



## COMMUNITY EMPOWERMENT STRATEGIES IN EFFORTS TO HANDLE STUNTING IN SALIMURAN VILLAGE, KUSAN TENGAH DISTRICT, TANAH BUMBU REGENCY

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Submit : September 10, 2022

Accepted : March 28, 2023

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### Abstract

This study aims to analyze the role of human and community development cadres in efforts to address the problem of stunting in Salimuran Village, analyze strategies for empowering human development cadres in preventing stunting convergence in Salimuran Village and analyze the inhibiting factors of development cadres in handling stunting in Salimuran Village. This study uses a descriptive research method with a qualitative approach. Data collection techniques in this study were carried out by observation, interviews, documentation and SWOT analysis available in relation to this study. Data analysis was carried out using several main steps, namely reducing data and presenting reduced data processing process data in the form of brief descriptions that describe the results of research findings. This research found the following results: 1) The role of Human Development Cadres in handling stunting is very important in facilitating village communities in planning, implementing and supervising human resource development in villages; 2) The inhibiting factors in the problems faced by Human Development Cadres in carrying out stunting management in Salimuran Village are that the function of the cadres is not yet optimal, the time given for capacity building is still limited so that the field is not sufficient and there is no further training and there is still a lack of public awareness about the dangers of stunting; 3) The strategy in the community empowerment program in efforts to deal with stunting in Salimuran Village that is appropriate to use is the SO or strength and opportunity strategy. SO strategy is a strategy set to get optimal effort. After knowing and taking advantage of strengths, you can take full advantage of existing opportunities; 4) Community empowerment strategies that can be carried out are using the available budget for optimal stunting management, increasing human resource capacity through the support of the District Government and establishing communication between actors and making joint work plans in handling stunting.

**Keywords:** Strategy, Community Empowerment, Human Development Cadre, Stunting.

## INTRODUCTION

Stunting is a condition of chronic malnutrition that occurs during a critical period of the process of growth and development starting in the fetus, where the results of measurements of length/height for age (TB/U or PB/U) show  $<-2$  SD to  $<-3$  SD from the standard WHO (Permenkes RI, 2020). Stunting in children is quite a serious problem because it is related to the risk of future illness and the difficulty of achieving optimal physical and cognitive development. (Djauhari, 2017; Safitri et al., 2021; Setiawati & Astutik, 2022). According to UNICEF, the problem of stunting is caused by two direct causes, namely food intake and infectious diseases (Arsyati, 2019; Pratama et al., 2019). The direct causes are related to parenting factors, food security, access to health services and environmental sanitation (Supariasa & Purwaningsih, 2019; Princess, 2020). However, the root problems of these factors are at the individual and household levels such as education level, household income, socio-cultural, economic and political (Rahayu et al., 2018; Ministry of Health RI, 2018).

Food intake factors that are directly related to the nutritional status of children under five can be influenced by poor parenting and food security conditions in the household, so that these two factors can indirectly affect the nutritional status of children under five related to aspects of food availability, quality and quantity of food. and how to feed toddlers (Faiqoh et al., 2018; Arlius et al., 2017). Regulation of the President of the Republic of Indonesia number 59 of 2017 concerning the implementation of achieving sustainable development goals on the second global goal is eliminating hunger, achieving food security and good nutrition, and increasing sustainable agriculture and on the second target By 2030, eliminating all forms of malnutrition,

Malnutrition is often assumed to be the result of food insecurity alone, even though it is not the only or even not the main cause of malnutrition, unless indeed under starvation conditions, other factors such as mother's knowledge, parenting style, access to health services, water and sanitation have the important role of wrong perceptions in society makes this problem difficult to reduce and requires great effort from the government and various related sectors (Darma et al., 2020). The results of the study prove that the influence of hereditary factors only contributes 15%, while the biggest elements are related to problems with nutrient intake, growth hormone and the occurrence of recurrent infectious diseases.

