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Community and student collaboration to help stunted children in Bojong village Cianjur district

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ABSTRAC

The pervasive issue of stunting poses a significant threat to the holistic development of children, affecting both their physical and cognitive well-being and, consequently, their prospects. To combat this challenge, a community service group from UPI initiated the Sipenting program (Students Concerned about Stunting). This program, executed in RW 14 of Bojong Village, Cianjur District, adopted diverse strategies, such as home visits and distributing essential groceries to families with stunted children. The primary goal was to enhance awareness regarding stunting and contribute to its reduction in the Cianjur region. The community's active engagement and remarkable enthusiasm were distinctive features of this initiative's impact. Beyond instilling a sense of responsibility, the program fostered collaborative endeavors within the community to tackle the persistent stunting issue, showcasing a positive influence on the collective commitment to addressing this concern. Through these concerted efforts, the initiative has demonstrated tangible progress in raising awareness and mobilizing community resources to combat stunting effectively.

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ABSTRAK

Masalah stunting yang tersebar luas merupakan ancaman yang signifikan terhadap perkembangan holistik anak-anak, mempengaruhi kesejahteraan fisik dan kognitif mereka dan, akibatnya, prospek masa depan mereka. Untuk mengatasi tantangan tersebut, kelompok pengabdian masyarakat dari UPI menginisiasi program Sipenting (Mahasiswa Peduli Stunting). Program yang dilaksanakan di RW 14 Desa Bojong, Kecamatan Cianjur ini mengadopsi beragam strategi, seperti kunjungan ke rumah dan pembagian sembako kepada keluarga yang memiliki anak stunting. Tujuan utamanya adalah untuk meningkatkan kesadaran mengenai stunting dan berkontribusi terhadap pengurangan stunting di wilayah Cianjur. Keterlibatan aktif masyarakat dan antusiasme yang luar biasa merupakan ciri khas dari dampak inisiatif ini. Selain menanamkan rasa tanggung jawab, program ini juga mendorong upaya kolaboratif dalam masyarakat untuk mengatasi masalah stunting yang terus terjadi, sehingga menunjukkan pengaruh positif pada komitmen kolektif untuk mengatasi masalah ini. Melalui upaya terpadu ini, inisiatif ini telah menunjukkan kemajuan nyata dalam meningkatkan kesadaran dan memobilisasi sumber daya masyarakat untuk memerangi stunting secara efektif.

Kata Kunci: KKN; kolaborasi masyarakat; stunting

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INTRODUCTION

Human resources are the most important asset for a country. High-quality human resources can lead a nation toward a better future. Therefore, it is crucial for a country to prepare quality human resources as future successors from an early age. However, in reality, the prevalence of stunting in Indonesia remains one of the major nutritional problems among toddlers (see: <https://lms-elearning.bkkbn.go.id/mod/resource/view.php?id=3087>).

Stunting is a condition in which the growth and development of toddlers are hindered due to chronic malnutrition, resulting in children being shorter than the standard height for their age (Achmad, 2022; Krisnana et al., 2020). Typically, malnutrition begins during pregnancy and continues in the early stages of life after birth. The causes of stunting include poor parenting practices, limited access to adequate healthcare services, inadequate nutrition, and insufficient access to clean water and sanitation.

The impacts of stunting affect children's growth and development both in the short and long term. Children who suffer from stunting experience impaired brain development, which in turn affects their cognitive and psychomotor development. Physical growth is also delayed due to chronic malnutrition, making children more susceptible to illnesses (Wahyuni & Fitrayuna, 2020). Over the next 15 years, children affected by stunting may grow into less productive individuals, potentially hindering economic growth in a region. This means that stunting plays a significant role in determining the quality of future human resources (Haskas, 2020).

Karang Tengah is one of the sub-districts in Cianjur Regency, West Java Province, Indonesia. Based on data compiled by the Central Statistics Agency in 2021 (see: <https://cianjurkab.bps.go.id/publication/2021/09/24/0520f858eeb8c6e668049880/kecamatanarangtengah-dalam-angka-2021.html>), Karang Tengah Sub-district has a population of 164,367 people. Karang Tengah consists of sixteen villages, including Babakancaringin, Ciherang, and Bojong. The location for the *Kuliah Kerja Nyata (KKN)* program by Universitas Pendidikan Indonesia, with the theme "Si Penting: Mahasiswa Peduli Stunting," is situated in Bojong Village, specifically in RW 14, where four children have been identified as stunted. Human resources are the most important asset for a country. High-quality human resources can lead a nation toward a better future (Ngoc & Tien, 2023). Therefore, the country must prepare quality human resources as future successors from an early age. However, in reality, the prevalence of stunting in Indonesia remains one of the most significant nutritional problems among toddlers.

