



“PADI TUMBANG AT PAUD KANA” GROWTH SELF-MONITORING AT PAUD KANA AND PROVISION OF CATFISH NUGGETS TO PREVENT STUNTING IN PRESCHOOLERS

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Abstract

Toddlerhood is one of the critical phases for human growth and development. In the toddler period, a very rapid growth and development will affect the next life, and the continuity of growth and development of toddlers is affected by nutritional status. The nutritional status of toddlers is the nutritional condition of children aged 0-59 months determined by anthropometric methods, based on the index of Body Weight according to Age (BB / U), and Body Weight according to Height (BB / TB) (Izwardy, 2019).

This community service activity aims to exemplify to parents how to meet nutritional needs, one of which is by giving catfish nuggets, and how to "fall rice in paud kana" self-monitoring of growth and development in paud kana. This activity was carried out at PAUD Kana in West Bandung and involved children, parents, and school stakeholders. Patin fish nuggets are made from natural ingredients such as catfish, eggs, panir flour, pepper, onion, salt, and sugar, and are rich in protein to support children's health and growth. Nutrition education and demonstration on making fish nuggets were also provided to parents. The results of the activity showed that catfish nuggets not only attracted children, but also effectively increased their appetite. Through the nutrition education session and demonstration of making catfish nuggets, parents gained essential insights on providing healthy and nutritious food. This activity provides a practical solution to the problem of feeding difficulties in children and motivates families to adopt healthier eating habits. Catfish nuggets are an effective and easy-to-implement alternative to increase the appetite of toddlers, and support their optimal growth and development.

Keywords: Catfish Nuggets, Child Growth and Development

INTRODUCTION

Toddlerhood is one of the most critical phases for human growth and development. During this period, there is very rapid growth and development, which will affect the next life. The continuity of growth and development of toddlers is influenced by nutritional status. The nutritional status of toddlers is the nutritional condition of children aged 0-59 months determined by anthropometric methods, based on the index of Body Weight according to Age (BB/U) and Body Weight according to Height (BB/TB) (Izwardy, 2019).

Growth and development are interrelated and cannot be separated. Growth is the ability to increase the number of cells so that they can be measured in units. At the same time, development increases self-ability in the structure and function of the body and affects the next life. Toddler development is the changes and growth that occur in children aged 1 to 5. This development covers various aspects, including physical, psychomotor, psychological, and social (Mafticha & Setyowati, 2019).

Child health problems can interfere with growth and development due to decreased food intake and decreased absorption of nutrients, which causes the body to lose nutrients needed for growth and development. Continued health problems also decrease the body's immunity, making disease or

infection easier. Such conditions, if they occur continuously, can cause chronic nutritional disorders that will cause growth disorders such as stunting (Budiastutik & Nugraheni, 2018).

Nutrient intake in toddlers is essential in supporting growth so that there is no failure to grow (growth stunting), which can cause stunting. Nutrient intake in toddlers is crucial in supporting growth so that there is no failure to grow (growth stunting), which can cause stunting (Dewi, 2022). The high problem of malnutrition in Indonesia can seriously impact the decline in the quality of human resources (HR) because it can cause suboptimal brain development, which can hinder cognitive and motor development and growth (Ministry of Health, 2022).

Growth, both cognitive and motor (Ministry of Health, 2018). One of the problems of malnutrition is the high number of cases of stunting among children under five. Stunting is a condition of toddlers with a length or height that is not proportional to age (Handayani, 2021). This condition is measured by length or height exceeding two standard deviations below the median of child growth from the WHO World Health Organization. These conditions can make children physically grow shorter than normal children their age and delay thinking. Thus, stunting can be said to be a condition in toddlers who experience chronic malnutrition due to low nutritional intake.

Based on the Indonesian Nutrition Status Survey (SSGI), the number of toddlers at risk of stunting in Indonesia in 2022 reached 4.7 million (21.6%), which is a decrease compared to 2021, when the figure was 24.4% from the target of 14% (Ministry of Health, 2023). The 3 (three) regions with the highest prevalence in Indonesia in 2022 are East Nusa Tenggara (35.3%), West Sulawesi (35%), and Papua (34.6%), while West Java ranks 22nd (20.2%) and the lowest is Bali (8%) (Ministry of Health, 2023). Districts in West Java in 2023 had the highest incidence of stunting in Sumedang Regency (27.6%), followed by Sukabumi Regency (27.5%), and West Bandung Regency (27.3%) (West Java Health Office, 2023). According to West Bandung Regency Regent Regulation Number 60 of 2023 concerning the acceleration of stunting reduction, the incidence of stunting in West Bandung Regency in 2023 is 27.3% of the target of 25.12%.

According to data at the Kana posyandu in Godo bangkong village, Ngamprah sub-district, West Bandung Regency, in May 2025, several toddlers had poor nutritional status. The government has made various efforts to overcome stunting, including specific and sensitive nutrition interventions. Specific nutrition interventions are carried out to prevent and reduce nutrition problems directly, including providing immunizations and additional food (PMT) to pregnant women and toddlers at posyandu. However, stunting prevention programs still encounter various obstacles and challenges, especially in rural areas (Moedjiherwati, 2023).

One of the causes of stunting is the low intake of nutritious food, so mothers experience nutritional deficiencies during pregnancy and breastfeeding (Komalasari et al., 2020). One of the problems faced in preventing stunting is the lack of knowledge among homemakers in meeting the availability of family nutrition. Homemakers still think that fulfilling nutrition must be at a high cost. This lack of knowledge makes parents unable to meet children's nutritional needs amid low economic

capacity. Meanwhile, the knowledge sector and civic culture are the sectors that contribute the most to handling cases of stunting in children (Beal et al., 2018).

