

## TUNGGURONI COMMUNITY SERVICE THROUGH STUNTING COUNSELING ACTIVITIES AND SOCIALIZATION OF HEALTHY EATING PATTERNS WITH THE DASHAT MENU

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**ABSTRACT.** *Stunting is a condition of failure to thrive in children due to chronic malnutrition that occurs in the first 1,000 days of life, starting from pregnancy until the child is 2 years old. In order to overcome the problem of stunting, outreach activities are one of the effective methods. This outreach will provide the public with an understanding of the importance of balanced nutrition and adequate nutritional intake for the growth and development of children. Objective from study This For increase awareness public about danger of stunting and method handle it so that it can be done lower risk of stunting in child . The implementation method used by researchers in this KKN activity consists of several activities, including implementing Stunting Socialization and Counseling as well as Providing Dashat Menus to the Community in nggurono Subdistrict which is the Center for Providing Health Education related to Stunting. The implementation of outreach activities was also supported by the Binjai City Genre Party, they sent Stunting Care Genre Ambassadors to contribute to this activity. And the presence of several Family Planning Field Officers (PLKB) also enhances stunting education activities. Socialization of Healthy Eating Patterns with the DASHAT Menu is carried out by KKN Students, by demonstrating healthy cooking for pregnant women and breastfeeding mothers, as well as introducing food ingredients that can be consumed and food ingredients that should be avoided during pregnancy and breastfeeding, as well as demonstrating cooking for toddlers and toddlers.*

**Kata kunci:** *Counseling, Socialization, Stunting and Healthy Eating Patterns*

## INTRODUCTION

Community Service is a form of effort to make a positive contribution to society. Apart from that, community service is one of the pillars of the Tri Dharma of Higher Education which involves several academic actors such as lecturers, students, teaching staff and other supporters. In the

context of this research, the main focus of community service that researchers apply is on preventing stunting cases and promoting healthy eating patterns using a healthy menu called dashat.

Stunting is a condition of failure to thrive in children due to chronic malnutrition that occurs in the first 1,000 days of life, starting from pregnancy until the child is 2 years old. Stunting is a condition where a toddler has less length or height compared to age. Stunting is caused by multi-dimensional factors and is not only caused by poor nutrition experienced by pregnant women and toddlers. The most decisive intervention to reduce the prevalence of stunting is key to children's lifestyles in the First 1,000 Days of Life (HPK) of children under five. In detail, several factors that cause stunting can be described as follows: (Rinaldi, et al., 2021)

1. Poor parenting practices, including a lack of maternal knowledge regarding health and nutrition before and during pregnancy, as well as after the mother gives birth. Several existing facts and information show that 60% of children aged 0-6 months do not receive breast milk (ASI) exclusively, and 2 out of 3 children aged 0-24 months do not receive complementary foods for breast milk (MP-ASI). . MP-ASI is given/introduced when toddlers are over 6 months old. Apart from its function of introducing new types of food to babies, MP-ASI can also meet the nutritional needs of the baby's body which is no longer supported by breast milk, as well as building the body's resistance and development of the child's immunological system towards food and drink.
2. There are still limited health services including ANC services - *Ante Natal Care* (Health Services for Mothers During Pregnancy) Post Natal Care and the Ministry of Health and the World Bank stated that the attendance rate of children at Posyandu is decreasing from 79% in 2007 to 69% in 2013 and children are not yet obtain adequate access to immunization services. Another fact is that 2 out of 3 pregnant women have not consumed adequate iron supplements and there is still limited access to quality early learning services (only 1 out of 3 children aged 3-6 years have not been registered with PAUD/Early Childhood Education services).
3. There is still a lack of household/family access to nutritious food. This is because the price of nutritious food in Indonesia is still relatively

expensive. According to several sources, food commodities in Jakarta are 94% more expensive than in New Delhi, India. Prices of Fruit and Vegetables in Indonesia are more expensive than in Singapore.

