

# The Study of Stunting Prevention in Turen District, Malang Regency of Indonesia

(Study on the Implementation of Malang Regent Regulation)

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## ABSTRACT

*Stunting Describes chronic undernutrition status during growth and development since early life. Indonesia still faces nutritional problems that severely impact the quality of human resources. Based on the number of toddlers in the Turen Sub-district, the number of stunting in 2017 was 1203, 2018 was 1855 in 2019 as many as 2063. Efforts made by the local government issued Malang Regent Regulation concerning Stunting prevention efforts. This study aims to determine the implementation of Malang Regent's regulation regarding stunting prevention efforts in the Turen District. This research helps increase public knowledge and insight about stunting prevention in Turen District. This research uses a descriptive qualitative approach, with secondary data collection techniques, observation, interviews, and documentation. The results of the research are the implementation of the Malang regent's regulation regarding stunting prevention efforts in Turen District is still not optimal because there is still a large number of stunting in Turen District, as well as sanitation and clean water development and there is still no special team of Turen Health Center in preventing stunting in Turen District. And also the administration of Fe tablets which is still not evenly distributed. Integrated Healthcare Center administrators and those directly related to the stunting problem, as well as sanitation and clean water development and there is still no special team of Turen Health Center in preventing stunting in Turen District. And also the administration of Fe tablets which is still not evenly distributed.*

**Keywords:** Public Policy, Stunting Prevention, Malang.

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## 1. INTRODUCTION

In their daily livelihoods, residents in Malang Regency work in a hurry, try on their own without the help of others, precarious hunting, employees, agriculture, unpaid workers, and others which of course to meet their daily needs and survive. Healthy in the conditions of covid 19. The impact of the economy on daily needs will result in human nutrition, which will be disrupted, starting from lack of food, protein, anemia, and stunting.

According to the Regulation of the Minister of Health of the Republic of Indonesia <sup>[2]</sup> concerning efforts to improve nutrition, article 14 [1] Everyone has the right to receive nutrition education through communication, information, and education. [2] Malnutrition education, as referred to in paragraph [1], Malnutrition education may be organized by the central government, regional governments, and local communities. [3] Education on malnutrition that is carried out by the community, as stated in paragraph [2], can, among others, be carried out by health workers, Integrated Healthcare Center cadres, educators, and community leaders.

Turen Subdistrict saw an increase in the number of stunting affected, in 2017, the number of children under five who were exposed to 1203 stunting was 786; in 2018, the number of children under five who were 1855 exposed to stunting was 1302 and in 2019 the number of toddlers increased to 2063 with the number exposed to stunting was 1421. The number of stunting in the Turen District is a problem that the local government must overcome because it will impact the human resource crisis in the district. One of the seriousness of the Malang Regency government is to issue Malang Regent Regulation <sup>[1]</sup> concerning Stunting Prevention Efforts.

Malang Regent Regulation <sup>[1]</sup> regarding efforts to prevent stunting in Malang Regency. In article 2, stunting prevention efforts are intended to improve the nutritional status of the community, the quality of human resources, and the quality of the environment by involving all elements of the Regional Government, Village Government, the private sector, and the community. In Article 3,

stunting prevention efforts are aimed at, among others: a. increase the commitment that has the authority of stakeholders to provide protection and fulfillment of community nutrition, improve the quality of the environment and human resources; b. improve the ability in the management of nutrition programs, in particular, coordination between service sectors to accelerate targets for improving nutrition programs, clean environmental quality, and conscious human resources; c. strengthen and effect.

The efforts made by the East Java government in decision letter [1] according to article 10 paragraph 1 that the delegation of authority to the head of the regional development planning agency to carry out stunting prevention efforts in the region, in paragraph 2 In carrying out impeding prevention efforts as referred to in paragraph [1] assisted by the Stunting Prevention Technical Team, the technical team consists of elements of the local government and involves the community, academics, practitioners and business actors, and the team's decision is determined by the Regent. The group was formed and appointed by the head of the Health Office with the decision letter number 440/77/KEP/35.07.103/2019 regarding the technical team for stunting prevention at the Malang District Health Office.

