



## EFFORTS TO PREVENT STUNTING SINCE PREGNANCY WITH GETOL BAWEL IN THE WORKING AREA OF THE VILLA PERTIWI HEALTH CENTER, IN DEPOK

Jenny Anna Siauta<sup>1</sup>, Apriliyati Pangastuti<sup>2</sup>, Arwani Zebua<sup>3</sup>, Aprinda Maharani P K<sup>4</sup>, Claudia Ratih Nurullita<sup>5</sup>, Elisabeth Mani Ratu<sup>6</sup>, Nova Martriyani<sup>7</sup>, Nyi Imas Fitriani<sup>8</sup>

<sup>1,2,3,4,5,6,7,8</sup>Faculty of Health Studies, Universitas Nasional Indonesia

Corresponding Author : [Jenny.siauta@civitas.unas.ac.id](mailto:Jenny.siauta@civitas.unas.ac.id)<sup>1</sup>

### Abstract

The prevalence of stunting in Depok City is 3,283 (3.24%) children who are stunted in a preliminary survey conducted randomly to pregnant women in the TPMB Bdn. Dian K area, it was found that some pregnant women still do not know about the prevention of stunting in children during pregnancy. Stunting is the failure to grow or the abnormality of a child, which is usually characterized by weight or height that is not appropriate for his age, according to age less than -2 standard deviations (SD) in the World Health Organization (WHO) growth curve which occurs due to irreversible conditions due to inadequate nutritional intake and recurrent/chronic infections that happen in the first 1000 days of life (HPK). The government has tried to handle stunting by providing additional food to pregnant women and toddlers using local ingredients to make it accessible to the community. The provision of PMT gives good results. Namely, there is a decrease in the incidence of stunting every year. The purpose of this community outreach is to provide education and increase the knowledge of pregnant women about stunting prevention starting from the period of pregnancy, commonly known as the First 1000 Days of Life. The participants in this activity were 17 pregnant women and Posyandu Cadres. This activity began with a preliminary survey and a Forum Discussion Group (FGD) to determine problem priorities and carry out interventions. The intervention was carried out by providing counselling and pretests and posts to measure the success of counselling. Based on the results of the pretest, an average score of 86 was obtained, and the average score of the post-test was 100, which showed that the majority of participants experienced an increase in knowledge after providing education about stunting prevention. The advice given is that pregnant women always strive to fulfil nutritional needs, especially in 1000 HPK, by consuming nutritious foods such as GETOL BAWEL (Nuget, Tofu, Eggs, Leeks and Carrots).

**Keywords:** Stunting, GETOL BAWEL, Pregnant women

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### INTRODUCTION

Stunting is the failure to grow or the abnormality of a child, which is usually characterized by weight or height that is not suitable for his age which is less than -2 standard deviations (SD) in the growth curve of the World Health Organization (WHO) which occurs due to irreversible conditions due to inadequate nutritional intake and recurrent/chronic infections that occur in the First 1000 Days of Life (WHO, 2020 in the Ministry of Health of the Republic of Indonesia, 2022).

Data from the World Health Organization (WHO) in 2020 shows that 5.7% of children under five in the world are overnourished, 6.7% are undernourished and malnourished, and 22.2% or 149.2 million suffer from stunting (chronic malnutrition). The prevalence of stunting is still relatively high when compared to the Indonesian government's target of 14% in 2024 as well as the WHO standard

where stunting should not be above 20% and the Sustainable Development Goals (SDGs) target of 0% by 2030 (Ministry of Health of the Republic of Indonesia, 2022).

The 2021 Indonesian Nutrition Status Study (SSGI) in 34 provinces showed that the national stunting rate decreased from 27.7% in 2019 to 24.4% in 2021. Although the prevalence has decreased, it is still classified as high (>20%) based on WHO criteria. In addition, data in Indonesia to date has not separated shortness caused by nutritional factors from non-nutritional factors (Ministry of Health of the Republic of Indonesia, 2022).

In 2023, the prevalence of short toddlers or stunting in Depok City was 3,283 (3.24%); this indicates that the incidence of stunting is below the national target of 18.4%. To solve the prevalence of stunting, interventions are carried out by providing specific nutrition to several targets, namely in children aged 0-23 months, in the first 1000 days of life (HPK) and in pregnant and lactating women. Target with other ages in children aged 24-59 months and adolescent girls and women of childbearing age.

From a preliminary survey conducted randomly of pregnant women in the TPMB Bdn. Dian area, located in Bojonglijo RT 01 RW 28 Sukamaju Village, Cilodong District, Depok City, found that some pregnant women still do not know about preventing stunting in children during pregnancy. Based on this, we carry out community service to increase pregnant women's knowledge and avoid increased stunting that begins during pregnancy. The intervention was carried out by advising on stunting and introducing innovative products, namely GETOL BAWEL (Nugget, Tofu, Eggs, Leeks and Carrots). This product is a creative idea made to provide a reference for food that has good nutritional value and is liked by the community. This innovation will likely impact the *Zero Stunting target*.