#### 4. Lack of access to clean water and sanitation.

Dashat is an abbreviation for "Healthy Kitchen to Overcome Stunting". The Dashat program is a community empowerment activity in an effort to provide balanced nutrition for families at risk of stunting. The Dashat program aims to overcome stunting by providing balanced nutritional intake to families at risk of stunting, especially prospective brides and grooms (CATIN), pregnant women, toddlers and toddlers. This program is carried out through health assistance activities and nutritional education to the community. By actively involving the community, the Dashat program aims to increase family access to nutritious food by utilizing local resources and local community culture.

In order to overcome the problem of stunting, outreach activities are one of the effective methods. This outreach will provide the public with an understanding of the importance of balanced nutrition and adequate nutritional intake for the growth and development of children. Apart from that, promotion of healthy lifestyles is also carried out so that people can maintain overall health.

The dashat menu is one of the innovations in the field of nutrition and health. This menu is designed taking into account nutritional needs and balanced nutritional composition. By introducing the dashat menu to the public, it is hoped that they can adopt a healthier and more regular eating pattern. This will have a positive impact on children's health and growth and prevent stunting. Not only that, counseling and outreach regarding stunting is important to provide education to the public about the importance of maintaining children's diets for prospective mothers and those who are targets for preventing stunting.

In this research, community service in nggurono sub-district will involve various parties, such as medical personnel, nutritionists, and volunteers. They will work together to convey information about stunting and healthy lifestyles to the public. Apart from that, it is hoped that there will be cooperation with the local government to ensure the sustainability of this program and provide the necessary support.

Stunting prevention efforts also aim to ensure that Indonesian children can grow and develop optimally and have emotional, social and physical abilities that are ready to learn, and are able to innovate and

compete at the global level. Thus, the main aim of this research is to provide education to expectant mothers in the tungrono sub-district community in preventing stunting and providing examples of nutritious food according to children's nutritional needs. So that people are no longer blind and have thorough preparation as prospective mothers.

By carrying out community service through stunting education activities and socializing healthy lifestyles with dashat menus, it is hoped that positive changes can occur in the quality of life of the people in AWAGRONO. So that through this research, people will have a better understanding of the importance of balanced nutrition and a healthy lifestyle, and will be able to apply it in their daily lives.

## **METHOD**

The implementation method used by researchers in this KKN activity consists of several activities, including the implementation of Stunting Socialization and Counseling as well as Providing Dashat Menus to the Community in nggurono Subdistrict which is the Center for Providing Health Education related to Stunting. Several Implementation Partners who played an active role in this activity were Family Planning Field Officers (PLKB), Binjai City Stunting Care Genre Ambassadors, DPL Lecturers and Core Speakers (Mrs. Meilani Fabiola Harahap, SST, MKM). The main targets in this activity include prospective brides and grooms, pregnant women, post-natal mothers, toddlers and toddlers.

Stunting education activities and socialization of the Dashat menu are carried out as a form of prevention of the problem of malnutrition in children (stunting) in tungrono sub-district in the form of education about the problem of stunting and its prevention, namely a healthy lifestyle with the dashat menu. Therefore, researchers hope that by holding this activity, they will be able to increase understanding about the dangers of stunting on children's growth and development so that they can reduce the percentage of people suffering from stunting in tungrono subdistrict.