Based on the brief description above, it is an exciting thing for researchers to study further the role of the government in preventing stunting by taking research, Stunting Prevention Efforts in Turen District, Malang Regency [Study on Implementation of Malang Regent Regulation <sup>[1]</sup> concerning Efforts to Stunting Prevention]. The purpose of this research is to analyze and describe the implementation of Malang Regent Regulation <sup>[1]</sup> concerning Stunting Prevention Efforts in Turen District, Malang Regency and to analyze and describe the supporting and inhibiting factors for the implementation of Malang Regent Regulation <sup>[1]</sup> concerning stunting prevention efforts in Turen District, Regency of Malang. Poor.

The theoretical benefit of this research is that it is expected to contribute to the development of public administration science and provide an effective learning process for researchers who are starting in the field of public administration. Practical benefits are expected to contribute to overcoming the stunting problem in Turen District, Malang Regency. It is hoped that this study will become a reference material for researchers on stunting prevention in Turen District, Malang Regency.

## **2. LITERATURE REVIEW**

**Public Policy Theory** is a skeletons concept and the principle that becomes guidelines and the basis of plans in carrying out a job, leadership, and ways of acting. This term can be applied to government, organizations, private sector groups, and individuals. The policy is different from Regulation and law. If the law can enforce or prohibit behavior [e.g., a law requiring payment income tax], policies serve only as guidelines for actions that are most likely to obtain the desired results.

Public Policy in [3] is: "Strategic use of existing resources to solve public or government problems." Meanwhile, <sup>[4]</sup> a sanctioned action leads to a specific goal-directed at a particular problem or group of interrelated issues that affect the majority of the community.

Public policy dramatically determines the level of service in a government order. It contains regulations that must be obeyed and as a normative rule of public policy; it has moral consequences that impact the existence and performance of the public service itself. According to [5] public policy is a series of actions or activities proposed by a group or government in a particular environment where there are difficulties and opportunities. The policy is offered to help overcome it and reduce ineffectiveness to achieve the intended goal.

Ripley [6] states that "It is recommended that public policy be seen as a process and see the process in a simple model to be able to understand the concentration between actors and the interactions that occur in it. Public policy is a series of determined and implemented or not implemented actions. The government has a specific purpose for the benefit of the whole society". Based on the definitions of public policy mentioned above, it is classified as a management process because there are a series of rules and actions in making a policy, starting from the agenda-setting to the policy formulation process.

<sup>[7]</sup> suggests that a direction of action proposed by a person, in this case, is a leader, group, or a government-owned corporate body in a particular environment that provides obstacles and opportunities for the proposed policy to use and overcome to achieve a goal or realize a specific dream or purpose.

Implementation is a process to ensure the implementation of a policy and the achievement. Implementation is also intended to provide a means to make something and provide practical results for others. Implementation is the implementation of a series of activities to provide public policies so that policies can bring results, as expected. They include a series of activities, the preparation of the First advanced set of rules which are the interpretation of the policy. Second, prepare resources to encourage the implementation of activities, including infrastructure financial resources, and determine who is responsible for implementing this policy. Third, how to deliver concrete wisdom to the public.

<sup>[8]</sup> argues that indicators such as environmental factors affect as much as 45%, behavioral factors 30%, health care factors 20%, and genetic factors only affect 5% of health status. Health status is a unit of physical health, mental health, and social health

of a person or society. Physical fitness is realized when a person does not feel sick and does not clinically show symptoms of illness. Problems in short toddlers, chronic malnutrition problems caused by inadequate nutritional intake for a long time due to feeding that is not by nutritional needs are called stunting.

According to Malang Regent Regulation <sup>[1]</sup>, stunting is a condition of failure to thrive in children due to chronic malnutrition, so children are too short for their age. According <sup>[9]</sup> stunting or short stature is a condition of a person's height that is not by age, the determination of which is carried out by calculating the Z-score of Height by Age. A person is stunted if his height/age Z-index score is below grade 2 SD. Condition of failure to thrive in children under five due to chronic malnutrition, especially in the first 1,000 days of life. Stunting affects the growth and development of the brain. Stunting children also have a higher risk of suffering from chronic diseases in adulthood.

