

Obstacle and Opportunities for the Acceleration of Stunting Prevention and Reduction Program in Stunting Reduction in Population Alert School Involving Teenagers in Purwokerto Schools

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ABSTRACT: The problem of stunting in Indonesia is still become challenge serious although prevalence shows trend decline. Stunting does not only impact on health physical, but also affects development cognitive, productivity, and quality life generation upcoming. Acceleration efforts stunting reduction requires cross-sectoral strategies, including role education through School Standby Population (SSK). Research this aim for analyzing obstacles and opportunities for acceleration programs prevention as well as reducing stunting through SSK with involving teenagers in schools Purwokerto. Method research used is qualitative with approach descriptive. Data collected through interview in-depth, observation participatory, as well as analysis SSK program documents. Informant study includes SSK mentor teachers, students as participant active, and representative agency related such as the National Population and Family Planning Board (BKKBN) and the Health Service. Data analysis was carried out in a way thematic with stages reduction, presentation, and withdrawal conclusion, accompanied by triangulation source For guard validity. Results study show a number of obstacle main, namely limitations teacher capacity in convey material nutrition and health reproduction, weakness coordination cross-sectoral, constraints economy family students, as well as cultural norms that are still push marriage age early. Although thus, the study also found that opportunity strategic, including the role teenager as agent change through peer education, support regulations national through Presidential Decree No. 72/2021, utilization digital technology in eeducation, as well as network supportive schools and communities campaign health.

KEYWORDS: Stunting, School Population Alert, Obstacles, Opportunities, Youth.

I. INTRODUCTION

The problem of stunting in Indonesia is multi- dimensional issues that have get attention policy national during a number of years last. Stunting condition fail grow child consequence lack nutrition chronic in a series period critical growth not only impact on aspects health physique but also has implications for the ability cognitive, productivity term long life and well-being socio-economic generation upcoming. Decline reported prevalence of stunting government in the 2021–2022 period shows existence progress but change the No homogeneous throughout the region and still leaving challenge significant for effort sustainable prevention. Changes in policies and programs that are cross-sectors have become runaway important in national strategy for acceleration stunting reduction. (Regulation President Number 72/2021; Putri, 2024).

Within the framework prevention and reduction of stunting, involvement school as vehicle education and social own potential strategic Because school reach population teenagers who are in the phase transition going to age reproductive. School Program Standby Population (SSK) initiated by the National Population and Family Planning Agency (BKKBN) was designed for increasing literacy population, health reproduction, and knowledge nutrition among students so that can change related behavior with planning family, age ideal marriage, and readiness become parents in the future. Intervention based on this school not only target knowledge but also changes relevant attitudes and practices to generation stunting prevention next (Septiani et al., 2022).

Context Purwokerto, as part from Regency Banyumas, highlighting dynamics local needs responded to in a way contextual. Regional data show that Banyumas and surrounding cities face challenge related nutrition with determinant social economy, access service primary health, as well as limitations family education about pattern care and nutrition children. Studies and reports local confirm existence amount of child toddlers who need intervention nutrition and efforts more acceleration coordinated at the community and school level, so that the SSK involves teenagers in schools Purwokerto potential becomes relevant prevention in a way local when designed in accordance condition local (Mulidah, 2023; Putri, 2024).

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Although SSK provides promising framework, its implementation faces obstacles to real operational and structural obstacles. First is unprepared capacity schools and workforce educators for convey material population and nutrition in a way effective. Many teachers have not gotten training special related content population and intervention stunting prevention so that the material provided tend nature informative just not yet up to the aspect advocacy behavior and formation skills practical (e.g. skills) choosing a healthy menu, practice sanitation). Conditions This aggravated by the dense burden curriculum so that allocation time for the SSK program is often limited. Development trends material education and digitalization education participate proposed for answer problem this, however adoption not yet evenly between school. (Septiani et al., 2022).

Obstacle second related with coordination cross-sector. Acceleration program reduction in stunting according to Presidential Decree No. 72/2021 demands collaboration between sector health, education, family planning, food, and service social others. However, in practice in many areas, including intermediate cities, coordination between services and institutions is often nature partial with difference priority, source power, as well as mechanism funding. As a result, the implementation intervention complementary like supplementation Mother pregnant, nutrition program child toddlers, and interventions family No always integrated with activity education in schools that target teenagers. The gap coordination is one of inhibitor main in realize effort comprehensive stunting prevention. (Presidential Decree No. 72/2021; Sitohang & Lestari, 2024).