The issue of stunting in Bojong Village not only reflects inequality in child welfare but also highlights the shortcomings of the health and nutrition systems in achieving the Sustainable Development Goals. Through this concrete effort, the *KKN Sipenting* UPI students hope to help reduce disparities and provide equal opportunities for the optimal growth of children. The *KKN Sipenting* UPI students view social responsibility as an integral part of their academic journey. The decision to focus on the issue of stunting in Bojong Village is a real example of how students can act as agents of positive change in society by applying their academic knowledge to real-world contexts.

The impact of stunting affects children's growth and development both in the short and long term (Adistie et al., 2018). Children who grow up experiencing stunting will suffer from impaired brain development, which consequently influences their cognitive and psychomotor development. Their physical growth will also be delayed due to chronic malnutrition, making them more susceptible to illness (Jupri et al., 2022). Over the next 15 years, children affected by stunting will likely grow into less productive individuals, potentially hindering economic growth in the region. This suggests that stunting has a significant impact on the future quality of human resources (Maulyan, 2019).

Home visits and the distribution of basic food supplies are not merely symbolic actions but rather concrete strategies intended to improve the nutritional status of children suffering from stunting (Rivero Jimenez et al., 2021; Setiono et al., 2023). By involving the local community, *KKN Sipenting* UPI students strive to create a sustainable impact and contribute positively to the development of children in Bojong Village. This article aims to illustrate the role of *KKN* students in addressing stunting and improving community welfare. Through inter-village collaboration and multi-stakeholder participation, *KKN* students are actively engaged in efforts to prevent stunting and enhance local well-being.

Literature Review

Stunting

Understanding the impact of stunting not only provides insight into the issue of chronic malnutrition but also highlights the importance of early intervention and preventive efforts to ensure optimal child development. Effective planning and implementation of stunting prevention programs require collaboration among the government, health institutions, and the community, as well as the application of well-calculated strategies to achieve significant long-term outcomes (Kodish et al., 2022; Kusumawardani et al., 2020).

Stunting, or impaired growth, is a key indicator of chronic malnutrition in children, with serious consequences for both physical growth and cognitive development. Research by Kurniati et al. (2023) suggests that stunting can lead to inequality in achieving the full potential of children. Its long-term impact on children's health and productivity has been outlined by Umam et al. (2022), emphasizing the need for a deeper understanding of the issue's complexity.

The Role of Students in Community Welfare

Active student involvement in addressing social issues creates a domino effect that can strengthen community capacity and promote the sustainability of community welfare efforts. Engaging students in the community development process not only yields concrete solutions to the problems faced but also cultivates future leaders who are compassionate and committed to driving positive change.

Alifa et al. (2023) emphasize the role of students as agents of change in enhancing community welfare through programs such as *KKN* or similar initiatives. Student involvement in addressing social issues not only provides creative solutions but also forges strong connections between higher education and community needs. By applying the theory of community service learning introduced by Santoso et al. (2023), students can gain meaningful learning experiences while making positive contributions to society.

Provision of Social Assistance to Address Stunting

Assistance that aligns with the community's needs is expected not only to alleviate stunting directly but also to lay a strong foundation for the future well-being of children. Preventing stunting is a proactive step that can be taken to secure a child's future. This is because, beyond its visible physical impacts, stunting also hinders cognitive development, potentially leading to future difficulties in learning and decision-making (Achmad, 2022).

The effectiveness of social assistance—specifically, elementary food aid—plays a crucial role in improving the nutritional status of children affected by stunting. Timely and well-measured *sembako* distribution can provide direct support to families and children in need, serving as a key component in efforts to prevent

stunting (Sunaryo et al., 2021). Practical social assistance, according to Arif et al. (2020), depends on selecting the correct type of aid and implementing proper distribution strategies, thereby reinforcing efforts to improve children's nutritional status at the population level.

Program Sustainability

Concrete actions—such as involving the community in the planning and implementation of social assistance programs—can enhance the likelihood of long-term success and sustainability (Fitria et al., 2023). Active community participation in decision-making processes ensures that these programs remain relevant to local needs and have the potential to generate a lasting impact. Effective sustainability strategies require collaboration among stakeholders, including the government, academic institutions, and the community, to ensure that stunting prevention efforts are continuous and contribute to broader community welfare goals (Khumayah et al., 2023).

Sustainability is not the responsibility of a single party, but rather a collective effort to create positive and lasting change in addressing stunting. Emphasizing the sustainability of assistance programs is one of the government's key strategies to protect the population from the threat of stunting. Children, in particular, represent the nation's future foundation. Therefore, the government must maintain and continue these programs to ensure they are well-targeted and effective.