Stunting in children under five are a consequence of several factors often associated with poverty, including nutrition, health, sanitation, and the environment. Five main factors cause stunting on the health of children under five, namely poverty, social and culture, increased exposure to infectious diseases.

According to <sup>[10]</sup> one of the nutritional statuses of children under five is influenced by socio-economic conditions, including mother's education, mother's occupation, number of children, knowledge and parenting patterns of mothers, and the overall economic situation of parents. WHO in 2002 stated that the first cause of death for children under five was malnutrition at 54%. Based on primary health research data in 2010, nationally, the prevalence of under-five malnutrition was 4.9%, and malnutrition was 17.9%. This shows that there are still children under five in Indonesia with malnutrition and malnutrition, so development in Indonesia has not been fully able to improve the quality of life of human resources.

According to Another opinion, the impact of stunting is Disruption of brain development, intelligence, impaired physical growth, and metabolic disorders in the body. Whereas in the long term, the dire consequences that can be caused are decreased cognitive abilities and learning achievement, decreased immunity so that it is easy to get sick, and a high risk for the emergence of diabetes, obesity, heart, and blood vessel disease, cancer, stroke, and disability in old age. And uncompetitive work quality, which results in low economic productivity.

### **3. RESEARCH METHODOLOGY**

#### **3.1 Research design**

The research design used is a qualitative research type with a fundamental research data collection model, which explains the steps taken by the local government in stunting prevention efforts carried out by Malang Regency.

#### **3.2 Research sites**

The location of this research was carried out in Turen District, Malang Regency the reason that in Turen District, Malang Regency, to prevent stunting, it was trying to carry out a healthy living community movement, the first thousand days of life movement according to Malang Regent Regulation <sup>[1]</sup> concerning stunting prevention efforts.

#### **3.3 Research Informants**

In this study, the researchers' informants were informants consisting of people the researchers considered the best in providing the information needed by the researcher. For specific criteria in determining informants in this study, the researchers determined several criteria that must be met by the informants, namely the internal environmental health section at the Turen Health Center, which is directly related to environmental hygiene in carrying out prevention of stunting increase. Mastering or understanding the strategy for reducing the number of stunting rates in the Turen District. They were classified as still involved or involved with the problem being researched.

### **4. Data collection technique**

The data collection technique used by the researcher in this research is an interview, which is a process of communication or interaction to collect information using question and answer between the researcher and the informant or research subject. Those interviewed in this study were the head of the Turen sub-district health center, the staff of the environmental health section at the Turen Health Center, and the Integrated Healthcare Center administrator.

## 5. RESEARCH FINDINGS

Turen is one of the 33 sub-districts in the Malang Regency. Astronomically, Turen Malang District has located between 112.3953 to 122.4477 East Longitude and 8.0773 to 8.1353 South Latitude.

Referring to the potential data of Turen District, the geographical location of all villages in Turen District is plain with the topography of all villages classified as plains. The total area of Turen District is about 63.60 km<sup>2</sup>, or about 2.15 percent of the total area of Malang Regency.

Community health efforts at Turen Health Center Public health effort planning, access, and performance measurement. Planning for public health efforts at the Puskesmas is carried out by preparing a proposed activity plan and implementing activities at the beginning of the year, starting the planning process at the Puskesmas level. The planning of the Puskesmas is carried out by considering the expectations and needs of the community, feedback from the district and across sectors through village community deliberation, and introspective surveys. The planning of the Turen Health Center also considers the ability of human resources, facilities and infrastructure, and policies and activities from the government that must be implemented and by the target of Puskesmas activities that have not been achieved.

Implementation of Public Health Efforts Control of the process of implementing efforts is carried out by the person in charge of the actions of the Community Health Center: The process of implementing public health efforts is guaranteed to be carried out in a controlled manner. Small and Medium Enterprise's activities are carried out by each program's planning [Proposed Activity Plan and Activity Implementation Plan]. Control of the implementation of public health efforts is carried out based on Standard Operating Procedures and monitored by the person in charge of the program and Small and Medium Enterprises. Each person in charge of the program makes a Standard Operating Procedure for every action taken.