## **METHOD**

Community service was carried out at TPMB Bdn. Dian is in Bojonglijo RT 01 RW 28, Sukamaju Village, Cilodong District, Depok City, for two weeks. The facilities and infrastructure used are learning media in the form of PowerPoint presentations and focuses, leaflets, and innovative products that have been prepared. The work step began with a preliminary survey, conducting FGD with the community attended by National University Lecturers and Students, Village Midwives, and Posyandu Cadres, to determine problem priorities and prepare activity plans to carry out interventions. The intervention was implemented by providing health counselling on the impact and prevention of stunting and demonstrating how to make GETOL BAWEL one of the innovations. Participants were given pretest questions and continued to fill out post-test questions using a questionnaire containing knowledge questions about stunting and how to prevent it to determine the participants' knowledge before and after the counselling was given. It was followed by a question and answer session to find out the attitude and enthusiasm of the participants; participants were very active during the activity.

The implementation of community service is carried out together with a solid TIM so that it runs according to plan without any obstacles.

## **RESULTS AND DISCUSSION**

The participants who participated in this community service activity consisted of 17 participants; the characteristics of the extension participants consisted of educational backgrounds, the number of parity, and different gestational ages. A knowledge questionnaire containing ten questions about the definition of stunting, the characteristics of stunting, the symptoms of stunting and the causes of stunting. Based on the pretest results, an average score of 86 was obtained, and the average score of the post-test was 100. It shows that the activity participants have increased their knowledge after providing education about stunting prevention.

In addition to measuring the level of knowledge, this activity also explored the respondents' attitudes regarding stunting through 4 questions. It showed that all respondents had a better attitude about stunting after being given counselling. All respondents knew that stunting did not occur due to the offspring of one of the short family members but due to chronic nutritional problems or a lack of balanced dietary intake for a long time. With the increase in knowledge and attitude, it is hoped that it can influence the behaviour of pregnant women to increase nutritional intake as needed.

Getol Bawel is an innovation that helps fulfil the nutrition needs of pregnant women and prevents stunting from pregnancy. The administration of getol bowel is evidence-based; it has many benefits, including energy sources, preventing blood clots in pregnant women, strengthening the muscles of the mother and fetus, and helping fetal brain development. G tol bawel is a product that contains tofu nuggets, eggs, leeks, and carrots. The content contained in the four components is

1. Tofu in 100 grams contains 75 kcal of energy, 8 grams of protein, and 5.4 mg of iron, vitamins A, B, C, carbohydrates, beta-carotene, potassium, copper, and zinc. C carrots contain vitamins A and K, fibre, and antioxidants, boost the immune system, reduce the risk of congenital disabilities, and support skin and hair health.
2. One hundred grams of eggs (2 eggs) contain 154 kcal of energy, 12.4 grams of protein, and 3 mg of iron, which help strengthen the body of the mother and fetus, support the development of the fetal brain, maintain the health of the fetal eyes, and fight fatigue during pregnancy.
3. Leeks have content to prevent anaemia from becoming a source of folate, improve the immune system, and help alleviate complaints during pregnancy.
4. Carrots are useful as antioxidants, improve vision, reduce the risk of cancer, and improve the digestive system. One medium carrot contains 25 kcal and six mcg of folate.

From Getol Bawel's innovative food, food ingredients have a high energy and protein content. Of the various food ingredient compositions in Getol Bawel, it also has iron and folic acid that

pregnant women and fetuses need during growth. T is Getol Bawel, one example that meets the nutritional needs of pregnant women and can be obtained at affordable prices; only creativity and innovation are needed in using food ingredients to create an attractive shape and taste.

### Photos of Activities



Figure 1 FGD

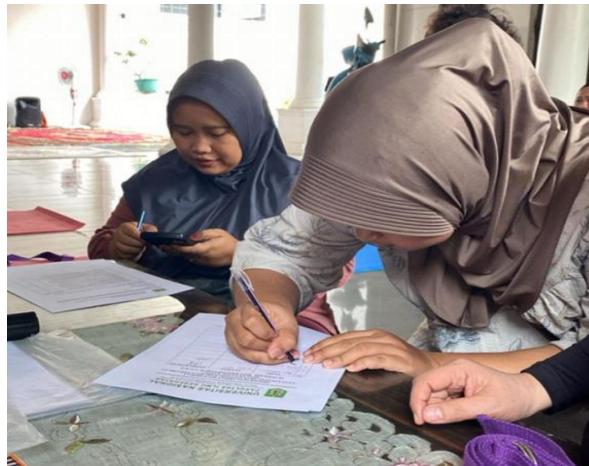


Figure 2 Presence



Figure 3 Completion



Figure 4 Question and answer session



Figure 5 Getol Bawel



Figure 6 Closing

## CONCLUSION

After pregnant women participated in this community service activity, it was obtained to increase the knowledge of pregnant women about the definition, causes, and ways to prevent stunting based on the results of pretest and post-test evaluations. Participants will receive the introduction of innovative products because of their good nutrition and taste. We hope that introducing this product can help pregnant women create a variety of food types to meet their nutritional needs so that it can reduce the incidence of stunting in babies and toddlers in the future.

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