The period of 1000 First Days of Life or commonly abbreviated as 1000 HPK is a critical node as the start of stunting growth, which on the other hand has a long-term impact to repeat in the life cycle (Aryastami & Tarigan, 2017). Malnutrition as a direct cause, especially in toddlers, has a short-term impact on increasing morbidity (Anwar, 2004; Mufida et al., 2015). If this problem is chronic, it will affect cognitive function, namely the low level of intelligence and impact on the quality of human resources (Adriyani et al., 2021). In repeated conditions (in the life cycle), children who experience malnutrition early in life (1000 HPK period) have a risk of non-communicable diseases in adulthood (Siagian, 2022).

The proportion of very stunted and short nutritional status in toddlers by city or district in 2013 - 2021 in South Kalimantan Province in 2013 had a stunting prevalence rate of 44.2% and in 2021 the prevalence rate decreased to 30.00% (Widyarni & Inayah, 2023). The condition of stunting in Tanah Bumbu in 2021, the prevalence of stunting will increase by 12.3% to 18.7% compared to last year in 2020 which was at 6.37%. Although the progress of the prevalence has decreased, the local government of Tanah Bumbu Regency remains committed to reducing it again according to the targets of the South Kalimantan Provincial and National governments. Of all the active Posyandu in the village, a recapitulation of stunting prevalence data was obtained from the Tanah Bumbu District Health Office in August 2021, the number of stunted children (very short and stunted) in Tanah Bumbu Regency was 1168 people.

The stunting data for 2022 in Tanah Bumbu still shows quite high numbers. Central Kusan District is in seventh place, with a total of 56 people and for Salimuran Village contributed 5 people. It can be seen from table 2.1 Recap of Stunting Toddlers per Lokus Village 2022, Central Kusan District.

stunting toddlers is caused by a lack of understanding of toddler nutrition, maintaining environmental cleanliness and maintaining food hygiene (Adriyani et al., 2021; Fitriani et al., 2022). Not only found in toddlers, but when they are still in the womb, parents should also pay attention to the nutrition in their food (Baihaki, 2017; Fatimah, 2019). Because stunting cannot be known in a short period of time, except after a toddler is 2 years old (Larasati & Wahyuningsih, 2018; Yuliani et al., 2019).

One way to deal with stunting is through community empowerment programs. Community empowerment activities through the efforts of human development cadres. In dealing with stunting, sometimes efforts to empower the community get less attention due to the lack of budget for a series of activities. Whereas community empowerment includes a series of activities that start with building community awareness, community organizing to participatory planning for the preparation of follow-up plans from, by and for the community.

In the Regulation of the Minister of Home Affairs number 11 of 2019 concerning priorities for the use of Village funds in 2020 there are 21 important points, in the second order is the handling of cases of stunted toddlers (stunting). So that the handling of stunting in the village has been strongly supported by the use of the village expenditure income budget (APB Desa). In handling stunting in the Village, there are Human Development Cadres or abbreviated as KPM whose duties and functions are as cadres who facilitate the handling of stunting convergence. Where KPM together with other community empowerment activists facilitate and advocate for an increase in APBDesa spending, mainly sourced from the Village Fund, to be used to finance stunting prevention activities in accordance with the needs and conditions of the Village.

## **RESEARCH METHODS**

### **Types of Research**

This research uses descriptive research with a qualitative approach. A qualitative approach was carried out using interviews, observation and documentation methods, this relates to the research objective of obtaining detailed information about actors, activities, events, especially those related to empowering community human development cadres with children who are stunted.

The research location was chosen because in terms of numbers the highest number of stunting sufferers was located in Salimuran Village, Central Kusan District, Tanah Bumbu Regency, namely 8 people. In addition, in determining the location of the research (Moloeng in Perdamen, 2012) states that the best way is taken by considering substantive theoretical steps and tracking the field to find conformity with the reality in the field, a kind of geographical and practical involvement such as time, cost and effort is also needed. used as a material consideration in determining the location of research.