Implementation of Malang Regent Regulation <sup>[1]</sup> concerning Stunting Prevention Efforts in Turen District, Malang Regency. The performance of the stunting policy issued by the Regent of Malang to become the legal basis for carrying out stunting prevention activities in Malang Regency. Which only positions the said statutory regulations as a written legal instrument for the national interest. The essence of the Regent's Regulation as a means of accommodating special conditions in the region is the function of the Regent's Regulation, which is a further elaboration of national laws and regulations and a legal tool in taking into account the existing conditions in the region.

Malang Regent Regulation <sup>[1]</sup> states that the Public Health Center is a technical implementer carrying out stunting prevention. Based on this regulation, Public Health Centers within the Malang Regency can reduce stunting even though many still need to be monitored and evaluated. Here are some statements to Puskesmas employees and those who are directly involved in reducing stunting in interviews conducted by researchers: In providing clean water, it is a basic need for every living creature to maintain its life; therefore, clean water is very much needed by the community in carrying out their lives, of course, water needs Clean water does not necessarily exist immediately, it needs maximum provision to the community; therefore the Turen District government is here to provide access to clean water.

The following is a statement from an interview with the head of the Turen Health Center as the person in charge of dr. Wahyu Widiyanti, providing access to clean water services in Turen District on November 30, 2021, at the Turen Health Center office as follows:

*"Clean water is part of our daily needs, and clean water is a sensitive part. If there is enough clean water and sufficient access, the risk for cases of diarrhea will decrease. So that children under five who rarely have diarrhea have stable growth and development and are not exposed to stunting."*

From the above statement, access to clean water is very much needed, and access to clean water is beneficial to avoid dairy diseases that attack toddlers. However, if the clean water is not sufficient and access to services is also insufficient, what happens is that healthy toddlers will get diarrhea, and their health growth will be hampered and have an impact on stunting.

The form of supply is also in the form of water that has been drilled by channeling it to people in need in the village, as stated by one of the Village Heads of Sanankerto M. Subur, whose town received access to clean water services, interview researchers on December 1, 2021, at the Sanankerto village hall, namely:

*"Holy clean water used for daily needs in this village has been built and is running. In addition, there is village management in providing clean water and establishing community-based drinking water and sanitation [PAMSIMAS], with this program, the community finally access clean water easily and is very helpful"*.

From the Village Head's statement above, of course, the provision of access to clean water in the village is also carried out with related agencies to overcome the availability of clean water access amid the community, and we can understand that residents very much need the need for access to clean water to be one of the cleaning activities. Household needs.

Provision of Access to Adequate Sanitation Facilities, Sanitation in intentional behavior in the culture of clean living to prevent humans from coming into direct contact with dirt and other hazardous waste materials hoping that this effort will maintain and improve human health. In terms of providing access to sanitation facilities, the researcher also interviewed the environmental health section of the Turen Health Center with Dwi Auliah on November 30, 2021, at the Turen Health Center Office, one of the fields involved in providing access to proper sanitation facilities, he said that:

*"The provision of access to sanitation facilities is aimed at tackling the disposal of sewage into the river and also aims to maintain a more decent human health, now especially in Turen District, the people have begun to understand about maintaining cleanliness in the family environment, but some are not like the elders. Still need to continue to be guided in a good direction."*

From the two statements above, we can understand that access to proper sanitation is already underway. One of them is in the village of Sanankerto because the town of Sanankerto needs to overcome the shortage of latrines, with sanitation in the form of clean restrooms and washing hands which last year were already there running can be used.

