

Increasing Knowledge Of Women's Farming Group About Pre-School Children's Nutrition In Cipadang Village, Gedong Tataan District, Pesawaran Regency

Winda Trijyanthi Utama^{1,2*}, Sutarto², Ratna Dewi Puspita Sari³

^{1,*} Environmental Science Study Program/Postgraduate Doctoral Study Program, Universitas Lampung, Indonesia

² Medical Education Study Program/Community Medicine And Public Health Division/Faculty Of Medicine, Universitas Lampung, Indonesia

³ Medical Professional Study Program/Department Of Obstetrics And Gynecology/Faculty Of Medicine, Universitas Lampung, Indonesia

Abstract—

Stunting is a form of chronic malnutrition that occurs during growth and development. This is characterized by children who are too short for their age. Stunting is still a problem in Indonesia. According to SSGI 2022, the prevalence of stunting in Indonesia is 21.6%. In Lampung Province itself, the prevalence value is 15.2%, with the area with the largest prevalence being Pesawaran Regency with a value of 25.1%. Stunting can be caused by several factors, including poor family and child characteristics, as well as lack of nutritional intake. One of the factors that can directly influence the occurrence of stunting is the poor quality of nutritional intake. The aim of this service is to increase knowledge about nutrition for pre-school children. Stunting can be prevented by providing education to the public about the importance of proper nutrition for pregnant women and young children. The method used is the interactive lecture method. The result of this service is an increase in mothers' knowledge about nutrition for pre-school children

Keywords: Women's Farming Group; Pre-School; Children; Nutrition; Pesawaran

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I. Introduction

Children's health rights are guaranteed in the 1945 Constitution of the Republic of Indonesia (UUD NRI 1945) article 28B paragraph 2 and article 28 H paragraph 1. Article 28B paragraph 2 states that every child of the nation has the right to survival, growth, and development and the right to protection and discrimination. Article 28 H paragraph 1 states that every person has the right to live in physical and spiritual prosperity, to live and have a good, healthy living environment, and the right to receive health services (Nainggolan & Herning Sitabwana, 2022). Apart from that, the protection of children's right to health has also been guaranteed through Law Number 36 of 2009 concerning Health (Annashy, t.t.).

Pre-school children are children in the 4-6 year age group, who really need balanced nutrition to support their growth and development (Saputra et.al, 2021). This period is a golden period where there is very rapid psychological and physical development in children, so good, sufficient, and balanced nutritional intake is very necessary (Juherman, 2022). Therefore, children at this age need to receive more attention, especially regarding nutrition and nutritional intake, because eating patterns also have a significant relationship with the nutritional status of pre-school children (Sambo et.al., 2020)

In Pesawaran Regency, currently, the local government is focusing attention on cases of malnutrition and malnutrition in preschoolers which can cause stunting. Pesawaran Regency, based on Pesawaran Regent Regulation Number 84 of 2019, immediately handles the problem by implementing prevention and treatment of stunting in preschoolers. Based on data from the BKKBN of Lampung Province, from 14 Community Health Centers in 11 Districts throughout Pesawaran, stunting cases in Pesawaran Regency in 2022 will reach 620 children. The reality found in the field in February 2022 was that 31 stunted preschoolers were found in Cipadang village. Meanwhile, stunting data for Pesawaran Regency in 2018 was 35.28% (Angraini & Romadona, 2020; Marlian et.al, 2022).

In 2012, WHO targeted a 40% reduction in stunting in the Sustainable Development Goals (SDG's), which is a global target that is expected to be achieved by all countries in the world by 2025. Based on this policy, Indonesia has a target of 14.9% stunting prevalence for preschoolers in 2025 (Siswati & Yustiana Olfah, t.t.).

In assessing the nutritional status of pre-school children, there are many influencing factors, one of which is the mother's nutritional knowledge (Wahyuningsih et al., 2020). Nutritional knowledge influences the mother's behavior and attitudes in selecting the foods available for consumption by her child (Hutabarat, 2023). Mothers with high knowledge regarding children's nutrition will enable them to provide healthy and nutritious food for their children. Meanwhile, mothers with low nutritional knowledge will not take into account whether the food is good for their children's development and growth, which can result in nutritional problems in children (Handayani, 2017).

Various previous studies have shown a significant relationship between maternal knowledge and children's nutritional status. The better the mother's knowledge regarding nutrition, the more nutritious and healthy the mother will prepare food, resulting in children who have normal nutritional status. (Afrinis dkk., 2021; Alpin, 2021; Bertalina & P.R, 2018; Sarlis N & Ivanna, 2022)

Among the professions of mothers, one of them is the women's farming group. Women's farming groups are farmer groups consisting of women in one village, which are generally associations of farmer's wives who wish to have activities outside of farming. These activities can take the form of empowerment in the environment, whether in the form of processed agricultural products such as processed food or crafts, or agricultural administration (Suhastyo, 2019). Biasanya, kelompok wanita tani didominasi oleh ibu rumah tangga, sehingga perannya terhadap tumbuh kembang anak sangat signifikan (Astrini, 2021).

Based on the points above, it can be concluded that most of the women's farming groups also have a role as mothers in the family, so mothers' knowledge regarding nutrition for pre-school children needs to be maintained. Therefore, this community service aims to increase the knowledge and insight of mothers in the women's farming group in Cipadang Village, Gedong Tataan District, Pesawaran Regency regarding the importance of nutrition for pre-school children.

II. Methodology

Activity

This community service is carried out through activities in the form of counseling and providing information to the group of women farmers in Cipadang Village, Pesawaran Regency, regarding nutrition for pre-school children.

