

# The Role of Adolescents in Stunting Prevention in Digital Era

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## ABSTRACT

The quality of human resources starts from the First 1000 Days of Life. Young women are the forerunner to give birth to the next generation. Attitudes and healthy lifestyle behaviors of a teenager can contribute to preventing stunting. The purpose of this activity is to educate young women on healthy living behaviors in an effort to prevent stunting. The method of implementing this activity used counseling/education for 64 participants. The results achieved by the youth were that 64 people had knowledge about stunting prevention. It is hoped that youth can become agents of change as a benefit of this community service activity.

**Keywords:** digital era, healthy lifestyle, prevention, stunting, Young women

## INTRODUCTION

Quality human resources is the dream of every person and organization, both small and large, let alone an organization like a country. The progress of a country will be achieved if it has human resources that can compete with other countries. The creation of qualified human resources must start as early as possible, namely since the fetus is still in the womb. Children are the next generation; therefore, their nutritional intake must be considered so that adults can become a quality generation. Nutritional factors are one of the factors that can affect the growth and development of children. (Dian Insani Fitri et al, 2014; Paramashanti: 2018; Mirham Nurul Hairunis, et al, 2018). Malnutrition can cause stunting (Budiastuti and Rahfiludin, 2018)

Stunting in recent years has attracted a lot of attention, especially in developing countries, including Indonesia. The Ministry of Health announced the results of the Indonesian Nutrition Status Survey (SSGI) at the BKKBN National Working Meeting, where the prevalence of stunting

in Indonesia fell from 24.4% in 2021 to 21.6% in 2022. Stunting is not only a matter of height but the most dangerous is the low ability of children to learn, mental retardation, and the third is the emergence of chronic diseases. (Joko Widodo) The Government's efforts to reduce stunting resulted in the issuance of Presidential Regulation Number 72 of 2021 concerning the Acceleration of the Reduction of Stunting in Indonesia with a target of 14 percent by 2024.

The prevalence of stunting in North Sulawesi in 2021 based on the results of the Indonesian Nutrition Status Survey is still quite high, namely 21.6%, an increase compared to the results of the 2019 Toddler Nutrition Status Survey (21.18%). The prevalence of stunting in South Minahasa Regency based on the Ministry of Health's SSGI in 2021 reached 24.2% above North Sulawesi's presentation of 21.6%. This data is still relatively high because it must be reduced to 14% in 2024. The number of stunted children in South Minahasa Regency. The number of stunted children was recorded as a result of measuring 248 children.

Some research results show that there are risk factors for stunting in children in developing countries are not given exclusive breastfeeding, socioeconomic, low birth weight, birth length, low maternal education, infectious diseases (Budiastuti, 2019; Yuwanti, et al, 2021). Teenagers, especially women, are future brides and mothers of future generations. The quality of future generations depends on today's youth through their knowledge of the factors that influence stunting. Correct knowledge and accompanied by attitudes and healthy living behaviors are expected to help give birth to a higher quality generation.

Limited knowledge of healthy living behaviors from parents can cause abnormal child growth and development. Seeing that the stunting rate in South Minahasa is quite high, a strategy is needed to prevent an increase in the number of stunting in the villages. Therefore, it is necessary to socialize and educate prospective mothers, namely teenagers. The observed problem is that there are still many young people who do not understand stunting and the factors that cause stunting. In addition, there are still many teenagers who do not understand the importance of having their health checked at the Puskesmas or Posyandu in order to get Blood Supplement Tablets (TTD). Both of these problems received the attention of the implementation team. The community service implementation team determined the location at SMK Negeri 1 Sinonsayang. The students came from villages in the Sinonsayang District.

The aims of this community service activity is to educate young women on healthy living behaviors in an effort to prevent stunting. The benefit is that teenagers can become agents of change both in the school environment and in the village where they live.

## METHOD

Understanding among adolescents about the factors that influence stunting. The activities carried out in the outreach are as follows:

### *1. Provide an understanding of stunting*

The students were given debriefing on what and how stunting occurs. Factors that contribute to stunting are also given to adolescents (students). With this understanding, it is hoped that they will be able to apply it within their respective families and communities. See figure 1 and figure 2.