Fortification of food ingredients is adding essential micronutrients, vitamins, and trace elements to foods such as cereal-based products, milk, farm products, flour. To find out which foodstuffs are added with vitamins, researchers have interviewed the head of the Puskesmas on Tuesday, November 30, 2021, at the Turen Health Center office building on the 2nd floor, saying that:

*"Food fortification is still sensitive because fortification is usually in essential ingredients such as cooking oil which contains vitamin A, venom or Fe, in sugarcane, all of these ingredients need to be maintained in the family to overcome nutritional deficiencies."*

Giving Fe tablets for young girls to prevent anemia in young girls and one of them is the prevention of stunting from an early age; giving Fe tablets is usually done to junior high and high school, and teenagers who are not in school can also get it through the integrated youth service post, more specifically the researcher has interviewed Wibisono as a nurse at the Turen Health Center on duty in the village on December 1, 2021, at the Sanankerto village hall, thinks that:

*"This Fe already knows that a woman is menstruating, later she will also need a lot of iron, make sure there is a lot of Fe, we've heard of anemia in teenage girls, sometimes it's weak, so don't worry, this nutrient binds oxygen, so if For example, if you don't have iron, your body automatically loses oxygen if you don't have oxygen."*

Based on the sentence above, explains that Fe is why the target is aimed at young women because the goal is that women often menstruate every month and need substances to be able to keep their bodies fit; besides that, there is also anemia for young women because often limp is a sign of iron deficiency, it is necessary giving Fe tablets to adolescent girls. According to dr. Wahyu, as the head of the Turen Health Center, thinks that:

*"Fe tablets are a national program, and not only in Turen sub-district but throughout Indonesia, the supply of Fe is in stock from the government, and the distribution is to teenagers, but girls from junior high school, high school, and must be very related to the impact of stunting if there is a shortage of Fe tablets."*

The following is an interview conducted on November 30, 2021, with Sasa as part of the family planning office at the Turen Lalui 1 Health Center, saying that:

*"If the family planning service is meant to maintain a distance between pregnancies, if for example stunting there is a minimum distance so that the mother can return to normal at least two years, if the problem is stunting if it is less than two years, the fear is that the mother will not be optimal when the mother is pregnant, and Later the impact is that the development will be less than optimal, so if, for example, family planning helps to maintain the birth interval of pregnant women to prevent stunting, "*

From the statement above, it can be understood that family planning health services are very beneficial for mothers whose development is less than optimal because family planning is to keep the average pregnancy distance of 2 years as a form of returning the mother's body so that it returns to normal when pregnant in the following year, besides that he also adds to this form of providing access to family planning services, he said that:

*"If the family planning health service is family planning, it seems that there are only family planning services as usual which are done at the Puskesmas, it can be at the hospital, you can click on it, but at the Turen Health Center it is free for family planning services because the Health Office helps procure the equipment, so it continues to be used to serve Public."*

From the statement above, it turns out that family planning services can also be carried out in places that already have a doctor or family planning specialist and can be at the Puskesmas, in hospitals, clinics, if the Turen Health Center is open every day to serve the Turen community in providing family planning services.

## 6. CONCLUSION

Based on the results of research, analysis of research, and discussions that have been carried out regarding the Implementation of Malang Regent Regulation <sup>[1]</sup> concerning Stunting Prevention Efforts in Turen District, Malang Regency, it can be concluded that: The implementation of Malang Regent Regulation <sup>[1]</sup> concerning Stunting Prevention Efforts in Turen District, Malang Regency has been partially implemented, such as providing clean water, sanitation, giving Fe tablets, developing sustainable food houses, family planning services, but the part that is implemented is only limited to received in the District of Turen.

The supporting and inhibiting factors that support the implementation of the Malang Regent Regulation <sup>[1]</sup> concerning stunting prevention efforts in Turen District in coordination with village government and integrated service posts that are always built, the availability of food, Fe tablets and medicines, medical personnel, and infrastructure suggestions. The inhibiting factors are limited budget, time in service, limited availability of tools owned by the Puskesmas, lack of socialization.

The conclusion above can suggest that it is necessary to form a technical team for the health center for stunting prevention, explicitly dealing with stunting and involving village government, village health posts, integrated service posts to optimize stunting prevention efforts further, and have time in handling stunting as well as commitment in managing to stunt. Carry out the task.

The limited assistance from the Regional Revenue and Expenditure Budget to Turen District through the Puskesmas, providing access to proper sanitation facilities is hampered and limited and still cannot be enjoyed by all villages in Turen District. So that there are only some who want access to sanitation, some have not yet been built, and even other towns have not.

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