### **Data Source**

The primary data for stunted children was obtained from children who were actively present at the Posyandu in Salimuran Village. The research focused more on children with indications of existing stunting. The respondents who were the target of the interview were Posyandu Cadres, Community Development Cadres, Empowerment Village Assistants and the Head of Salimuran Village. Meanwhile, secondary data was taken from village profiles to carry out observations and recapitulation data on the number of stunting toddlers in the Kusan Tengah Health Center.

### **Data Collection Technique**

Data was collected through interviews, observation, documentation and SWOT analysis. The interview technique is the process of collecting data by asking questions to the informant to be answered verbally, assisted by an interview guide. Mapping or observation to dig up information that includes physical facilities and social conditions by describing the condition of the surrounding area in general and as a whole. Includes geographic data, regional administration, together with the community. Documentation is a study technique used in order to collect secondary data that can be used as information in the form of letters, regulations, decisions and other related files, in accordance with the research to be carried out. SWOT analysis stands for Strengths (strengths) and Weaknesses (weaknesses) of the internal environment and Opportunities (opportunities) and Threats (threats) of the external environment in the business world (Sjafrizal, 2014). SWOT analysis in this study is used to determine the development strategy method by analyzing external factors in the form of opportunities and threats and internal factors in the form of strengths and weaknesses.

### **Data Analysis Technique**

The process of analyzing qualitative data according to Matthew B. Mills and A. Michael Huberman (1992) will go through the following process:

- 1) Data reduction is defined as the process of selecting, focusing on simplifying, abstracting, and transforming "rough" data that emerges from written records in the field. Data reduction is a form of analysis that sharpens, classifies, directs, discards unnecessary, and organizes data in such a way that final conclusions can be drawn and diversified.
- 2) Data presentation (display) is limited as a set of structured information that gives the possibility of drawing conclusions and taking action. Better presentation of data is a key means of valid qualitative analysis. In order to see the overall picture of the research, an attempt will be made to create various narrative matrices only.
- 3) Verification (drawing conclusions), namely the researcher trying to find the meaning of things, noting regularities, patterns of explanation, configurations and causal flows and propositions. Conclusions are verified throughout the study. The meanings that emerge from the data that are tested for truth, robustness and suitability are the validity, so that clear conclusions can be drawn about the truth and its usefulness.

## **RESULTS AND DISCUSSION**

### **The Role of Human Development Cadres in Handling Stunting**

The role of KPM in handling stunting through three stages of empowerment, namely:

- a. The awareness and behavior formation stage is the preparatory stage in the process of community empowerment. As the results of an interview with the Head of Salimuran Village stated that:

*"at this stage the human development cadres are trying to create preconditions, so that they can facilitate an effective empowerment process, namely by counseling about the first 1000 days of life conducted in Salimuran Village, with nutritionists and health center staff, attended by the Salimuran Village community (Interview, December 11, 2022).*

Interviews were also conducted by the KPM of Salimuran Village who stated:

*"counseling about 1000 HPK is very important, so as to ensure stunting prevention targets get quality services" (Interview, December 11, 2022)*

At this stage KPM carries out coordination and/or collaboration with parties who participate in stunting prevention services.

- b. In the second stage, skill proficiency can take place well, full of enthusiasm and run effectively, if the first stage has been conditioned.

The community will experience a learning process about knowledge and skills that are relevant to what these needs demand, such as knowledge about what stunting is, what causes stunting, what is good sanitation, and at this stage toddlers, pregnant women will be examined his health. The most effective prevention and control of stunting is carried out in the first thousand days of life, including in pregnant women; Improving the nutrition and health of pregnant women is the best way to overcome stunting. Pregnant women need to get good food. If the pregnant woman is very thin or has experienced Chronic Energy Deficiency (CED), it is necessary to give additional food to the pregnant woman; Every pregnant woman needs to get iron tablets, at least 90 tablets during pregnancy; Mother's health must be maintained so that the mother does not experience pain; and This situation will stimulate openness of insight and mastery of the basic skills they need. At this stage the community can only provide a participation role at a low level, namely just being a follower or object of development, not being able to become a subject in development. At this stage KPM facilitates husbands of pregnant women and fathers of children aged 0-23 months to participate in nutrition counseling and maternal and child health. namely just being a follower or object of development, not being able to become a subject in development. At this stage KPM facilitates husbands of pregnant women and fathers of children aged 0-23 months to participate in nutrition counseling and maternal and child health. namely just being a follower or object of development, not being able to become a subject in development. At this stage KPM facilitates husbands of pregnant women and fathers of children aged 0-23 months to participate in nutrition counseling and maternal and child health.