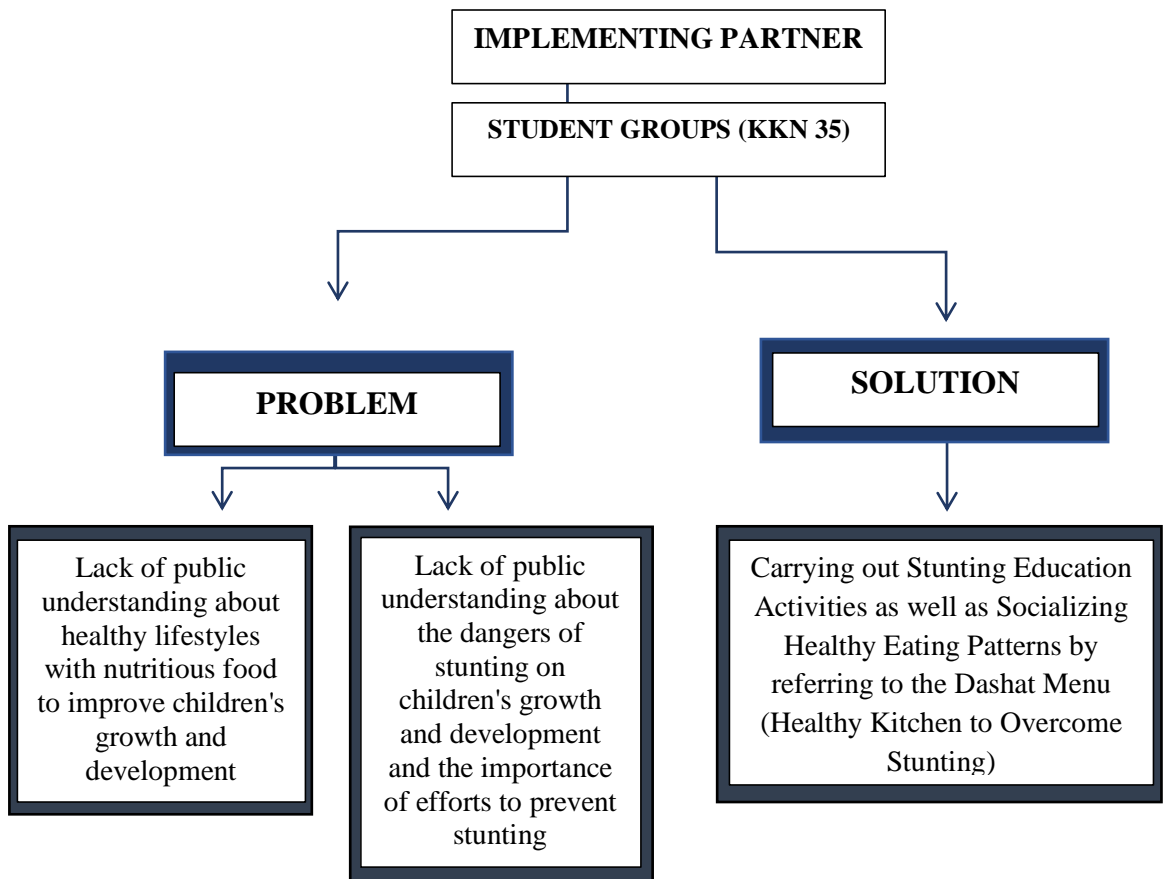


Figure 1. framework of thinking

## RESULTS AND DISCUSSION

Stunting become problem because relate with increasing risk happen pain And death, development brain suboptimal so that development motor late And obstruction mental growth. One form of effort to prevent stunting is through education aimed at mothers in changing behavior to improve family health and nutrition. (Mitra, 2015: 255) In line with this, UINSU KKN students in nggurono subdistrict carried out several programs and collaborated with BKKBN in the "IMPORTANT STUDENTS; STUNTING CARE STUDENTS" program which included Stunting Counseling and Socialization of Healthy Eating Patterns with a Dashat Menu. The series of activities carried out are:

### A. Stunting Counseling in Subdistricts Waitrono

Extension Activities held on August 9 2023 in the Village Hall Waitrono . This activity received a positive response from the nggurono sub-district government. The implementation of outreach activities was also supported by the Binjai City Genre Party, they sent Stunting Care

Genre Ambassadors to contribute to this activity. And the presence of several Family Planning Field Officers (PLKB) also enhances stunting education activities. The speaker in this Stunting Counseling Activity is Mrs. Meilani Fabiola Harahap, SST, MKM. Socialized material containing about Dangers of Stunting, Causes of Stunting Children, Characteristics Stunting Children, Impact Problem Health on Children, Handling Stunting in Children, and How to Prevent Stunting. Target from activity socialization This is Catin (Candidate bride and groom), The mother thinks so toddler And Mother pregnant.

