

RESEARCH ARTICLE

EDUCATION COUNSELING AS AN EFFORT TO REDUCE STUNTING IN ALUH-ALUH DISTRICT, BANJAR REGENCY, SOUTH KALIMANTAN

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ABSTRACT

The problem of stunting can be a factor inhibiting national development. A local wisdom-based approach is an important strategy to change people's behavior. The purpose of community service is to educate the community to know the potential of nutritious local food sources to prevent stunting. The service partners are Simpang Warga Dalam Village and Pemurus Village in Aluh-Aluh District which are recorded as one of the highest stunting loci in 2022 in Banjar Regency, South Kalimantan. Community service activities include counseling, training and mentoring from resource persons who understand local wisdom. The evaluation showed an increase in the value of knowledge and an increase in the ability of health cadres in carrying out measurement techniques and recording results. The enthusiasm of the participants was also shown by the many questions related to anemia, stunting and processing of local food ingredients.

Keywords: education, local wisdom, stunting

INTRODUCTION

The ongoing problem of stunting can be a inhibiting factor in national development (Riskasdas Kalsel, 2018). The knowledge, attitudes and skills of the community in processing food sources, especially local food sources, are still very lacking (Angadi & Ranjitha, 2016; Upadrasta et al., 2019; Weise, 2012).

South Kalimantan as one of the provinces on the island of Kalimantan is famous for having many rivers so that it is often known as the province of a thousand rivers where the lives of the people in South Kalimantan are closely related to river activities (Hamidah et al., 2016, 2017). South Kalimantan Province has abundant natural resources, both animal and plant, which are beneficial for health, one of which is for preventing anemia (Triawanti et al., 2022). However, the

health conditions of the community in South Kalimantan still need to be improved. The community still has various health problems, including the still high rate of anemia in adolescent girls and WUS, as well as the still high rate of stunting in South Kalimantan (Media Center Prov. Kalimantan Selatan, 2021; Riskasdas Kalsel, 2018). The results of the 2021 Indonesian Nutritional Status Study (INSS) showed that the prevalence of stunting in Banjar Regency was the highest in South Kalimantan (40.2%), while the figures for South Kalimantan Province were (30%) and nationally (24.4%), although in South Kalimantan Province in 2022 it had decreased by 5.4% to 24.6% and at the national level the prevalence of stunting in Indonesia fell from 24.4% in 2021 to 21.6% in 2022 (Administrator Bappedalitbang, 2022; Administrator Dinkes Kalselprov, 2023; Triawanti et al., 2022). During 2021 to 2022 in Banjar Regency, there has been a

decrease in the prevalence of stunting from 40.2% in 2021 to 26.4% in 2022. However, the prevalence rate of stunting in Banjar Regency is still above the average stunting rate in South Kalimantan Province (Triawanti et al., 2022).

The assumption that nutritious food is expensive food often encourages people to prioritize efforts that are seen as being able to increase income (Balai Pengembangan PAUD dan Dikmas Daerah Istimewa Yogyakarta, 2017; Henry, 2022). This condition is often carried out by ignoring health conditions. This is exacerbated by the fact that there is still an assumption at the community service location that if family members are considered healthy, there is no need to go to existing health services, especially health centers (Syahrir & Adha, 2018). For this reason, many parents are reluctant to take their toddlers to integrated health service posts (Posyandu) (Rehing et al., 2021; Reihana & Artha Budi Susila Duarasa, 2012; Syahrir & Adha, 2018). This condition can cause delays in health care for the community.

Health cadres have an important role as a driving force for change, their presence is very much needed in various dimensions of community life (Rajendran & Karibeeran, 2015). The presence of nutrition cadres is expected to be a driver of the utilization of local food resources as a source of nutritious and cheap food (Dewi et al., 2022; Istiqomah & Setyobudihono, 2017).