- c. The third stage is the stage of enrichment or intellectual improvement and the necessary skills, so that they can form the ability to be independent.

This independence will be marked by the community's ability to form initiatives, produce creations, and carry out innovations in their environment, such as when a baby is born; Delivery assisted by a trained midwife or doctor and once the baby is born perform IMD (Early Breastfeeding Initiation); Infants up to the age of 6 months are given only breast milk (exclusive breastfeeding); Infants aged 6 months to 2 years; Starting from the age of 6 months, in addition to breast milk, babies are given complementary food to breast milk (MPASI). Breastfeeding continues until the baby is 2 years old or more; Infants and children receive vitamin A capsules, taburia, complete basic immunization; Monitoring the growth of toddlers at the posyandu is a very strategic effort to detect early growth disturbances; and Clean and Healthy Living Behavior (PHBS) must be pursued by every household including increasing access to clean water and sanitation facilities, as well as keeping the environment clean. PHBS reduces the incidence of illness, especially infectious diseases which can divert energy for growth to the body's resistance to infection, make it difficult for the body to absorb nutrients and stunt growth.

At this stage the role of KPM is facilitating the Village community to actively participate in planning, implementing and supervising Village development programs/activities to fulfill specific and sensitive nutrition services. From the results of the above analysis it can be concluded that the role of the Human Development Cadre in handling stunting is very important in facilitating village communities in planning, implementing and supervising human resource development in the village.

### **Problems Faced in Handling Stunting**

The aim of handling stunting carried out by Human Development Cadres is to reduce the prevalence of stunting in Salimuran Village. Activities in this empowerment program are not only limited to assisting in posyandu activities but raising awareness about the meaning of stunting, stunting management and stunting prevention.

The stunting management program through community empowerment has not been carried out optimally in this village. As the results of the initial interview with the Head of Salimuran Village stated that:

*"As the Village Head, I have made a decision regarding the appointment of Human Development Cadres to handle stunting, apart from that a budget has also been allocated in the 2022 Fiscal Year APBDesa, but the absorption and several activities in the field are still not optimal so the funds have not been fully absorbed". (Interview 11 December 2022).*

Interviews were also conducted with Human Development Cadres (KPM) in Salimuran Village. The KPM appointed by the Village stated that:

*"Since the village head's decision was made and given one day KPM training facilitated by the P3MD village innovation program, they still feel confused about the tasks that must be done. Sometimes asking the village assistant also does not get a satisfactory answer. So it is my great hope as KPM that there will be further capacity building accompanied by practice regarding duties and functions as KPM". (Interview, December 11, 2022).*

The Village Assistant for Village Community Empowerment Development and Empowerment Program (P3MD) assigned to Kusan Tengah District (including Salimuran Village) also provided comments in interviews, stating in his response that:

*"In the process of handling stunting based on community empowerment in Salimuran Village, the human resources associated with this program still do not understand much about their duties and functions in the field, there is no special guidance for assistants and further guidance for KPM. And so far we are still working waiting for instructions at the top level". (Interview, December 11, 2022).*

Interviews were also conducted with posyandu cadres in Salimuran Village. As a sample, Posyandu Mega Mendung cadres serve around 76 children. This posyandu cadre said that around 8 children were in the short and very short categories.