### 1. Characteristic features Stunted Children

The characteristics it has by child Stunting sufferers are as following :

- a. Growth slowing down.
- b. Face looks more young from child his age.
- c. Growth tooth late.
- d. Poor performance on ability focus And memory learn it.
- e. Age 8-10 years child become more quiet, no Lots do contact eye towards the people around him.
- f. Heavy body toddler No go on even tend decreased.
- g. Development body child hampered, like has menstruation First on child woman .
- h. Child easy attacked various disease infection.

### 2. The Impact of Stunting on Health Child

Impact period short stunting is disturbed development brain, intelligence, distraction on growth physical, as well disturbance metabolism. As for impact period length is stunting which is not handled with Good as early as Possible can lower ability development cognitive brain child, immunity body weak so that easy Sick And risk tall appearance disease metabolic like obesity, disease heart, and disease vessels blood as well as difficulty learn. One the impact stunting will have happen is no optimally ability cognitive the child will influential to future life. Ability cognitive is ability child for think more complex as well as do reasoning and solution problem, development ability cognitive will make it easier child control knowledge general more wide. So that child the can works in a way reasonable in life social. (Daracindaha, et al , 2021: 125-126).

### 3. Handling And Stunting Prevention

On generally handling stunting in child done with method as following :

- a. One handling the first one who can done For child with tall body below normal is diagnosed as stunting, namely with give it pattern proper care.

- b. Exclusive breastfeeding until 6 months old, as well joint breastfeeding with MPASI until child 2 years old.
- c. Provision giving the should contains a minimum of 4 or more from seven type food covers serelis or tubers , nuts , produce processed milk , eggs or other sources of protein, and Vitamin A rich intake.

Expected with exists counseling This can provide information regarding about the dangers of stunting, and overcoming or preventing stunting in order to minimize the number of people suffering from stunting, especially in subdistricts Waitrono .



Figure 2. Activity Stunting socialization in the Village hall Waitrono

## **B. Socialization of Healthy Eating Patterns with the DASHAT Menu (Kitchen Healthy Overcome Stunting)**

In this activity, the focus of the desired achievement is to help people understand healthy and nutritious eating patterns. This includes the importance of consuming foods rich in nutrients such as protein, vitamins and minerals. And avoid foods that are low in nutrition such as fast food and excessively sweet foods.

Socialization of Healthy Eating Patterns with the DASHAT Menu was carried out by KKN Students, by demonstrating healthy cooking for pregnant women and breastfeeding mothers, as well as introducing food ingredients that could be consumed and food ingredients that should be avoided during pregnancy and breastfeeding, as well as demonstrating cooking for toddlers and toddlers. Food preparations are made based on recipes from the book "Delicious and nutritious cooking according to the contents of my plate" where the menu consists of mackerel fish pesmol,

stir fried long beans and tempeh, and corn fritters. The main ingredients are fish, corn, vegetables, etc. as food that is rich in nutrition.



Figure 3. Dashat Style Healthy Menu Demo Activity



Figure 4. Distribution of Dashat Food to Pregnant Women and Toddlers





Figure 5. Group Photo After the Dashat-style Healthy Food Demonstration Activity

Target from the work this program that is Mother pregnant, mother breastfeeding, mothers who have child clown And mother who has child toddler. Place implementation this activity namely on Pages Village KKN Post Waitrono.

## **CONCLUSION**

Our presence as Student It's important (Stunting Care) to try for continue effort with method giving awesome food menu And give education to inhabitant public local through socialization. The programs we implement walk with fluent and get response from enthusiastic community during ongoing program counseling. Necessity done enhancement knowledge public since early about stunting as well role as well as cadre health in give information And monitoring health mother and baby in effort prevent stunting in 1000 days First life.

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