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THE ROLE OF THE FIRST 1000 DAYS OF LIFE (1000 HPK) IN STUNTING PREVENTION TO REALIZE A HEALTHY AND INTELLIGENT GENERATION IN THE PONDOK PESANTREN ENVIRONMENT

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ABSTRACT

Stunting remains an unresolved health problem in Indonesia. The most appropriate period to meet a child's nutritional needs is during the First 1000 Days of Life (1000 HPK), from conception until the child is two years old. Initial surveys of female students at Pondok Pesantren Al Fitrah As Salafiyah indicated a low understanding of preparation for the 1000 HPK, necessitating health education. This community service activity aims to increase the knowledge and role of students regarding the 1000 HPK and balanced nutrition for preparation and during a healthy pregnancy. The methods used include counseling on stunting and the 1000 HPK, training in the form of balanced nutrition education, and demonstrations of preparing nutritious menus. Evaluation was conducted through pre-test and post-test to measure the increase in knowledge, as well as observation of the students' participation in discussions and practices. The results show a significant increase in knowledge of 81.1% based on the comparison of pre-test and post-test scores. Furthermore, the students showed high enthusiasm, reflected in their active participation in discussions and direct practice. In conclusion, the counseling and training were effective in increasing students' knowledge about the 1000 HPK and stunting prevention. The active involvement of pesantren adolescents shows great potential as health education agents. It is recommended that similar activities be carried out regularly and integrated into pesantren programs to strengthen the community's role in stunting prevention.

Keywords: 1000 HPK, Child Health, Child Nutrition, Stunting.

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INTRODUCTION

In Indonesia, stunting remains a health problem that remains unresolved. Stunting is a condition of delayed growth and development in children due to malnutrition, particularly during the first 1,000 days of life (HPK) (Hidayah & Marwan, 2020). This results in impaired growth and development, resulting in children being shorter than their age (Muthia et al., 2020).

Data from the World Health Organization (WHO) indicates that in 2018, 21.9% of toddlers worldwide experienced stunting. The WHO ranked Indonesia as the country with the third highest number of cases in Asia. The WHO has set a target of stunting rates below 20% (UNICEF, 2020). The stunting rate in Indonesia remains quite high, at 21.6%, according to the 2022 Indonesian Nutritional Status Survey (SSGI). Although this figure has decreased from 24.4% in 2021, significant efforts are still needed to achieve the target of reducing stunting by 14% by 2024 (Ministry of Health, 2024).

Stunting is influenced by numerous factors, including direct factors such as low nutritional intake and health status, as well as indirect factors such as income and economic disparities, food systems, health systems, urbanization, and others. These diverse factors require the most crucial interventions, especially during the first 1,000 days of life (HPK). The most critical time to meet a child's nutritional needs is during the first 1,000 days of life, from conception to their second birthday. During

this period (the first 1,000 days of life), children experience increased nutritional needs to support rapid growth and development. They are more susceptible to infection, highly sensitive to biological programming, and highly dependent on others for nutritional needs, care, and social interaction (D. S. R. Anggraeni, 2023).

One of the contributing factors to stunting is nutritional deficiencies or chronic malnutrition due to a lack of knowledge, the influence of the mother's nutritional intake patterns on the child's nutritional status, the mother's knowledge of nutritional intake patterns, nutritional problems, and the nutrition that must be provided to the child to prevent stunting (Widhi, 2023). Stunting is also influenced by infectious diseases, including worms, and environmental sanitation (Kusumawati, Rahardjo, & Sari, 2015). One effort to improve parenting patterns to prevent stunting is through increasing knowledge through education. Parents' understanding, especially mothers, significantly influences parenting patterns and nutritional status. Therefore, improving family health and nutrition requires education to change behaviors that can guide and improve the health and nutrition of mothers and their children (Ministry of Health of the Republic of Indonesia, 2018).

Al Fitrah As Salafiyah Islamic Boarding School in Surabaya is an Islamic boarding school that has produced thousands of high-quality students, both academically and spiritually. According to a preliminary survey conducted among

students at Al Fitrah As Salafiyah Islamic Boarding School, many still lack understanding of the 1000 Days of Life (HPK) preparation to prevent stunting. Given this issue, the proponent will conduct a community service activity entitled "The Role of the 1000 Days of Life (HPK) in Stunting Prevention to Create a Healthy and Intelligent Generation in the Islamic Boarding School Environment." The purpose of this community service activity is to increase the knowledge of male and female students about the importance of the 1000 Days of Life (HPK) in child development, as well as to facilitate the provision of balanced nutrition for pregnancy preparation and a healthy pregnancy later in life.

OBJECTIVES

General Purpose

This community service activity aimed to increase the knowledge and role of students (*santri* and *santriwati*) regarding the First 1000 Days of Life (1000 HPK) and balanced nutrition for preparation and during a healthy pregnancy to prevent stunting.

Special Purpose

The specific objectives of this activity were to:

1. Educate the female students about the concept of stunting, its risks, and the critical role of the 1000 HPK period.
2. Provide practical training on preparing balanced and nutritious menus suitable for supporting maternal and child health.
3. Measure the increase in knowledge of the participants regarding 1000 HPK and stunting prevention using pre-test and post-test instruments.
4. Motivate the young women to become health agents in their community

(*pesantren*) to disseminate knowledge about stunting prevention.

PLAN OF ACTION

Strategy Plan

The strategic plan for this community service activity focuses on an educational, demonstrative, and participatory approach to ensure effective knowledge transfer and practical skill enhancement. All activities are designed in three main, interconnected stages: (1) Preparation, which includes initial needs assessment and content development; (2) Implementation, which focuses on direct interventions to the target; and (3) Evaluation, which aims to measure the results and effectiveness of the program. This approach was chosen to not only provide theoretical information but also train practical skills for participants.

Implementation

The implementation phase began with the Preparation Phase, which involved conducting an Initial Assessment (pre-test) using a survey instrument to measure the students' basic knowledge. Next, the team developed educational materials tailored to the needs and approved by the Islamic boarding school management.

Following preparation, the main intervention was carried out through three activity sessions:

1. Extension Session: Providing material through lectures and interactive discussions on the concept of stunting, its causes, impacts, and the crucial role of nutritional fulfillment during the 1000 Days of Life (HPK).
2. Balanced Nutrition Training: A training session focused on understanding the principles of balanced nutrition and practical skills such as reading nutrition labels.

3. Practical Demonstration: A hands-on demonstration of making a simple, affordable, and nutrient-rich menu, which participants can replicate.

This phase concluded with an Evaluation, which included a Final Assessment (post-test) and Participatory Observation to comprehensively measure improvements in participants' knowledge, enthusiasm, and practical skills.

Setting

The activity was conducted at Pondok Pesantren Al Fitrah As Salafiyah.

Target

The target population of this community service activity was the female students (santriwati) of the said pesantren, who represent the population of young women and future mothers needing strong foundations in health and nutrition education.

RESULTS AND DISCUSSION

The results of the activity show a significant increase in knowledge of 81.1% based on the comparison of pre-test and post-test scores. Furthermore, the female students showed high enthusiasm, reflected in their active participation in discussions and direct practice.

CONCLUSION

The counseling and training effectively improved students' knowledge of the 1000 HPK and stunting prevention. The active participation of pesantren adolescents highlights their potential role as health education agents. For sustainability, these activities should be implemented regularly and integrated into pesantren educational programs. Collaboration with local health centers and government health

programs is recommended to support ongoing health promotion, capacity building, and community-based stunting prevention efforts.

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