNICEF, 2017); (Rjoub, H., Iloka, C.B., & Venugopal, V., 2022).

Stunting is a condition of failure to thrive in children under five due to chronic malnutrition so that children are too short for their age. Causes of stunting multidimensional factors (Al Shraah, A., et al., 2021). The most decisive intervention at 1,000 HPK (First 1000 Days of Life). Stunting is also a problem of chronic malnutrition caused by malnutrition for a long time due to the provision of food that is not in accordance with nutritional needs (Eko, 2018). Stunting in children is the main indicator in assessing the quality of human capital in the future (Akther, T. 2017). Disorders of child growth can cause permanent damage (Anisa, 2012).

Stunting that occurs in toddlers can have a long-term impact, namely the impact that can be directly seen is becoming a stunted adult, besides that it will also have an impact on cognitive development, school achievement, productivity as an adult, and affect their offspring (Dewey and Begum, 2011). Physical characteristics of stunted children include below average height, failure to thrive, low attention and memory, avoiding eye contact, and being more reserved. Stunting is also caused by malnutrition at toddler age and low birth weight (LBW) (Roy Setiawan, et al., 2021). The eradication of stunting in Indonesia is important, with particular emphasis on early prevention by increasing nutritional intake for adolescents, women of childbearing age, pregnant women and toddlers. Special efforts for toddlers include exclusive breastfeeding for 6 months, providing good parenting, and fostering the growth and development status of children in the first 1000 days of birth. Short nutritional problems are caused by conditions that last a long time, thus the character of the problem (Alshawabkeh, R., et al., 2020). Nutrition shown by short children is a chronic nutritional disorder (Gibney, 2009).

The process of stunting is caused by inadequate nutritional intake and repeated infections which result in delays in the development of cognitive function and permanent cognitive damage (Gupta, Ravi Kumar, 2019). In women, stunting can have an impact on the development and growth of the fetus during pregnancy, delaying the birth process and increasing the risk of underweight and stunting in the child being born, which in turn can also pose a risk of metabolic disorders and chronic disease when the child grows up (Sandra Fikawati et al. , 2017); (D.K. Sharma, et al., 2021). The causes of stunting in children are malnutrition experienced by pregnant women and toddlers, lack of knowledge about mothers about health and nutrition before and during pregnancy, and after mothers give birth (Akther, T. and Xu, F., 2021); (Roespinoedji, D., et al., 2019

The negative impact that can be caused by nutritional problems during this period, in the short term, is the disruption of brain development, intelligence, physical growth disorders, and metabolic disorders in the body. Meanwhile, in the long term, the negative consequences that can be caused are decreased cognitive ability and learning achievement, decreased immunity so that you get sick easily, and a high risk of developing diabetes, obesity, heart and blood vessel disease, cancer, stroke, and disability in old age. as well as uncompetitive work quality which results in low economic productivity (Ministry of Health R.I, 2016)

2.2. "Probabaya" Program

Samarinda Mayor Regulation Number 46 of 2021 concerning Amendments to Mayor Regulation Number 12 of 2021 concerning Technical Guidelines for Implementation of Community Development and Empowerment Programs Article 1 point 9 states that: Community Development and Empowerment Program, hereinafter referred to as ProBebaya, is a Regional Government program to carry out community development activities at the Kelurahan level based in the RT area as an effort to realize the ability and self-reliance of the community in infrastructure development, improving the community's economy, and social affairs.

Mayor Regulation Number 12 of 2021 concerning Technical Guidelines for the Implementation of the Community Development and Empowerment Program Article 2 paragraph (1) Pro-Bebaya is intended to further increase the participation and potential of the Kelurahan community. Pro-Bebaya aims to: a. facilitating the community in identifying problems and helping to articulate their needs; b. facilitating the development of RT environmental facilities and infrastructure; c. improve community welfare through

economic and social activities; and D. increasing participation and encouraging community empowerment in development. In its implementation, the scope of Probebaya covers various fields of life accompanied by types of activities covering the fields of infrastructure, economy, socio-culture, health,

Health problems require an approach in the form of community empowerment which will affect community participation in preventing malnutrition in toddlers (Aidha, 2017). Probebaya presents a number of programs at posyandu such as PMT for toddlers so that it is expected to be able to anticipate problems of malnutrition and stunting in Samarinda City (Fauziah & Novandi, 2022). Probebaya’s success in the health sector is highly dependent on the readiness of the community to fully understand Probebaya’s goals so as to make it easier to implement them in the field. Therefore, community readiness is needed both in preparing problem-based program plans, program implementation, and in evaluating programs so that improvement and development efforts can be made for program sustainability.