Time and Place

This community service activity was held on Saturday, October 22 2023 in Cipadang Village, Pesawaran Regency.

Implementation and Participants

The team implementing this community service activity are lecturers and students from the Medical Education Study Program, Faculty of Medicine, University of Lampung, consisting of 6 lecturers and 11 students. The participants in this community service are women farmers in Cipadang Village in the form of mothers aged 20-49 years. The total number of participants in this counseling was 34 people, with the age distribution in Table 1.

Table 1. Age Distribution of Counseling Participants

No.	Description	Amount	Percentage
	Age Groups		
1	Less than 31 years old	13	38,2
2	31-40 years old	15	44,1
3	More than 40 years old	6	17,7
	Total	34	100,0

Community Service Parameters

- a. Knowledge of the definition of stunting.
- b. Knowledge about the causes of stunting.
- c. Knowledge about child growth and development.

III. Results And Discussion

Results

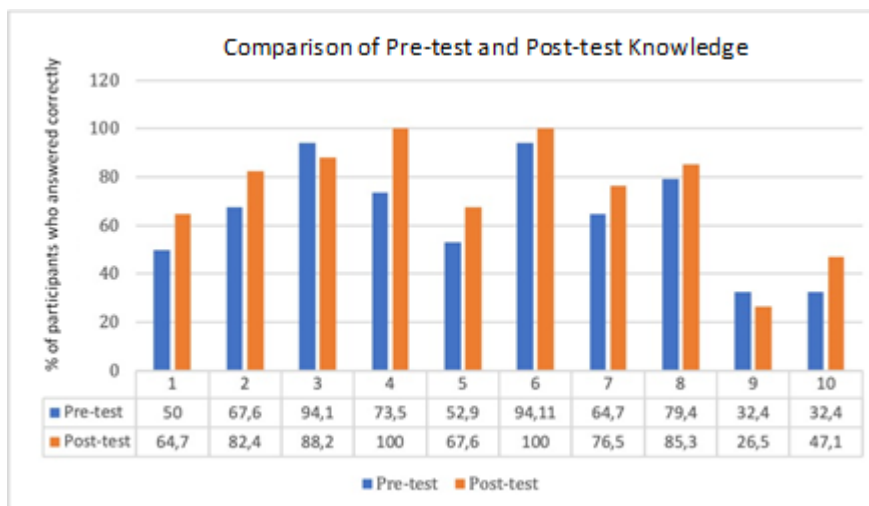
The results of community service activities carried out on October 22 2023 are as follows:

Table 2. Distribution of Scores by Age

No.	Ages	Pre-test Average Scores	Post-test Average Scores
1	<31 Years old	50	76
2	31-40 Years old	54	77
3	>40 Years old	51,8	64

The average result of the pre-test score carried out before giving counseling about stunting prevention efforts to 34 female farmers in Cipadang Village aged <31 years was 50, while aged 31-40 years was 54, and aged >40 years was 51.8. After being given counseling about pre-school children's nutrition to prevent stunting, there was an increase in knowledge as shown by an increase in the average post-test score. At age <31 years it increases to 76, at age 31-40 years it increases to 77, and at age >40 years it increases to 64.

Discussion



Picture 2. Comparison of Pre-test and Post-test Knowledge

Based on the graph, the pre-test shows that most of the knowledge of female farmers in Cipadang Village about nutrition for pre-school children mostly answered incorrectly, while the post-test shows that most of the knowledge of female farmers has increased. The pre-test and post-test questions are as follows:

What is the term for short stature?

In the pre-test there were 25 people (73.5%) who answered correctly, while in the post-test there were 34 people (100%) who answered correctly.

What is not the cause of stunting?

In the pre-test there were 18 people (52.9%) who answered correctly, while in the post-test there were 23 people (67.6%) who answered correctly.

Pesticides are commonly used for the following, except?

In the pre-test there were 17 people (50%) who answered correctly, while in the post-test there were 22 people (64.7%) who answered correctly.

How can children be exposed to pesticides, except?

In the pre-test there were 23 people (67.6%) who answered correctly, while in the post-test there were 28 people (82.4%) who answered correctly.

What effect do pesticides have on children?

In the pre-test there were 32 people (94.1%) who answered correctly, while in the post-test there were 30 people (88.2%) who answered correctly.

How can you ensure that your child's growth and development are good and maintained?

In the pre-test there were 32 people (94.1%) who answered correctly, while in the post-test there were 34 people (100%) who answered correctly.

Make good use of the yard, except?

In the pre-test there were 27 people (79.4%) who answered correctly, while in the post-test there were 29 people (85.3%) who answered correctly.

Which one is not the role of food production from the home garden?

In the pre-test there were 11 people (32.4%) who answered correctly, while in the post-test there were 9 people (26.5%) who answered correctly.

Conditions in which a household has good access to obtain food for all its members?

In the pre-test there were 11 people (32.4%) who answered correctly, while in the post-test there were 16 people (47.1%) who answered correctly.

What should parents do to maintain their child's growth and development, except?

In the pre-test there were 22 people (64.7%) who answered correctly, while in the post-test there were 26 people (76.5%) who answered correctly.

IV. Conclusion

Community service activities with the theme "Increasing Knowledge of Farming Women's Groups About Nutrition for Pre-School Children in Cipadang Village, Gedong Tataan District, Pesawaran Regency" can be concluded as follows: Counseling on efforts to prevent stunting has had a positive impact in increasing the knowledge of Cipadang Village farming women regarding nutrition of pre-school children.

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