METHODS

This community service program was carried out simultaneously in RW 14, Bojong Village. The service program, which consisted of home visits and the distribution of food packages to families with stunted children, took place in the homes of those affected in RW 14, Kampung Sinagar, Bojong Village, Karang Tengah Subdistrict, Cianjur Regency. The implementation technique used was offline visitation, involving one direct meeting with each of the four stunted children. These visits included not only the distribution of sembako, but also the delivery of detailed information about stunting to the children's parents. Additionally, the children's conditions were monitored to ensure that the parents implemented the information shared during the counseling session.

The visits and assistance focused on delivering materials about nutritious food that can meet children's nutritional needs as a means of addressing stunting. The materials also covered the definition, impacts, causes, signs, and ways to prevent and overcome stunting. After the educational session, food packages were distributed as a form of support from the university students during their community service in Kampung Sinagar.

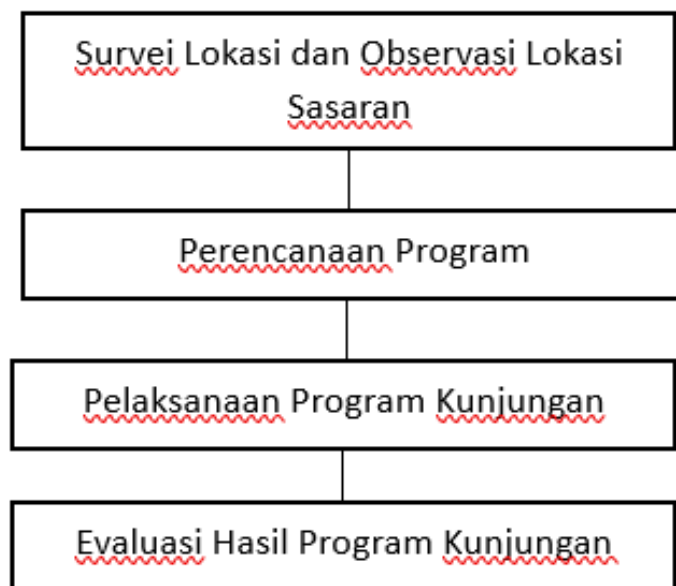


Figure 1. Program Implementation Flowchart
Source: Author, 2023

In summary, the visitation program, as part of the KKN Sipenting initiative, was carried out by the flow outlined in Figure 1, beginning with site surveys and concluding with the final evaluation of the visitation program outcomes.

RESULTS AND DISCUSSION

Outreach activities related to the issue of stunting in the form of community service have been widely conducted by *KKN Sipenting* students using various methods. One such method is a visitation program that includes counseling or the delivery of information on stunting (Revitasari et al., 2022), specifically tailored to the conditions of each child identified as stunted. Door-to-door education and promotion of healthy menus based on balanced nutrition guidelines were conducted for mothers to increase awareness and concern among parents of children at risk of stunting about their children's health. Stunting is a critical issue that significantly impacts the future development of human resources; therefore, understanding stunting is essential (Arrohim et al., 2022). Community service under the 2023 *KKN Sipenting* program played a crucial role in providing understanding and raising awareness among the community—especially parents—about the issues of stunting and healthy diets.

The distribution of *sembako* (*sembilan bahan pokok*) is a food assistance package designed to help children identified as stunted (Fahrina & Taupi, 2023). With a focus on providing essential nutrients, *sembako* is designed to improve the nutritional status of children affected by stunting. The main components of the package include rice, sugar, and cooking oil, which serve as primary sources of energy and healthy fats. Eggs, canned fish, and canned meat are integrated as essential sources of protein for muscle growth and development (Consalez et al.; Hoque, 2023). Achieving nutritional diversity in the *sembako* package is crucial to ensure that children benefit from a variety of food sources (Haris & Amri, 2024). This combination of ingredients provides a comprehensive nutritional foundation to help address the nutritional deficiencies that can lead to stunted growth and development.

Food Package Distribution Program Activities

The first stage involved a location survey and field observation. The goal was to identify the potential and issues present in Bojong Village. Currently, the local community tends to dispose of waste indiscriminately and lacks a sufficient understanding of stunting. After conducting the survey and field observations, the next stage was the preparation or planning of the work program. Based on the identified problems and collected data, one of the designed work programs was a visitation initiative aimed at increasing public awareness—particularly among parents—about stunting and healthy meal patterns. The program plan, target groups, and stakeholders involved throughout the KKN Sipenting (Students Care About Stunting) implementation were summarized in the form of a Business Model Canvas (BMC), a management strategy designed to outline business concepts and ideas visually.