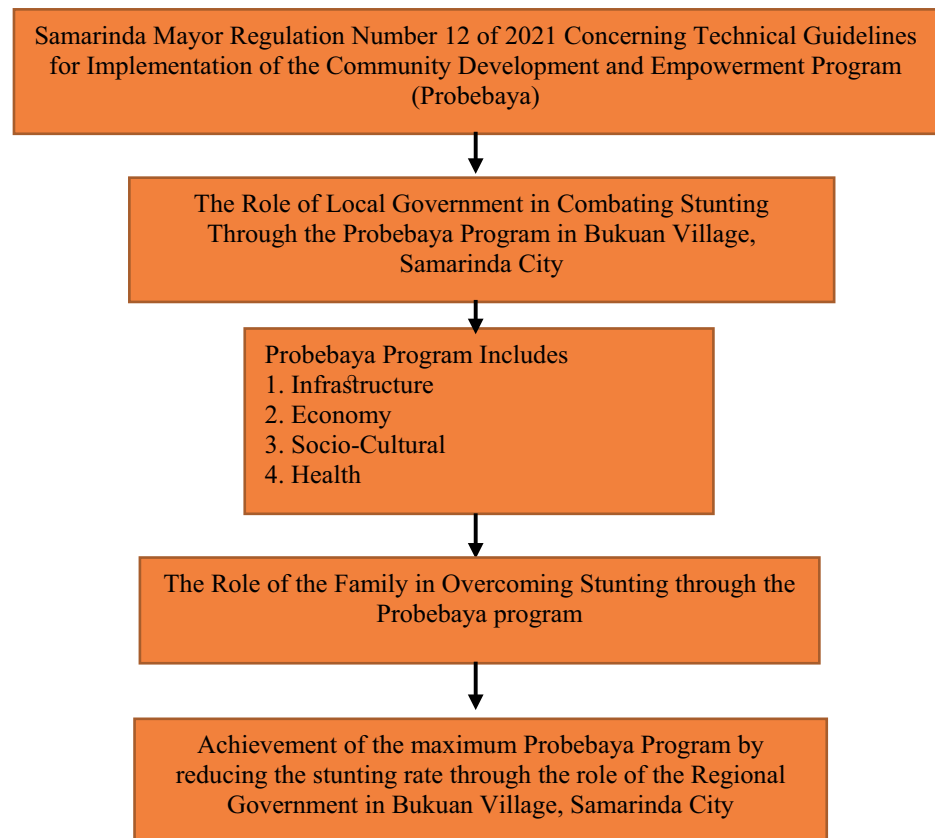


Figure 1: Framework for Thinking. Source: Data processed by researchers, 2023.

3. Research Results

This study uses a qualitative approach, research that intends to understand the phenomenon of what is experienced by the research subject, for example behavior, perception, motivation, and action. In this study the authors will use a descriptive design, namely as a systematic way of raising facts or characteristics of the population, and the role of local government in tackling stunting through the Probebaya Program in Palaran District, Samarinda City. Because the scope is so broad, the researchers took the Bukuan subdistrict.

4. Discussion

4.1. The Role of the Family in Overcoming Stunting

TABLE 1: Distribution of Toddlers with Very Short and Short Per Village in Samarinda City in 2022.

Village Districts	Total Population	Toddlers with "Very Short" status	Toddlers with "Short" Status
Bukuan	16.807	39	124
Handil Bakti	10.028	20	44
Simpang Pasir	8.808	18	32
Rawa Makmur	22.637	17	57
Bantuas	4. 580	0	12

Source:Stunting Report (Health Office, 2022)

Based on data from the Samarinda City Health Office, it is known that the Bukuan Village, Palaran District is the area with the highest number of stunting in Samarinda City (Samarinda City Health Office, 2022). Meanwhile, RT 23 and RT 24 are the closest areas to the Bukuan Health Center, where there are still stunting toddlers in the area. Therefore, research needs to be conducted to identify risk factors for stunting in RT 23 and RT 24 Bukuan Village, Palaran District.

It was concluded that the number of informants in this study were 6 people consisting of key informants, namely the Bukuan sub-district community who were affected by stunting. , and is an informant who feels the impact of the Probebya program that is being implemented by the Samarinda City government, including in the Bukuan Village area.

TABLE 2: List of Family Informants.

Informant Criteria	Informant Name	Age
Community RT 23	Asiah	29
Community RT 23	Siti Aisyah	28
Community RT 23	Rodah	44
Community RT 23	Wahyu Ningsih	27
Community RT 24	Eni Mulyani	23
Community RT 23	Fariani	33
Head of RT 23	Ilyas	40
Head of RT 24	Bambang	45
Bukuan Public Health Center	Abdul Kadir S.Kep	30
Posyandu Leader	Kasiana	40

Source: Data processed by researchers, 2023

Regarding the role of the family in overcoming stunting in the Bukuan sub-district, explained in an interview with a family who was suspected of stunting that:

“With the presence of the Posyandu probebaya program, it had its own building. Previously, the Posyandu was at the cadres’ homes, now it has a building and lots of seating facilities so it doesn’t stand up anymore, so it’s not lazy to take the children there. Knowing that my child is malnourished, the cadres also often come to my house to check the condition of my house to check whether the drainage is running smoothly or not. To support the food, the Posyandu and Puskesmas provided additional food with milk, vitamins, green beans and biscuits, and in terms of the economy I was given cash to supplement my own food and the Posyandu cadres also provided complete additional food for my child every day fish, rice, vegetables, fruits.”