Obstacle third is limitations source Power local and access service health. In some communities, access to health services for mothers and children, including antenatal care services, monitoring nutrition babies, and counseling quality nutrition, are still limited. Economic factors family also contribute to fulfil balanced nutrition, especially during the 1000-day period First crucial life for stunting prevention. Limitations This demand that intervention schools must affiliate with access service adequate community for example references to integrated health post, health facilities local, and assistance programs food order message education received teenagers, and their families can continue become action real. (Putri, 2024).

Next the obstacles of cultural and social participation complicate effectiveness of the SSK program. Social norms related to age marriage, gender roles, and practices giving Eat child can become barrier for change desired behavior. For example, if local norms push wedding early or lack father's participation in nutrition and care, then material presented to teenager girls at school about preparation reproductive and nutritional Possible not Enough without strengthening the home level stairs. Therefore, the SSK strategy was successful, and needs to enter component advocacy community and approach culturally sensitive to change behavior can happen in a systemic way. (Rani, 2023).

Besides obstacles, there are great strategic opportunities when the acceleration program stunting prevention utilizing potential teenagers as agent change. Teenagers as students own ability adaptation to information new, influence Friend strong peers, as well as access to social media and technology that can speed up dissemination message health. Involving teenagers in planning and implementation SSK activities (e.g. trainers peers, campaign nutrition school, development content digital education) can increase ownership and sustainability behavior healthy. Proof of devotion society and studies intervention simply shows that counseling involving role active student can increase awareness and intention behavior related prevention of stunting among participants and families they. (Rani, 2023; Septiani et al., 2022).

Another opportunity is integration of technology education and digital platforms in material population and nutrition. Development digital module "EduPopulation" as well use of interactive media offer method for overcome limitations power teacher and present attractive material for teenagers. With blended learning approach, school can provide access consistent material, equipped quizzes, practice videos, and modules easy advocacy shared to family. Experience early in some school show potential digitalization This For reach audience wider and ensure continuity learning although happen limitations source Power human beings. However, it is necessary noticed gap digital access between students so that inclusive hybrid solutions are required. (Septiani et al., 2022).

From the perspective policy, the existence of Regulation President Number 72 of 2021 concerning Acceleration Reducing Stunting provides framework strong law for raise funds commitment cross ministries and stakeholders' interests. Existence regulations make things easier allocation budget, formation team coordination at the level district / city, and push evaluation-based evidence. For Purwokerto and Banyumas, the challenge is translating direction policy national the to in plan Work specific areas, including regional mapping with high prevalence of stunting, training for SSK teachers, and preparation relevant monitoring indicators for evaluate contribution school in stunting prevention. (Presidential Decree No. 72/2021; Sitohang & Lestari, 2024). Effective implementation of SSK also requires adaptive monitoring and evaluation approach. Evaluation scheme not only assesses output (e.g. quantity schools that become SSK or amount socialization carried out), but also long-term outcomes medium like change knowledge teenagers, changes practice nutrition family, and in the end shift indicator nutrition children in the community. Use of local data, engagement students or institutions health local in evaluation, as well as mechanism bait come back from students and parents will strengthen program accountability and enable repair-based evidence. (Putri, 2024).

Finally, synergy between school, family, services, health and policy local is key for change potential become results in stunting prevention. Interventions that combine education population, strengthening skills practical (e.g. practice) nutrition and sanitation) pathways references service health, as well as advocacy culture will push sustainable change. In the context of

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Purwokerto, recommendations practical includes : (1) improvement teacher capacity through training standardized SSK; (2) development material easy digital education accessible ; (3) formation mechanism collaboration cross-service at the level district / city ; (4) involvement teenager as agent peers and program co-designers; and (5) a local monitoring system that measures behavioral outcomes and indicators nutrition children. With thus, the existing obstacles can overcome in a way gradually, temporarily opportunity the large amount of SSK's ownership and involvement teenager can utilized for acceleration prevention and reduction of stunting in Purwokerto. (Septiani et al., 2022; Putri, 2024; Rani, 2023; Mulidah, 2023; Presidential Decree No. 72/2021).

