



# Strategy for Handling Stunting Through the First Thousand Days of Life for Mothers and Babies in Kaleke Village, West Dolo District, Sigi Regency

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## ABSTRACT

National Strategy for accelerating the prevention of stunting is a reference document that can be used to ensure convergent coordination of all interventions for all stakeholders in supporting the Indonesian Government's commitment. Kaleke Village is the working area of the Kaleke Community Health Center with the highest incidence of stunting compared to other villages. The incidence of stunting in 2020 out of 105 toddlers suffering from stunting was 37 ( 35.23 %). The number of stunting incidents in 2021 is 25 incidents with a percentage of 28.74% of the total 101 incidents in the Kaleke Community Health Center Working Area. The purpose of this study was to determine the strategy through the first thousand days of life for mothers and babies in Kaleke Village, Dolo Barat District, Sigi Regency

This research is a qualitative research to find out strategies for handling stunting through the first thousand days of life for mothers and babies in Kaleke Village, West Dolo District, Sigi Regency through observation, in-depth interviews and documentation .

The research results show that the strategy for handling stunting through the first thousand days of life for mothers and babies in Kaleke Village, West Dolo District, Sigi Regency is carried out by providing counseling to mothers, providing additional food, distributing biscuits, providing vitamins for young women .

The strategy for handling stunting through the first thousand days of life for mothers and babies in Kaleke Village, West Dolo District, Sigi Regency is carried out by providing counseling to mothers, providing additional food, distributing biscuits, providing vitamins for young women . It is recommended that the Kaleke Community Health Center improve services to pregnant women, infant mothers and mothers of toddlers in handling the problem of stunting through the first 1000 days of life proactively on a door-to-door basis.

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## 1. INTRODUCTION

The first 1000 day period is often called the window of opportunities or often also called the golden period , based on the fact that from the fetal period to a child aged two years there is a very rapid growth and development process that does not occur in other age groups. Fulfilling nutritional intake for children at 1000 HPK 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 .

The National Strategy for accelerating the prevention of stunting is a reference document that can be used to ensure convergent coordination of all interventions for all stakeholders in supporting the Indonesian Government's commitment. With the National Strategy, it is hoped that all parties at various levels will understand their respective roles and work together to accelerate stunting prevention (1) .

Kaleke Village is the working area of the Kaleke Community Health Center with the highest incidence of stunting compared to other villages. The incidence of stunting in 2020 of 105 toddlers suffering from stunting was 37 (35.23%). The number of stunting incidents in 2021 is 25 incidents with a percentage of 28.74% of the total 101 incidents in the Kaleke Community Health Center Working Area.

Based on information from the stunting prevention program holder at the Kaleke Community Health Center, since the implementation of the 1000 HPK program, it has succeeded in reducing the incidence of stunting in Kaleke Village. Where 7 years ago the stunting incidence rate of 152 toddlers suffering from stunting was recorded at 76 (47.36%) in 2015. Results of interviews with 3 mothers of toddlers, 2 people said that with the 1000 HPK program, mothers of toddlers know the benefits of providing ideal nutrition for children. their children are not always expensive, 1 other person said that through 1000 HPK is a very good program to do for mothers who have babies and toddlers.

## 2. METHODOLOGY

Type of research is descriptive qualitative with the aim of finding out the benefits of the first thousand days of life in treating stunting for mothers and babies through observation , in-depth interviews and documentation.

## 3. RESULTS AND DISCUSSION

The results of research through interviews with informants regarding strategies for handling stunting through the first thousand days of life for mothers and babies in Kaleke Village, West Dolo District, Sigi Regency were carried out by providing counseling to mothers, providing additional food, distributing biscuits, providing vitamins for young women.

"This can be seen through interviews with informants by providing counseling, providing additional food for toddlers at posyandu and distributing milk" (2). Likewise with other informants , what was done was counseling about stunting, providing additional food, giving vitamins, counseling to teenagers and mothers about reproductive health, about drugs and counseling about early marriage, and giving vitamins to young girls and giving biscuits to stunted toddlers" (3).

Another strategy implemented is to fulfill nutritional needs for pregnant women and also for children while they are in the womb and children must be given exclusive breast milk and additional supplements for pregnant women and toddlers and economically weak communities. This can be seen through interviews with key informants that " The strategy used here is that there are many midwives who sell milk that sells PASI products. We often remind the midwives not to promote this product. What we all know is that if we truly breastfeed exclusively, this stunting can be resolved completely . The strategy used here is that there are many midwives who sell milk that sells PASI, we often remind midwives not to promote this product. "What we all know is that if we truly breastfeed exclusively, this stunting can be completely resolved." (4).

The 1000 HPK program consists of activities that are carried out continuously and involve various interconnected sectors with the aim of achieving what has been set. Therefore, the evaluation of the 1000 HPK Movement Program uses a systems approach. Input components include the availability of personnel/human resources, infrastructure, funding, targets in

the 1000 HPK Movement Program and forms of service in implementing the 1000 HPK program.

Maternal nutritional factors before and during pregnancy are indirect causes that contribute to fetal growth and development. Pregnant women with malnutrition will cause the fetus to experience intrauterine growth retardation (IUGR), so that the baby will be born malnourished and experience growth and development disorders.

Children experience obstacles in growth due to lack of adequate food intake and recurrent infectious diseases, and increased metabolic needs and reduced appetite, resulting in increased malnutrition in children. This situation makes it increasingly difficult to overcome growth disorders which ultimately lead to stunting.

This research is in line with research conducted by Silvia (2019) that the awareness stage, namely socialization, the ability transformation stage in the form of knowledge insight, providing basic skills so that they can take a role in development, by providing training and finally the stage of increasing intellectual abilities, skills so that initiative and innovative abilities are formed to usher in a pattern of independence, a society that is already independent cannot be left alone. The community still needs protection, namely being monitored by a posyandu (5).

Likewise, research carried out on empowerment was carried out by the Wulmasari Village Government in Sanjaya's research (2017) by holding stunting prevention training which went through the awareness stage, and the formation of the behavior towards conscious and caring behavior so that they felt the need to increase their own capacity, the ability transformation stage in the form of knowledge insight, skills skills to open up insight and provide basic skills so that they can take a role in development, and stages of increasing intellectual abilities, skills skills so that initiative and innovative abilities are formed to usher in a pattern of independence (6).

#### 4. CONCLUSION

The strategy for handling stunting through the first thousand days of life for mothers and babies in Kaleke Village, West Dolo District, Sigi Regency is carried out by providing counseling to mothers, providing additional food, distributing biscuits, providing vitamins for young women. It is recommended that the Kaleke Community Health Center improve services to pregnant women, infant mothers and mothers of toddlers in handling the problem of stunting through the first 1000 days of life proactively on a door to door basis.

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