



"GENERATION Z PREVENT STUNTING" EARLY STUNTING PREVENTION MOVEMENT THROUGH EDUCATION FOR ADOLESCENTS IN BANDUNG

Nursyamsiyah^{1}, Vera Fauziah Fatah^{1**}, Metia Ariyanti^{1***}, Susi Susanti^{1****}*

¹Nursing Department Poltekkes Kemenkes Bandung

Jl. Dr. Otten No.32 Bandung, West Java, 40171 Indonesia.

Email: *nursyamsiyahurfa@gmail.com, **vera.fauziah.fatah@staff.poltekkesbandung.ac.id,
metia.ariyanti@staff.poltekkesbandung.ac.id, *susiwahyudi@staff.poltekkesbandung.ac.id

Abstract, Background: Stunting is a nutritional problem that threatens the quality of life the next generation. Stunting prevention interventions can be carried out on adolescent girls who are prospective mothers. West Java is the province with the largest population in Indonesia. The proportion of stunting in children under 5 years of age in West Java is on the right of the national percentage curve based on the 2018 Basic Health Research. SMA Aisyiyah Boarding School as a partner is located in Bandung which is the capital city of West Java Province. All students in SMA Aisyiyah Boarding School are girls. Stunting education in adolescents is one of the efforts to accelerate the reduction of stunting by targeting adolescents. This condition is in line with the West Java Zero Stunting Campaign in 2023.

Method: The target of this community empowerment is to increase the knowledge of adolescents. A total of 60 young women participated in this activity. Community empowerment was carried out online through an online meeting platform due to the pandemic condition. Educational media used in this community empowerment were power point (ppt), videos and e-booklets. The method of delivering education was through lectures and discussions. Evaluation of adolescents understanding through pre-posttest. There was an increase in adolescent knowledge as shown by average value of the pre-test at 39.33% while the post-test was 73.33%.

Conclusion: This community empowerment activity has increased adolescent knowledge about stunting prevention. Suggestions for school to be held in collaboration with the community health centre in an effort to promote adolescent health on a regular basis and to further increase adolescent knowledge through community empowerment activity.

Keywords: Education, Generation Z, Stunting Prevention

Background

Stunting is a condition when a child has a low height for their age (1). Around 162 million children under five in the world are stunted. As many as 3 (three) of the 4 (four) stunted children in the world are in Sub-Saharan Africa and Asia (2). Sources from UNICEF/WO/World Bank in 2017 show that Indonesia is in 4th place for stunting in the world (3). The result of the 2018 Basic Health Research found that the incidence of stunting in children under five years of age in Indonesia reached 30,8% (4). According to WHO, the prevalence of stunting become a public health problem if the prevalence is 20% or more (2).

Stunting has an impact on children's health. Children under five who experience stunting tend to find it difficult to achieve optimal growth and development potential. In addition, stunting can increase the risk of chronic disease or infection, low intellectual ability, decreased economic productivity, reproductive ability and increased risk of chronic disease. The impact of stunting can be felt both in short and long term (5,6). Stunting in children is influenced by several factors, either directly or indirectly. Factors that cause stunting in the WHO Conceptual Framework include: household and family factors. Inadequate complementary feeding, breastfeeding and infection. These factors relate to economic policies,

health and health services, education, socio-culture, agriculture and food system. Water, sanitation and environment (6).

West Java is the province with the largest population in Indonesia. The proportion of stunted children under five in West Java based on the result of the 2018 Basic Health Research is on the right side of the national percentage curve or greater than the national percentage, which is 31.1% (4). Prevention efforts must be carried out in a multi-sectoral manner at the national, provincial, city and even village levels. One of the acceleration efforts carried out by the Ministry of Health is the existence of specific and sensitive nutrition intervention. All levels of society are expected to take care and move in stunting prevention efforts, including teenagers. Adolescents, who currently belong to generation Z, must have access to education about stunting prevention. Adolescent girls are prospective mothers who will give birth to the next generation of the nation. Stunting education in adolescents is one of the efforts to accelerate the reduction of stunting by targeting adolescents. This is in line with the efforts made by West Java Provincial government with the Zero Stunting Campaign in 2023.

This community empowerment applies the results of the author's previous research on the factor associated with the incidence of stunting in children age 24-59 months. Maternal factors in this study were related to the incidence of stunting, namely mother's height and education (7). Mother's education is not only obtained from formal education, but also increased information related to stunting prevention needs to be understood by mothers and prospective mothers. Other study showed that there was a relationship between maternal knowledge and the incidence of stunting (8). Providing education is important to increase community knowledge. The result of other study show an increase in knowledge about stunting after respondents are given health education (9).

