

Counseling on Prevention of Stunting Events in Babies in the New Village of Ladang Bambu, Medan Tuntungan District in 2020

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ABSTRACT

The purpose of this study was to find out whether mothers understand the prevention of stunting in infants. Increase mother's knowledge when her baby experiences growth and development failure in her baby and increase mother's knowledge about the signs and symptoms of stunting in infants. The types and forms of activities of this activity are providing material to mothers regarding stunting in infants, giving snacks to infants.

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1. Introduction

Stunting is the most common condition in infants who are malnourished. According to Sudirman in Ngaisyah, stunting in children under five is one of the indicators of chronic nutritional status which illustrates the disruption in overall socioeconomic conditions in the past and at the age of 2 years at the beginning of a child's life which can have an impact that is difficult to repair.

Data from RISKESDAS results in 2013 cases of stunting in Indonesia reached (37.2 %), in 2010 (35.6%) and in 207 (36.8%). This shows a significant decrease. Based on Government Regulation No. 68 of 2002 and the Food Law no. 18 of 2012 concerning Food Security, food security is a form of household condition where food is fulfilled as a reflection of the availability of sufficient food, both quantity and quality, safe, equitable and sufficient food consumption. This is an absolute requirement for the realization of household food security. This food insecurity can be described starting from changes in food consumption that lead to a decrease in quantity and quality, including changes in the frequency of consumption of staple foods. Therefore, the possibility of an influence on the nutritional status of children who are not good (stunting).

Stunting that occurs in toddlers has an impact on their intellectual growth and development. The decrease in productivity is an indirect impact that results in an increased risk of degenerative diseases, an increase in the birth of babies with low birth weight in the future. This will have an impact on increasing poverty in the future and will indirectly affect family food security.

Stunting in children in developing countries is caused by genetic factors and environmental factors that are inadequate for optimal child growth and development. One of them is the opinion of parents who are the cause in terms of environmental factors.

2. Method

The direction or purpose of this activity can be carried out by conducting counseling on stunting in order to find out the signs and symptoms of stunting and prevention efforts in: environmental areas V Kel. The new Bamboo Farm, AKBID Darmo lecturers, totaling 2 people, 1 student. Target mothers who have babies over 6 months.

2.1. Activity steps

As a community service activity, the following preparations are carried out:

a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.

- 1) Asking for permission from the Head of the District to carry out outreach activities on stunting events to mothers who have babies over 6 months
- 2) Determination of participants who will take part in the counseling.

- 3) Determination of community staff who participate in smooth outreach activities about stunting events to mothers who have babies over 6 months
 - 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
 - 5) Other things that are considered important in carrying out activities
- b. Coordination meeting with the activity implementation team in this case:**
- 1) Set the day, date of activity
 - 2) Place of activity
 - 3) Prepared equipment
 - 4) The committee that helped
 - 5) Amount of fee required
 - 6) Facilitators who participate in providing materials
 - 7) Things deemed necessary

2.2 Activity Process

On March 14, 2020, data collection was carried out on participants who will take part in outreach activities about stunting events to mothers who have babies over 6 months old, opening ceremony, counseling about stunting events to mothers who have babies over 6 months, among others by conducting:

- a. Lecture
- b. FAQ
- c. Discussion

After giving the material, there will be a demonstration of the method for pregnant women, an examination of growth and development will be carried out according to the KMS card for babies.

3 Results and Discussion

a. Target Audience

This activity targets mothers in the Baru Ladang Bambu Village, Medan Tuntungan District in order to find out constipation in babies.

b. Linkages

In carrying out this service activity, the fields of knowledge that are considered related include midwifery care for newborns.

c. Evaluation Plan

In this case, the evaluation carried out was an evaluation of the status of knowledge on changes in behavior (knowledge, attitudes, and actions) as well as increasing health status in mothers who have babies over 6 months, increasing information to mothers about stunting marked by inappropriate growth and development according to age baby.

d. Supporting and Inhibiting Factors

- 1) Supporting factors
The enthusiasm of mothers who have babies over 6 months is quite large, the District party in this case Kelapa Sub-district, Kepling provides time and place so that counseling can run well.
- 2) Obstacle factor
Mother's awareness of the importance of information dissemination on stunting is marked by the inappropriateness of the baby's growth and development to his age so that the process of activity requires a large enough effort to attract the interest of mother and family so that mothers know that the signs and symptoms of stunting need to be known to mothers who have babies over 6 month.

4 Conclusion

The report on the implementation of community service activities in the form of counseling to mothers about Stunting is marked by the inappropriateness of the baby's growth and development for their age which was carried out at the Lurah Office of Baru Ladang Bambu Village which can be stated as follows: The activity was carried out according to the objectives and plans, this activity received a warm welcome both from the district. This activity provides a new discourse for mothers about information on the incidence of stunting which is marked by the inappropriate growth and development of babies for their age.

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