According to Achadi (2020), the factors that cause stunting are divided into 3: direct, indirect, and basic causes. The direct causes of stunting consist of infectious disease factors and nutrient intake. Then, indirect factors are parenting factors (IMD and exclusive breastfeeding), access to food, access to health services (immunization), environmental sanitation (clean water sources, places to defecate), child characteristics (birth weight, birth length), and maternal characteristics (maternal height, pregnancy distance, upper arm circumference).

Situation Analysis of Partner Group

Preschool students are preschool-age children who must be monitored for growth and development. Child health problems, such as difficulty gaining weight and eating, can interfere with children's growth and development. If these conditions occur continuously, they can cause chronic nutritional disorders that will cause growth disorders such as stunting.

Therefore, to prevent stunting in Paud Kana, community service activities are carried out through early detection and self-monitoring of child growth and development. Stunting can be prevented and overcome as early as possible. This community service activity aims to detect and monitor growth and development in children early and increase parents/teachers' understanding of stunting prevention.

METHODS AND PROSEDURE

This community service was conducted at Kana Preschool in West Bandung on Monday, June 2, 2025. This activity aims to provide education about the importance of nutrition for early childhood and introduce nutritious protein alternatives that can help preschool children grow and develop.

Implementing the activity began with formal school licensing, collecting preliminary data on children's growth and development, and analyzing the data to ensure appropriate interventions. Before the intervention, a focus group discussion (FGD) was held involving several stakeholders to determine priority issues that require special attention. On the day of implementation, the activity was attended by the Head of PAUD Foundation, Principal, PAUD teachers, and students involved in this community service program.

The activity began with a counseling session that provided an in-depth understanding to the children and accompanying parents or guardians about the importance of balanced nutritional intake for optimal child development. The counseling material included the dangers of overnutrition and malnutrition and their impact on children's physical and mental development. Students and the service

team demonstrated how to make catfish nuggets from catfish meat, eggs, panir flour, pepper, onion, salt, and sugar.

After the demonstration, the children were allowed to try the catfish bento, which was presented as an example of a healthy, balanced menu that was attractive, delicious, and nutritious. These fish nuggets are expected to be a solution to help increase the appetite of children who may have difficulty eating. At the end of the activity, an evaluation session was conducted through discussion and questions and answers with the participants, both children and parents or guardians, to assess the extent of their understanding of the importance of nutrition and healthy snacks.

ACTIVITY RESULTS AND DISCUSSION

The activity was carried out on Monday, June 02, 2025, starting at 08.00 WIB until completion at PAUD KANA Godobangkong Village, Ngamprah District, West Bandung Regency, involving 36 participants, consisting of PAUD KANA children and parents. With the innovation theme "Padi Tumbang at PAUD KANA", namely by providing additional food in the form of catfish nuggets. The following are the details of the implementation of the activity.

1. Introduction of Food Ingredients

The activity began by introducing healthy ingredients: catfish, chicken eggs, and tapioca flour. Children and parents were introduced to the benefits of and simple ways to process them into foods that are high in protein, delicious, and more attractive to children.



Figure 1. Ingredients for making nuggets

2. Demonstration on making catfish nuggets

Presented in PowerPoint and video, we demonstrated how to make "catfish nuggets" using ingredients such as catfish, chicken eggs, vegetables, and tapioca flour. The demonstration is detailed so parents and children can follow the steps easily.



Figure 2. Demonstration on making catfish nuggets



Figure 3. Demonstration results of making catfish nuggets

3. Education on Nutrition

During the activity, parents were given explanations about the importance of nutrients in these food ingredients, including how to organize a healthy and nutritious diet for children. This education is essential to teach parents simple ways to introduce nutritious foods that are readily available and processed at home.



Figure 4. Education on Nutrition

4. Activity Results

This activity ran smoothly and was enthusiastically received by the participants. A total of 36 people, including children and parents, attended the activity. After the activity, most parents reported that they plan to try making "catfish nuggets" at home and introduce more side dishes containing high protein and vegetables in their children's diet. It shows that this activity provides

direct benefits in the form of healthy food and teaches parents the importance of nutrition for their children's growth and development.



Figure 5. Activity Results

CONCLUSION

The community service activity conducted on Monday, June 2, 2025, at PAUD Kana, Godobangkong Village, Ngamprah District, West Bandung Regency, was successfully implemented and achieved its intended goals. The innovation “Padi Tumbang at PAUD Kana” proved to be an engaging approach to encourage children to consume healthy and nutritious food. By presenting food in an attractive and enjoyable way, the program sparked children’s interest in adopting better eating habits from an early age. Furthermore, the activity provided valuable insights for parents, equipping them with knowledge and practical tips on preparing nutritious meals at home, thus fostering healthier family eating patterns. This dual impact on children’s dietary behavior and parental awareness enhances the overall objective of improving nutrition in the community. The positive reception and smooth execution of the event indicate its potential to serve as a replicable model for other schools and communities, particularly within West Bandung Regency. In the long term, initiatives like this can contribute significantly to reducing nutritional problems among children and fostering a healthier generation. The “Padi Tumbang” program stands as a promising example of collaborative efforts between educators, parents, and the community in promoting child health and well-being.

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