*"Mega Mendung posyandu in Salimuran Village serves 76 toddlers, of which 8 of them are in the short and very short categories. Providing additional food is a step that has been done. For more complete treatment steps that have not been carried out, coordination is needed for the collaboration of all available resources to handle stunting in Salimuran Village." (Interview, 11 December 2022).*

In general, the implementation of empowerment carried out by KPM as a responsibility to the people of Salimuran Village does not always run smoothly because there are several problems that sometimes become inhibiting factors in the implementation of these activity programs.

### **Community Empowerment Strategy in Handling Stunting**

Determining the right strategy for implementing empowerment, including the stunting management empowerment program in Salimuran Village, is an important factor in the success of the program. One method for determining the strategy is to use a SWOT analysis. SWOT analysis is a way of analyzing internal and external factors to become a strategic step in optimizing a more profitable business (Rangkuti, 2015).

SWOT analysis is a very important part of the strategic management planning process (Picktom, 2016). This analysis is designed to be used in the early stages of decision making and for strategic planning in various types of applications. Analysis of the internal (IFAS) and external (EFAS) factors of the community empowerment program in efforts to deal with stunting in Salimuran Village. The total weight of each is 100%, for the value per item: from 10 (very unimportant) to 100 (very important).

The value for strength is 375, while the value for weakness is 340. The value for opportunity is 345 and the value for threats is 340. So that the one with the highest score is from the internal factor, namely strength with a value of 375. The position of the empowerment program in efforts to tackle stunting in the village Salimuran is in quadrant I which means that the internal factor in this case has a very good opportunity. The choice of strategy used is the SO strategy (quadrant I) whereby using strengths to take advantage of opportunities.

To formulate the strategy using the results of the assessment of internal factors and external factors, namely developing the strengths and opportunities that are owned and minimizing the weaknesses of the threats faced. Based on the analysis of IFAS and EFAS an alternative community empowerment strategy is formulated using a SWOT matrix analysis. Analysis of internal factors consisting of strengths and weaknesses, as well as external factors consisting of opportunities and threats from the stunting management program resulted in four alternative strategic options consisting of SO (strengths and opportunities), WO (weaknesses and opportunities), ST (strengths and threats) and WT (weaknesses and threats).

Based on the analysis of internal and external factors, the selection of strategies and the SWOT matrix, it is found that the opportunities that exist can work well by utilizing existing strengths, so that the strategies obtained are:

- 1) Using the available budget for optimal treatment of stunting;
- 2) Human resource capacity building can be through the support of the District Government.

The above strategy is expected to be implemented by the Village Government assisted by Human Development Cadres in an effort to deal with stunting in Salimuran Village. Of course it is also supported by the District Government, the Tanjung Island Health Center and Posyandu Cadres. In interviews with informants, it has been discussed about the problem of strengths and opportunities where what is desired is that existing strengths become a force that can be relied upon to make changes, existing opportunities can strengthen existing strengths so that all influences are constructive. can be maximized by combining strengths and opportunities so that they can maximize the performance of stunting handling in Salimuran Village.

The implementation of community empowerment basically requires community participation in carrying out its activities, namely the implementation of a stunting management program through increasing the capacity of human development cadres and maximizing the existing budget so that it can maximize its activities. The involvement of the community in general and the Village Government in implementing empowerment in efforts to deal with stunting in Salimuran Village will greatly assist and facilitate the implementation of this activity, both in disseminating information about stunting and in the form of early stunting prevention.

This is in accordance with that which was stated by Sulubyani (2014) that in the process of learning empowerment is the stage of awareness and formation of behavior towards conscious and caring behavior so that they feel the need to increase self-capacity. This stage illustrates that the empowering party is trying to create pre-conditions, in order to facilitate the ongoing effective empowerment activities. What is being intervened in the community is actually more to its effective ability to achieve the expected conative awareness. Whole awareness will further open

people's will and awareness about the current conditions, and thus will be able to stimulate their awareness of the need to improve conditions to create a better future.