The lives of people in South Kalimantan are closely related to river activities, many efforts need to be made to study the conditions, especially health conditions, of river settlement communities. Banjar culture is the most widely used culture in South Kalimantan, thus the Banjar local wisdom approach is the main choice that can be used in approaching its people (Istiqomah et al., 2018; Istiqomah & Setyobudihono, 2017; Triawanti et al., 2022).

METHOD

Based on the priority of problems that have been agreed upon with partners, it has also been agreed on the solutions that need to be implemented. In the Human Resources (HR)

problem, the agreed solution is the implementation of seminars, training and mentoring on: nutrition education to prevent stunting based on local wisdom, and the current condition of the nutritional status of the population. The seminar and training are planned to be attended by around 20 Posyandu cadres and 20 members of the community. The activity is held on Saturday and Sunday. It is estimated that the time for one seminar and training activity will take 2 days each, around ± 6 hours/day. For the evaluation process of the success of the seminar, a pretest and posttest were carried out which aimed to measure the increase in knowledge before and after the seminar. Evaluation of the skills and abilities of the cadre group was carried out using the observation method, using the checklist method with the technique of providing opportunities for skill simulation by participants. Furthermore, the cadres will be given stunting prevention training based on local wisdom.

Partner participation in the implementation of this community service program is in the form of participant participation and provision of facilities and infrastructure for seminars and training in the form of a place for seminars and training.

The sustainability of this community service program is realized by making partners a group of adolescent health nutrition cadres. The general target is the development of nutritional education activities, with one of its leading programs being the formation of adolescent nutrition cadres consisting of students or adolescents and trained posyandu cadres. It is hoped that with the presence of a team of trained adolescent nutrition cadres, they can carry out cadre formation on each partner. Then the activity plan is drawn up as follows

Table 1. Plan of Action (PoA)

No	Form of Work	Objectives	Indicators of Success
1	Health Counselin g and Making	Providing knowledge while fostering	Achieving sustainable programs and

2	education posters Cleaning and Placing trash bins	Posyandu cadres Mobilizing the community to work together to create a clean and comfortable environment and raise public awareness of the importance of implementing a clean environment	establishing cooperation Implementation of activity programs at least 1 time
3	Increasing closer ties between communities	Fostering cooperation between health cadres and the community	Joint gymnastics is carried out at least 1 time
4	Health Education Video "isi piringku" and Health education	Increasing public knowledge about regulating diet	Implementation of online educational video distribution through social media owned

RESULTS

Preparation for Community Service activities began with a meeting between all lecturers and students involved in this activity. This meeting determined the work plan, implementation strategy, inventory and equipment, and division of labor. The next preparation was to submit an application for an activity permit to the Banjar Regency local government, as well as the Banjar Regency Health Office. The activity permit letter from the Banjar Regency Health Office is

numbered 400.14.5.4/1670/SDK.3-Dinkes dated February 14, 2024.

The activity began by identifying problems related to the theme, namely nutritional problems in preventing anemia and stunting. Information was collected from nutrition and health promotion officers at the Aluh-Aluh Health Center (Figure 1a), and the community (Figure 1b).

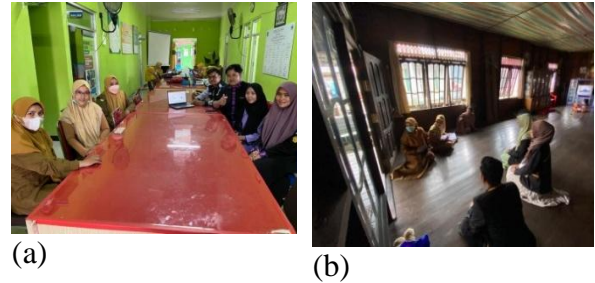


Figure 1. Health Problem Information Collection
The team then held a discussion on the results by compiling a priority scale (figure 2). The results of the discussion were then consulted again with the community in a Village Community Deliberation (Musyawarah Masyarakat Desa/MMD) to be proposed as an activity program (figure 3).