Regarding the role of stunting families in the Bukuan sub-district explained in an interview with the RT:

“For the prevention of stunting, we as households have implemented infrastructure, socio-cultural, economic and health programs. Starting from building a posyandu, giving cash assistance to buy additional food and checking houses and clean water sources. Posyandu cadres with the health program help supplement daily food for young children with stunting”

Regarding the role of the family in overcoming stunting in the Bukuan sub-district explained in an interview with posyandu cadres

“With the probebeya program, we now have adequate buildings and facilities so that the mothers who attend feel comfortable. We also play a role in checking the condition of the house, the source of clean water and drainage. and provide additional food every day for stunting sufferers”

Regarding the role of the family in overcoming stunting in the Bukuan sub-district, explained in an interview with the Bukuan health center

“The probebaya program and various elements of the community work together to contribute to tackling stunting in Kelurahan Bukuan, starting from infrastructure development, cash assistance, the social sector checking the homes of residents affected by stunting and being able to get healthy, carried out for two months providing additional food with posyandu and puskesmas cadres.”

Family access to health services was found that the majority were identified as using posyandu and puskesmas. Based on the results of the interviews, the majority of residents in RT 23 and 24 indicated that they already knew the types of nutritious food, namely those with a balanced menu. However, for daily consumption, residents are still found to consume fast food quite often, and sometimes they often consume instant food. This can be one of the risk factors for stunting in children due to incomplete nutritional intake, the average community has a good habit of having breakfast.

Eating behavior at the family level is part of a lifestyle that is influenced by many factors, including socio-economic factors, occupation, and religion. Eating behavior refers to the selection of foods that affect energy and nutritional adequacy, so that it is expected to affect nutritional status. The role of the mother in the family directs household food consumption in such a way that if it is followed by knowledge, attitudes and good nutritional practices, it will affect the achievement of individual family energy and nutritional needs. Dietary diversity at the family level is a potential predictor of food insecurity and needs to be assessed in various socioeconomic groups.

Poor feeding practices are the main factors causing stunted growth in children. n quality of food is important in preventing stunting, including low variety of food 5 (recommendation of less than 4 minimum food variations) and low consumption of animal protein, low access to high calorie foods, as well as micronutrients, vitamins and minerals. The results of this study indicate that there are differences in eating behavior to prevent stunting for families who have stunted children and families who do not have stunted children, while for families or mothers who have children under five the knowledge of food nutrition is good due to the influence of health workers regarding socialization good food to prevent stunting

In creating a clean and healthy home environment, one of the important conditions for supporting sanitation is having standard latrines in the house. Meanwhile, from the data, it was found that 1 house did not have a latrine in the house, this could become a family health problem and interfere with sanitation which had an effect on increasing the risk of stunting. Apart from latrines, sanitation also includes the provision of clean water. The water they use comes from PDAM water. The inclusion of environmental cleaning activities in PRO-BEBAYA can be a support for overcoming one of the causes of stunting, namely the health environment and housing. Apart from that, other activities in the fields of religion, socio-culture which are included in PRO-BEBAYA can support addressing one of the other causes of stunting related to the social environment. namely posyandu located around the RT, health center and Population Control and Family Planning Services in Samarinda City to carry out educational activities on good parenting for pregnant women, nursing mothers who have children aged 0 to 6 months, and residents who have children aged 7 up to 23 months. This activity aims to raise the level of awareness and understanding of parents so that the process of caring for growth and development can be carried out properly and correctly for children. As a form of support for sensitive nutrition intervention activities, PRO-BEBAYA organizers include posyandu as part of the program's goals by PRO-BAYA hopes to be able to strengthen the posyandu as an effort to develop access and quality of nutrition and health services in the RT. Posyandu has a significant capacity to detect early if there is a presumption that a child is showing signs of stunting. Posyandu located in every RT environment can be the first and key element that is able to reach out directly to supervise the health and development of toddlers in Samarinda City.

5. Conclusion

Based on the results of the analysis and discussion of the government's role in stunting alleviation in Bukuan Village, Samarinda City

1. Families can make an important contribution by adopting best practices and interventions as early as possible. Given the long-term nature of development, such decisions can be discussed and reached as early as possible even before the wedding. Education and economics apply to both mothers and fathers, as they begin their long journey of care and support. In addition, families must also be prepared to realize the importance of proper access to health facilities and antenatal nutrition.

2. The Community Development and Empowerment Program (PRO-BEBAYA) is able to become a new innovation and support for the implementation of specific and sensitive nutrition interventions in the treatment of stunting in Samarinda City. Supporting factors in implementing the government's role in alleviating stunting in Samarinda Village are supported by training programs that are properly implemented because they contain elements of development and community needs such as health, social, economic and infrastructure. people with a weak economy. They pay less attention to children's nutrition. Then there are some families who refuse to be given assistance in this program because they feel they can handle it on their own and are hard to reach in stunting prevention socialization

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