

## Efforts to Accelerate Stunting Reduction in Lamongan Regency with *Ketan Puti* Activities (Young Women's Health) with *Jagong Young Women* (Jare Putri) PC IBI Lamongan Regency

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### ABSTRACT

Stunting is a term used to refer to children who do not grow to the proper size (short babies). Stunting (short body) is a condition where the body is so short that it exceeds a deficit of 2 SD below the median length or height of the population as an international reference. Based on the results of the maternal and child health report in Lamongan, there are still pregnancies aged 15 to 18 years, at which age the reproductive organs are not ready and are very risky for the mother and have the impact of giving birth to babies with stunting. And the results of the survey through interviews are that there are still many young women who don't know what reproductive health is for prospective brides. *Ketan Puti* Activities (Young Women's Health) with is a study group for young women in the *Jagong Young Women* (Jare Putri) activity at the Independent Midwife Practice Center which is facilitated by midwives so that adolescents receive information about adolescent reproductive health and premarital preparation. Other activities carried out in this program are providing education, promotion and prevention to teenagers and prospective brides through Independent Midwife Practice Center, screening risk factors for stunting in teenagers and prospective brides, monitoring the administration of blood supplement tablets, and making referrals if risk factors are found.

**Keywords:** Stunting, ketan puti, jare putri

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### INTRODUCTION

The government has stipulated Presidential Regulation Number 42 of 2013 which regulates the Implementation of the National Movement for the Acceleration of Nutrition Improvement. The Roadmap for Accelerating Nutrition Improvement consists of four main components which include advocacy, cross-sector strengthening, development of specific and sensitive programs, and development of a database. Handling stunting cannot be done alone (scattered) because it will not have a significant impact. Efforts to prevent stunting must be carried out in an integrated and convergent manner with a multi-sector approach. For this reason, the government must ensure that all ministries/institutions as well as development partners, academics, professional organizations, civil society organizations, private companies and the media can work together hand in hand in efforts to accelerate stunting prevention in Indonesia.

Stunting or child growth disorders is not only related to stunted child growth but also less than optimal brain development. However, this can be prevented through holistic, integrative and quality efforts through synergistic cooperation. Synergistic coordination and cooperation from all sectors, both health and non-health. This understanding is what makes the Lamongan government optimistic towards zero stunting.

The Indonesian Toddler Nutrition Status Survey shows that the prevalence of stunting in Lamongan district in 2021 is still quite high, namely still at 20.5%. And it is targeted that stunting cases will fall below 14% by 2024. Various programs and activities have been carried out to handle stunting in Lamongan district. The Lamongan Branch of the Indonesian Midwives Association (IBI) also plays an active role in efforts to deal with stunting. This professional organization takes an important role by creating innovations in Ketan Puti Activities (Young Women's Health).

Teenagers are faced with difficult times in development both mentally, socially and culturally. Teenagers have limited access to correct services and information. The 2010 Basic Health Research (Riskesmas) presented data on early marriage and sexual experimentation at an early age, with 0.2 percent of young women in Indonesia aged 10-14 years getting married in 2010. More young women aged 15-19 are married than young men aged 15-19, namely 11.7 percent compared to 1.6 percent.

Young women are a group that must be well prepared so that when they become mothers they are in a healthy condition and are able to give birth to the next generation who are free of stunting. A person's knowledge is greatly influenced by education, employment, age, interests, experience and information. By participating in the health innovation program for adolescent girls to obtain information about adolescent reproductive health and premarital preparation, there will be an increase in adolescent knowledge.

Ketan Puti Activities (Young Women's Health) is a study group for adolescent girls in the *Jagong Young Women* (Jare Putri) at the Independent Midwife Practice Center which is facilitated by midwives so that adolescents receive information about adolescent reproductive health and premarital preparation. Other activities carried out in this program are providing education, promotion and prevention to teenagers and prospective brides through Independent Midwife Practice Center, screening risk factors for stunting in teenagers and prospective brides, monitoring the administration of blood supplement tablets, and making referrals if risk factors are found.

## METHOD

Activities carried out in a discussion with young women at Independent Midwife Practice Center, meetings and face to face include the following activities:

1. Health Screening for Young Women includes examination of:
  - a. Height and Weight (determine BMI)
  - b. Upper Arm Circumference Measurement (LILA)
2. Talk
  - a. Reproduction health
  - b. Stunting Prevention
3. Discussion / Question and answer
4. Demonstration

## RESULT

### A. Structured evaluation

- There is coordination between presenters, extension participants and the organizing committee during the extension event.
- Preparations for outreach events can be done well, for example in preparing chairs,

attendance and leaflets.

- Before the extension an extension agreement has been made with the target

B. Process evaluation

- Participants actively listen and listen to the outreach program
- Participants actively asked questions about the topics discussed in the question and answer session.
- Participants were able to respond to questions given by the presenter.

C. Evaluation of results

Participants are able to explain the material that has been presented correctly through oral questions including understanding *reproduction health*, Reproductive and sexual rights, female reproductive organs and premarital preparation.

**DISCUSSION**

Implementation of Activities was carried out on Wednesday 30 November 2021 from 13.30 to 15.30 WIB. Before counseling, participants were asked to fill out a pretest questionnaire distributed by the instructor. The questionnaire contains questions regarding the material to be provided. The result of this evaluation is a score obtained from the score of the number of correct answers divided by the total number of questions multiplied by one hundred. The instructors from IBI Lamongan Regency consist of 2 people. Among others are:

1. Bd. Nanik, S.ST., M.MKes: Definition and causes of Stunting
2. Kusmiwati, S.ST: The impact of stunting and how to prevent stunting

Participants seemed enthusiastic about listening to the material presented by the instructor. The question and answer session opened after the four instructors finished delivering the material. In the question and answer session, there were 3 questions asked to the instructor. At the end of the activity, participants were again given a questionnaire to fill out. This questionnaire is a posttest of extension activities. The posttest is given to evaluate the achievement goals of the extension. Posttest scores are obtained in the same way as the pretest. The pretest and posttest scores were then compared to see whether there was an increase in participants' knowledge. If there is an increase of 16 in more than 80% of participants or in 84 participants, then the extension activity is considered successful in increasing community knowledge.

**CONCLUSION**

After receiving counseling, there was an increase in understanding about stunting among young women in the Lamongan area.

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