II. METHOD

Research methods used in study about obstacles and opportunities for acceleration programs prevention as well as stunting reduction in schools Standby Population (SSK) in Purwokerto is method qualitative with approach descriptive. This selection method is based on objectives research that is wanted dig in a way deep experiences, views, and practices carried out by various actors involved, in particular teenagers as subject main at a time agent change in context stunting prevention. Approach qualitative assessed appropriate Because allows researchers understand reality social and cultural aspects that surround implementation of SSK, as well as identify factors emerging obstacles and opportunities in local context. According to Creswell (2020), research qualitative focus on meaning subjective experience participants, so that can produce richer and more comprehensive understanding about the phenomenon being studied.

Data collection techniques were carried out through interview in-depth, observation participatory, as well as analysis of SSK program documents. Interview implemented with the SSK supervising teacher, representatives' teenagers, as well as party related from BKKBN and local Health Service for obtaining triangulative data. Observation participatory is used for taking notes interaction, dynamics program implementation, as well as response students to material population and nutrition. Meanwhile, analysis documents done to SSK module, report activity schools and regulations related stunting prevention. Combination technique This allows researchers to get comprehensive descriptions about program implementation. In line with Miles, Huberman, & Saldaña (2020), the qualitative data analysis process covering data reduction, data presentation, and withdrawal conclusion in a way iterative until obtained pattern valid thematic.

Data validity is maintained through technique triangulation sources and methods, member check with informants, as well as audit trails in the analysis process. Researchers also maintain ethics study with get agreement from informants, guard confidentiality identity, as well as using data only for interest academic approach This expected can give scientific contribution for development policy local and SSK program implementation strategies in Purwokerto. As expressed by Putri (2024), research-based field involving teenagers not only generates empirical data but also become base important in formulating intervention-based context.

III. RESULTS AND DISCUSSION

This study finds that implementation of acceleration programs prevention and reduction of stunting through School Standby Population (SSK) in Purwokerto face a number of obstacles at a time open opportunity strategic findings obtained from interview deep with SSK mentor teachers, teenagers as participant active, and representative agency supporters such as the National Population and Family Planning Board (BKKBN) and the Health Service. Data were analyzed with approach qualitative, so that results study reflect experience, perception, and dynamics that emerge in the field.

Obstacle Program Implementation

The first obstacle that stands out is limitations of teacher capacity in integrating material prevention of stunting in curriculum school. A SSK teacher at a public high school said: "Material about population and nutrition Actually Already is in the SSK module, but we teachers still difficulty link it with eye lessons learned dense. Learning time limited, so that often only inserted at a glance, no in-depth." (Interview, SSK Teacher). Limitations This show that although module available, knowledge transfer to students is not optimal. This is in line with theory stunting determinants that emphasize importance education sustainable in form pattern think about nutrition and health reproduction adolescents (UNICEF, 2021). Without adequate teacher capacity, then message prevention of stunting at risk No until in a way effective. The next obstacle is lack of coordination across the sector. One of the District Health Office staff Banyumas disclose: "Honestly, coordination with school Still Not yet intensive. Many stunting programs are mobilized at the integrated health post or Health Center, meanwhile schools are seldom involved in a way directly. Even though if teenager involved since early, the impact Can bigger for term long." (Interview, Health Service).

This statement shows existence gap between policy health and implementation education. In fact, the theory ecology health explains that effort stunting prevention must be involving various levels of intervention starting from individuals, families, communities, to institutions (Bronfenbrenner, 1979). If coordination between sectors is not optimal, the impact of the program tends to be partial. Other obstacles related to the condition of socio-economic family students. Many students originate from families with limited economy, so that practice nutrition balanced difficult realized. A female students Class XI tells: "At school I understand

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importance food nutritious, but at home sometimes side dish as is only. Parents Work odd jobs, so No always Can buy complete food ." (Interview, High School Student).