Figure 2. Discussion on Information Collection Results



Figure 3. Village Community Deliberation
Morning exercise activities were attended by all students of MIN 7 Banjar and several teachers. This

activity was guided by students with pleasant musical accompaniment. All participants laughed happily and enthusiastically followed the instructions of the movement guide. This exercise activity started at 08.00 WITA to 09.30 WITA (pictures 4a, 4b)



Figure 4. Morning exercise After taking a short break, the activity continued by gathering students into a classroom that had been prepared. In the classroom, the community service students had prepared several materials and demonstration tools for Clean and Healthy Living Behavior (PHBS), including: washing hands with soap, cutting nails, brushing teeth, cleaning up trash. The implementation of the activity was carried out with great enthusiasm from the students. They actively answered every question and also actively asked questions. To add to the excitement of the atmosphere, the students held a quiz or asked questions, and students who answered correctly would get prizes in the form of stationery.



Figure 5. PHBS Counseling by Students This child education counseling was conducted by a resource person who is an expert in developmental psychology. The resource person

has experience in conducting various teaching activities and assessing students.

The counseling activity was attended by five teachers from MIN 7 Banjar, 15 teachers and health cadres who were given information about child education. Motivation was also given to partners to be active in carrying out responsible child education. Counseling was also provided regarding teaching strategies and education management.

Participants were active during the discussion session in providing various questions about child education and teaching strategies. All participants who attended asked about various things, including what is needed in dealing with children, preparation of teaching materials, and the teaching process where they looked enthusiastic and interested.

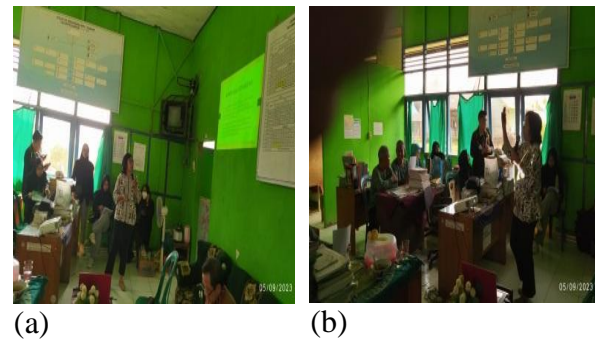


Figure 6. Child Education Counseling Nutrition counseling to prevent anemia and stunting based on local wisdom began with an introduction to the nutrition module book to prevent anemia based on local wisdom. The counseling materials provided consisted of 5 topics: 1) About anemia and stunting, 2) Healthy nutrition to prevent stunting, 3) Balanced nutrition, 4) Local food potential, and 5) Recipes for nutritious menus made from local foods typical of South Kalimantan. Participants were very interested and enthusiastic in participating in the activity. The material on local food ingredients really caught their attention. Many local food ingredients that are easy to obtain and inexpensive actually have a high level of nutritional adequacy.



Figure 7. Nutritional Health Counseling to Prevent Stunting Based on Local Wisdom

CONCLUSION

Local food potential still needs to be explored and its use increased. Most of the population whose livelihood is as fishermen, should make protein needs met with the results of their fish catch. However, the high demand makes them prefer to sell all their catch so that almost nothing is left to be consumed with the family.

Motivation is still needed to be increased for mothers who have toddlers to weigh their toddlers regularly at the integrated health post. Supervision and refreshment in the form of training for integrated health post cadres must always be carried out so that they can understand the meaning of each measurement result and correctly carry out measurement techniques.

ACKNOWLEDGEMENT

Our gratitude goes to Cahaya Bangsa University and Lambung Mangkurat University for providing funding support for the activities. We also express our gratitude to the Banjar Regency Government, especially the people of PSimpang Warga Dalam Village and Pemurus Village who have participated and provided facilities and infrastructure so that all activities can run smoothly.

DECLARATION OF POTENTIAL CONFLICT OF INTEREST

Ermina Istiqomah and Sudjatmiko Setyobudihono do not work for, consult, own shares in, or receive funding from any company or organization that would benefit from this manuscript, and has disclosed no affiliations other than those noted above.

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