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## EMPOWERING TEENAGERS AWARE OF NUTRITIONAL STATUS AS AN EFFORT TO PREVENT STUNTING

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### ABSTRACT

Indonesia is a developing country that has quite high nutritional problems. Efforts to improve nutritional status must begin as early as possible, precisely starting from the fetal life period. This period is the early period of life when you are still in the womb until the first 2 years of life. The focus of handling nutritional problems is to prevent malnutrition which is a major health problem in toddlers because it can hinder the growth and development process during the First 1000 Days of Life. There is a need for knowledge regarding stunting in teenagers because teenage girls will face the pregnancy period which is important in preventing stunting. This counseling was carried out in Srigonco Village, Malang Regency. The target of this community service is all junior high school students from grade 7 to grade 9. Prior to carrying out extension activities, there is a process of preparing activities for approximately four weeks prior to implementation activities, starting from determining the type of extension to applying for permits to related parties. As a form of evaluation, the activity was attended by 35 students from grade 7 to grade 9, the participants took part in the activity with very enthusiasm, and the counseling activities ran smoothly.

**Keywords:** *Stunting, Education, Counseling, Junior High School Students*

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## INTRODUCTION

Health problems related to nutritional status in children are still a problem in the world, especially in developing countries. Indonesia is a developing country that has quite high nutritional problems. Efforts to improve nutritional status must begin as early as possible, precisely starting from the fetal life period.

This period is the early period of life when you are still in the womb until the first 2 years of life. This early period of life is also called the Golden Period. This period is very important because it greatly influences the condition of the child's growth and development, so it will have an impact on the future.(Sudargo, 2018).

The focus of handling nutritional problems is to prevent malnutrition, which is a major health problem for toddlers because it can hinder the growth and development process and contribute to child morbidity and mortality. In general, malnutrition in children is divided into stunting (underweight for age), wasting (underweight for height), and malnutrition (underweight for age). These nutritional problems will occur if nutrients are not met during the First 1000 Days of Life. (Black & et al, 2013).

Stunting is a chronic nutritional problem resulting from inadequate nutritional intake in the early stages of life resulting in impaired growth in children. A child is considered stunted if the child's height is lower or shorter (dwarf) than the age standard. (Azrimaidaliza dkk, 2019).

Malnutrition is a condition where children under five experience malnutrition or malnutrition. Malnutrition is a nutritional disorder that can have fatal consequences for the health of toddlers. If this situation is not addressed, it will have

a bad impact on toddlers. Malnutrition will have an impact on children's growth. (Black & et al, 2013 dalam Wahyudi dkk, 2015).

The results of the Basic Health Research (RISKESDAS) of the Republic of Indonesia in 2018 showed that the percentage of stunting incidents was 30.8%, while in Srigonco Village the stunting incidence rate was also very high, reaching 42 children under five. Direct factors that influence nutritional status are infectious diseases and lack of food absorbed by the body while still in the womb until after birth. Meanwhile, other factors that are indirect are people's wrong assumptions regarding preparation for pregnancy where people do not prepare the nutritional status of prospective mothers. Most of the Srigonco village community marries their teenage girls after graduating from junior high school (SMP) where the teenagers are still not old enough and heavy. Their bodies do not yet meet the nutritional status of prospective mothers, so they are not ready to get pregnant and this results in the fetus being deficient in nutrition which is at risk of stunting.

Various nutritional education activities have been carried out in several Puskesmas work areas in Bantur District, but these are incidental activities which have not been carried out routinely in collaboration with the Puskesmas in order to assist health workers or nutrition workers in preventing and overcoming nutritional problems. Furthermore, this service activity will not only go directly to junior high schools in Srigonco village but in the future it can be carried out continuously using social media. Therefore, it is necessary to carry out community service activities regularly through collaboration between health

education institutions and health institutions, one of which aims to increase awareness of young women about the importance of nutritional status in preparing to become mothers. Apart from that, education for cadres and teachers must also be carried out so that cadres and Teachers can provide ongoing education to these young women. Based on this, community service activities were carried out with the topic "Empowering Teenagers Aware of Nutritional Status as an Effort to Prevent Stunting".

## **OBJECTIVES**

### *General Purpose*

After being given counseling, it is hoped that junior High School students at Srigonco Village understand the dangers of stunting in teenagers and the impact of stunting.

### *Special Purpose*

The specific objectives after this counseling are expected to:

1. The importance of nutritional status in preparing to conceive a fetus when they get married
2. The dangers that occur if stunting occurs during adolescence
3. The importance of measuring nutritional status in adolescents in reducing stunting rates

## **PLAN OF ACTION**

### *Strategy Plan*

The strategic plan for implementing this counseling includes:

1. Coordinate with policy makers at Srigonco Junior High School.
2. Determine the implementation time contract with targets at Srigonco Junior High School.

3. Carry out outreach activities at Srigonco Junior High School.

### *Implementation*

Counseling is carried out after the permit to carry out community service issued by Research and Society Kerta Scholar Health Service Institute Sidoarjo Polytechnic with the number: 059/SPPD/D/VIII/2023.

Actions performed in implementation these activities include:

1. Contact the school principal of Srigonco Junior High School. to request permission to carry out Empowering Teenagers Aware of Nutritional Status as an Effort to Prevent Stunting
2. Prepare the place and equipment for counseling Implementation of Empowering Teenagers Aware of Nutritional Status as an Effort to Prevent Stunting

### *Setting*

This counseling activity was carried out at Srigonco Junior High School on August 11, 2023.

### *Target*

The target for preparation Empowering Teenagers Aware of Nutritional Status as an Effort to Prevent Stunting counseling are 35 Srigonco Junior High School's Students.

## **RESULTS AND DISCUSSION**

Counseling activities start from 09.00 to 11.00 PM. Health education was attended by all students present that day. Starting with weighing and measuring height and checking blood hemoglobin levels.

After that, it was continued with counseling about the importance of nutritional status in preventing stunting. Equipment used for outreach activities includes LCD, projector, laptop, leaflets, posters, and questionnaires containing about stunting.

In addition to using posters and leaflets. Leaflet and poster media can attract students' attention because there is a visual blend in a strong design with colors, writing, pictures, messages. Media flyers and posters aim to grab the attention of passers-by but take a long time to instill a significant idea in memory (Muwakhidah, Fatih, & Primadani, 2021).

All questions raised by participants were answered by the presenter. All students who were asked questions by the presenter were able to answer questions. All students can also ask about stunting because they never heard of this problem.

The policy makers of Srignonco Junior High School are willing to work together in implementing this health education.

## CONCLUSION

Empowering Teenagers Aware of Nutritional Status as an Effort to Prevent Stunting counseling is considered sufficient success because the participants were able to mention the definition, signs and symptoms and the impact of stunting properly and correctly.

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