SMA Aisyiyah Boarding School is located in Bandung which is the capital city of West Java Province. The large number of residents in Bandung can contribute to the incidence of stunting in West Java. All students in SMA Aisyiyah Boarding School are women. The results of interviews in preliminary study with students obtained information that there are had never been education program about stunting in schools. There were who have never heard of stunting and do not understand it. There is a lack of understanding of information about stunting, it is feared that students do not understand how efforts can be made to prevent it. It is hoped that adolescents can become stunting prevention agents by having good knowledge about stunting

prevention efforts that can be transmitted to their peers. Therefore, it is considered important to conduct education about stunting prevention efforts among young women at SMA Aisyiyah Boarding School.

Methods

This community empowerment is carried out at SMA Aisyiyah Boarding School as a partner. The target of the service implementation is Aisyiyah Boarding School students. A total 60 students were involved in this community empowerment. The activities of community empowerment carried out include three stages, namely planning, implementation and evaluation stage. The planning stage begins with seeking information about stunting through searching articles or related research journals or similar community empowerment, conducting preliminary study with headmaster and students of SMA Aisyiyah Boarding School. After conducting a preliminary study, the team submitted a permit to relevant parties. The next stage is the implementation which is carried out for 3 (three) days online due to the pandemic condition (4,11,18 September 2020). The first meeting share perception about the material to be given. The second meeting discussed stunting prevention, and the third meeting discussed about nutrition in teenager as an effort to prevent stunting).

Before the education was conducted, the target was to fill out a pre-test about the material with the aim of evaluating the initial knowledge of the counselling participants. This education was carried out using lecture and discussion methods. The media used were power point (ppt), video and e-booklet. The evaluation stage was carried out by giving a post-test to the participants with the aim of knowing the final knowledge of the participants after education.

Results and Discussion

The Result of the community empowerment "Generation Z Prevent Stunting" Movement of Early Prevention of Stunting Through Education for Adolescents in SMA Aisyiyah Boarding School Bandung are as follows:

Table 1. Students Characteristics SMA Aisyiyah Boarding School (n=60)

Characteristics	Mean	Max	Min	SD
Age (years)	16,37	18,83	14,67	0,99

Table 1 shows that the average participants involved are over 16 years old with a

minimum age of 14.67 years old and maximum of 18.83 years old. The students who participated in the in this community empowerment activity came from representatives of each class, starting from grade 10, 11, and 12. The representatives of student who participated were active member in student organizations. It is hoped that the representatives of these student can become cadres who participate in stunting prevention efforts by disseminating health information about stunting to their peers. Even though it was conducted online, the youth who actively participated took part in the activities marked full attendance at each meeting. In addition, the students who were actively involved asked things they did not understand during the discussion sessions at each meeting.

The target of this community empowerment activity is to increase the knowledge of high school students at Aisyiyah Boarding School about stunting prevention. Measurement of adolescent knowledge was assessed by measuring pre and post-test.

Table 2. Comparison of Adolescent's Average Knowledge Scores During Pre and Post-test at SMA Aisyiyah Boarding School (n=60)

Knowledge	Mean	Max	Min	SD
Pre-test	39,33	60	10	11,913
Post-test	73,33	100	50	11,449

Table 2 shows that the average value of the pre-test was 39,33% while for the while for the post-test there was increase (73.33%). The results of this activity are in line with the result of previous community empowerment which state that stunting prevention education in adolescents can increase teenagers knowledge (10). The increase in the average score of community knowledge which was quite significant was caused by the good reception of material on stunting prevention. Positive community behaviour regarding stunting can arise because of the appropriateness of the reaction or response to the stimulus, namely knowledge about stunting prevention (11). Knowledge is one of the predisposing factors that underlie a person 's behaviour to behave positively. Good knowledge can improve people's behaviour to prevent stunting early.

Increase knowledge of teenagers can be influence by several factors, one of which is social media. Social media is a popular media and is often used by adolescents around the world. It may be used in health promotion tools in adolescents (12). Knowledge related to stunting prevention effort can

increased through media social. Early preparation of mothers to find out the problem of stunting means that we have prepared mother who sufficient knowledge in an effort to fulfil nutrition in the first 1000 days of child's life which is important in preventing stunting.

Conclusions

This community empowerment activity went well. The achievement of the expected target in this activity by making public knowledge about stunting prevention, which is the average score of adolescent knowledge during the pre-test was 39.33% and increased at the post-test to 73.33%. It is recommended for adolescents as prospective mother to maintain nutritional intake, maintain healthy life style and act as agents of change by becoming adolescent wo are ready to prevent stunting. Suggestions for school to be held in collaboration with the community health centre in an effort to promote adolescent health on a regular basis and to further increase adolescent knowledge through community empowerment activity.

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