Increasing the capacity of human development cadres is one of the forms of the empowerment implementation stage which was also put forward by the next, namely the stage of transformation of capabilities in the form of insightful knowledge, skill skills so that they are open-minded and provide basic skills so that they can take a role in development.

In interviews with respondents it was also explained that the fundraising from the Village Government for 2022 had not been fully absorbed, so this became homework for all parties involved in handling stunting in the Village to be able to arrange activities that could be carried out for activities. Increasing the capacity of human development cadres is more about reflecting on their duties and functions as a cadre, preparing work plans for follow-up activities, stunting convergence facilitation guidelines and simulations of reporting and evaluation formats.

Capacity building activities are not only for human development cadres but can also involve posyandu cadres, PAUD teachers and related human resources both from within Salimuran Village and from outside, who are indeed involved in the stunting management program. This activity can be proposed to the Regional Government, more specifically to the Service that handles stunting directly or through the Stunting Handling Convergence Team at the District level.

### **Factors Inhibiting Human Development Cadres in Handling Stunting**

Based on the results of interviews conducted, it is known that KPM problems in implementing the empowerment program handling *stunting*, that is:

a. The KPM function is not yet optimal

One of the success factors of the empowerment program, in this case, is the handling of stunting by accompanying actors. The results of the analysis show that KPM has not optimally coordinated between Village parties involved in handling stunting. This can be seen in the absence of a KPM follow-up work plan in the stunting management program.

b. The training provided is limited in time

Training is an important part of community empowerment programs. Because here you will be given provisions in the form of an initial understanding of anything related to the stunting issue. Training is a short-term educational process that uses systematic and organized procedures. The time allotted for the KPM training in 2022 was very short and there were no simulations for some related materials. This causes the level of understanding of the material presented to be less than optimal. KPM feels that they do not have sufficient provisions to carry out their duties and functions as a representative to assist the village government in facilitating village communities to plan, implement and supervise development activities human resources in the Village.

c. There has been no further capacity increase

After the initial training, the KPM went into the community to carry out its functions, it turned out that there were some difficulties in the field. Further capacity building actually needs to be carried out as a follow-up to the initial training, so that problems found during field work can be discussed together and solutions found.

d. Lack of public awareness about the dangers of stunting



Basically changing people's habits is a very difficult thing, stunting is something that looks "ordinary" when the "short gene" of the parents is the justification. Even though clean and healthy living behavior also greatly influences the growth and development of children in the first 1000 days of life. Sometimes there must be a real example in the community, so that it will be an example that can be followed by other communities.

The concept of village community empowerment can be understood from various perspectives. One of them is empowerment which is defined as establishing the position of the community, this position places the community not as beneficiary objects that depend on the gifts of other parties. Acting independently does not mean releasing the responsibility of other parties (the government). Provision of public services in the form of health, education, access to transportation and others to the community is certainly a duty (obligation) of the State. Based on the description above, it can be concluded that the problems faced in handling stunting in Salimuran Village are the number of assistants who are still lacking, training or capacity building for actors is still lacking, public awareness about stunting is still lacking and supporting suggestions are also not optimal.

### CONCLUSION

Based on the results of the analysis and discussion, it can be concluded that the role of the Human Development Cadre in handling stunting is very important in facilitating village communities in planning, implementing and supervising human resource development in the village. The inhibiting factor in the problems faced by Human Development Cadres in carrying out stunting management in Salimuran Village is that the function of the cadres is not yet optimal, the time given for capacity building is still limited so that the field is not sufficient and there is no further training and there is still a lack of public awareness about the dangers of stunting. The strategy in the community empowerment program in efforts to deal with stunting in Salimuran Village that is appropriate to use is the SO or strength and opportunity strategy. SO strategy is a strategy set to get optimal effort. After knowing and taking advantage of strengths, you can take full advantage of the opportunities that exist. Community empowerment strategies that can be carried out are using the available budget for optimal stunting management, increasing human resource capacity through the support of the District Government and establishing communication between actors and making joint work plans in handling stunting.

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