**Figure 1.** Debriefing/education for youth



**Figure 2.** Resource persons with stunting material

*2. Provides an understanding of what young women must do as future mothers of the next generation*

Provision of adolescent material as prospective mothers needs to understand adolescent health as the forerunner to motherhood. They must understand healthy lifestyles as teenagers, and during pregnancy. The material provided is a healthy lifestyle as a teenager and parenting for the first 1000 days of life (HPK) when you become a mother. See figure 3 and figure 4.



**Figure 3.** Giving 1000 HPK materials



**Figure 4.** The students are receiving debriefing materials

*3. Provides an understanding of healthy lifestyle behaviors*

Healthy living behavior as early as possible for future mothers is important to prepare. They have to care since they were teenagers so that when they become mothers, they have formed the habit of healthy living behavior. Among other things, by going to a health facility, such as taking vitamin ADD tablets, and paying attention to reproductive health. See figure 5



**Figure 5.** Adolescent health examination

*4. Provide motivation in playing a role in preventing stunting*

Teenagers are the forerunners of becoming mothers, so they need to be given a role to *transfer knowledge* to peers and other people such as pregnant women and prospective brides. The role of adolescents in accelerating the reduction of stunting besides understanding healthy living behaviors for themselves, can also provide information to people in residential areas. See figure 6.



**Figure 6.** Giving motivation to run the role of adolescents in stunting prevention

## RESULTS AND DISCUSSION

### ***1. Stunting Prevention***

Teenagers are the next generation who will play a role in preventing stunting from upstream. Teenagers (students) have been given an understanding of how to live a healthy life since they were teenagers. The material provided concerns stunting and the government's efforts and actions that have been taken to accelerate the reduction of stunting, especially in South Minahasa. Why in South Minahasa because their school is in the district area.

The students who took part in this activity totaled 64 students who were representatives of grades 10, 11 and 12. Most of the participants were girls, because they were the target for an understanding of stunting and a healthy way of life for young girls. All participants understood the material provided by the implementing team. The hope of implementing PKM activities is that students can become agents of change both at school and in the community. They can provide understanding to the public about accelerating the reduction of stunting, especially in the South Minahasa Regency area.

As a manifestation of the role of students as teenagers to accelerate the reduction of stunting, they regularly visit the Posyandu in their respective villages to get Blood Supplement Tablets (TTD). In addition, students can campaign to stop stunting through the community's healthy lifestyle. Sicilian research results of Nathanael (2022) show the importance of providing stunting prevention educational models for young women, especially those that emphasize the perceived seriousness and perceived benefits so that awareness can be obtained to prevent stunting earlier. To prevent stunting, young women are advised to increase consumption of foods rich in protein, iron and folic acid such as vegetables and fruits (Ni'matush Sholihah, 2019)

### ***2. Understanding Parenting in the First 1000 Days of Life***

In addition to providing material on stunting and its prevention, students are given an understanding of the importance of the First 1000 Days of Life (HPK). The period of the first 1000 days is often called the *window of opportunities* or often also called the golden period, based on the fact that during the period from the fetus to the age of two, the process of growth and

development occurs very quickly and does not occur in other age groups. Fulfillment of nutritional intake in 1000 HPK children is very important. If in this age range children receive optimal nutritional intake, the decline in children's nutritional status can be prevented from the start.

This material is given so that teenagers (students) can understand how to do the right parenting at the age of 1000 HPK. Fulfillment of nutrition in this period is very important to prevent stunting in children. The 64 students who took part in this activity were expected to disseminate this knowledge to prospective brides in their respective villages in the South Minahasa Regency Region. Students must be able to convince prospective brides and also pregnant women to be able to carry out the 1000 HPK parenting pattern. This golden period, if the parenting style is correct, it is very likely that there will not be an increase in stunted children in the area. Everything can be done if all prospective brides and pregnant women understand the importance of these 1000 HPK. In the 1000 HPK movement, it has been explained that specific and sensitive interventions are needed to tackle the problem of malnutrition. Specific interventions are carried out by the health sector, such as the provision of vitamins, additional food, and others, while sensitive interventions are carried out by the non-health sector, such as the provision of clean water facilities, food security, health insurance, poverty alleviation and so on (Rosha BC et al, in Rahayu 2018).

## CONCLUSION

Communication of Educational Information can help someone understand the problem of stunting. By *transferring knowledge*, youth (students) can become agents of change through their role in transmitting knowledge about stunting to others. Through the information and education received can change attitudes and behavior for a healthy life in adolescents. Proper provision of supplies can prevent stunting.

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