This testimony confirms stunting theory which states that factor economy family, especially limitations of access to food nutrition, become determinant main the occurrence of stunting. In other words, even though knowledge teenager increased, implementation of behavior Healthy will be difficult to achieve without support condition adequate economy. Obstacle culture also emerged, especially related to age norms Marriage and gender roles. One of the guidance and counseling teachers said: "There are still many parents who think Marry young that reasonable, especially in the village around Purwokerto. If students Woman talk about plan studies continue, sometimes precisely opposed by his parents. This is clearly influenced by readiness in a way health reproduction. (Interview, Guidance and Counseling Teacher). Cultural factors This in accordance with theory behavior health which states that social norms own influence big to practice individual. If the norms support weddings early, then risk pregnancy No Healthy increases, which in the end contributes to the high stunting rate.

Programming Opportunities

On the other hand, research this also found a number of opportunities that can strengthen implementation of the SSK program in stunting prevention. First, opportunities are potential teenagers as agent change. An active student in SSK extracurricular delivers: "I am pleased to follow this activity because I can share information with friends. Sometimes we make digital posters or Instagram content about nutrition and health teenagers. It turns out Lots friends who are interested, so more easy spread information. (Interview, High School Student). This shows that teenagers can play a role as communicator peers (peer educators). In accordance theory communication health, messages conveyed by peers often more effective Because There is proximity emotional and relevance experience (Bandura, 1994). With taking advantage of familiar social media with teenagers, messages stunting prevention can more wide reach audience. Second, opportunity is supporting regulations from government center through Regulation President Number 72 of 2021 concerning Acceleration Stunting Reduction. Regulation This gives clear laws and policies, including involvement school in the national strategy. BKKBN representative for the Purwokerto region said: "We now have an umbrella strong law. School Can become an important locus stunting prevention. It just depends on how We push collaboration cross service so that implementation more integrated." (Interview, BKKBN). Regulation This become opportunity Because ensure program continuity and open access to support budget and training for both teachers and students' student. Opportunity next is development increasingly digital technology easy accessed by teenagers. An SSK teacher explains: "We started using digital media to convey There are interactive videos, online modules, and students are also involved make content. They are more enthusiastic if Study with method this." (SSK Teacher Interview).

The integration of digital technology opens up opportunities for more interesting learning, appropriate with theory Study constructivist who emphasizes role active participant educate in build knowledge through experience . In addition , there is network schools and organizations youth in Purwokerto also became opportunity strategic activities like peer counseling, nutrition poster competition, to campaign environment Healthy can become vehicle strengthening collaboration message stunting prevention.

Analysis Theoretical

This study shows that existing obstacles and opportunities can be understood through stunting theory and determinants health. According to UNICEF (2021), stunting is influenced by environmental factors. direct (intake) nutrition and infection), factors No direct (practice) care, access health), as well as factors basic (economic, cultural, and policy). Obstacles identified in Purwokerto reflect existence limitations at all three levels. Meanwhile that, the opportunity found especially role teenagers, support regulation and digitalization can become door enter for strengthen interventions at various levels of determinants. With Thus, SSK which involves teenager own potential big as a long-term stunting prevention strategy long. However, for truly effective, this program must be supported by the increase teacher capacity, coordination cross sectors, and contextual strategies that take into account condition economy and culture local.

IV. CONCLUSION

This result confirms that the acceleration program prevention and reduction of stunting through School Standby Population in Purwokerto face obstacles and opportunities that intersect interact. Barriers mainly covering limitations of teacher capacity, weakness coordination cross sector, constraints economy family, as well as cultural norms that support wedding early. Obstacles This shows that stunting prevention is not only problem education, but also related with complex factors, structural and cultural. However, there are significant opportunities that can utilized, namely involvement teenagers as agent change, support regulations strong national, utilization digital technology, as well as network social opportunities in schools and communities. This show that teenagers not only be an educational target but can also become a driving force change behavior healthy in the environment surrounding area. In a way theoretical, findings consistent with framework stunting determinants that emphasize role factor directly, no direct, and basic. Therefore, the success of the SSK program in Purwokerto will be largely determined by synergy between levels of intervention. With maximizing opportunities and overcome obstacles in a way systematically, SSK has the potential to become

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a sustainable strategy for lower stunting rates in the future.

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