The next stage involved the execution of the work program through counseling or awareness campaigns. The materials delivered during the visits addressed the issue of stunting, including its definition, impacts, contributing factors, prevention methods, mitigation strategies, and healthy dietary habits. These visits aimed to prevent a rise in stunting cases and to help foster excellent human resources and healthy lifestyles, particularly in Bojong Village. In conducting the visits, the educational materials referred to an article from the *Kementerian Kesehatan Republik Indonesia* titled “*Stunting pada Anak.*”



Figure 2. Implementation of Home Visits and Food Package Distribution for Children Indicated with Stunting
Source: Author, 2023



Figure 3. Implementation of Home Visits and Food Package Distribution for Children Indicated with Stunting
Source: Author, 2023

Figures 2 and 3 illustrate the visitation and food package distribution activities carried out by the community service team for children identified as having stunted growth. This was not merely an act of distributing food, but also a strategic initiative aimed at supporting optimal growth and development. By including various staple food items, the food packages served as an effective solution to address stunting issues within the community, offering hope for improving the nutritional conditions of children in need.

Nutritional Intake Needed for Children

Children affected by stunting require special attention to their nutritional intake to support optimal growth and development. First and foremost, adequate protein intake is a crucial component of the diet for children identified as stunted. Protein plays a central role in the formation of body tissues, including muscles and vital organs. A protein deficiency can hinder linear growth and physical development, making it essential to ensure sufficient protein intake from various sources such as meat, eggs, fish, or dairy products (Syahputra et al., 2023). Additionally, children experiencing stunting should also maintain an adequate intake of calcium and vitamin D (Herawati et al., 2022). Calcium is crucial for building strong bones and teeth, while vitamin D supports calcium absorption. Foods such as milk, cheese, and dark, leafy green vegetables are good sources of calcium. Vitamin D can be obtained from foods such as fish, egg yolks, and through exposure to sunlight.

Lastly, iron and vitamin A intake are also vital for children affected by stunting (Kurniawati, 2017). Iron is necessary for the formation of hemoglobin and the transport of oxygen in the body, while vitamin A supports eye health and the immune system. Iron deficiency can lead to anemia and fatigue, while a lack of vitamin A may increase the risk of infections and vision problems (Alkdede et al., 2020; Godswill et al., 2020). Therefore, in efforts to overcome the impacts of stunting, it is important to provide foods rich in iron and vitamin A, such as red meat, leafy green vegetables, brightly colored fruits, and dairy products. By ensuring balanced nutritional intake, children affected by stunting have a better chance of recovering and reaching their optimal growth and developmental potential.

The Impact of Nutrition Education and Awareness

Nutritional education and awareness have a significant impact on children affected by stunted growth. First, education can provide parents and caregivers with a deeper understanding of the importance of balanced diets and appropriate nutrition for their children (Ares et al., 2024). Through educational programs, they can learn about nutrient-rich food sources, how to plan healthy meals, and how to prepare food based on children's nutritional needs. With this knowledge, parents can become agents of change by providing optimal nutritional support for their children, transforming family eating habits, and creating environments that promote children's growth and development.

Increased nutrition awareness positively influences daily behavior and decision-making related to food choices. Children who receive nutrition education are more likely to develop healthy eating habits. They can understand the benefits of nutritious foods, make more informed food choices, and avoid less healthy options (Syahroni et al., 2021). Nutrition awareness can also lead to changes in overall family eating patterns, creating a home environment where children are surrounded by food that supports their optimal growth and development (Pintakami, 2023). Thus, nutrition education and awareness are not just about providing information—they are about empowering parents and children to make informed, healthy nutritional decisions in their daily lives.

Discussion

The distribution of *sembako* to stunted children opens a pathway to understanding the strategic role of food aid in improving nutritional status. By including nine essential, nutrient-rich staples, *sembako* becomes a crucial instrument in providing direct solutions to nutritional deficiencies that may lead to stunting. The combination of key items, including rice, sugar, cooking oil, eggs, canned fish, and canned vegetables, creates a balanced nutritional intake necessary to support children's growth and development. *Sembako* not only provides calories but also aligns with the protein, fat, vitamin, and mineral requirements necessary for overall health.

The inclusion of powdered milk, formula, and canned vegetables ensures nutritional diversity within the *sembako*. This variety strengthens the package's ability to address malnutrition, which is often the root cause of stunting. Additionally, the assortment offers multiple food options, making the *sembako* more acceptable and relevant to local dietary needs. Beyond merely supplying nutrition, *sembako* makes a significant contribution to children's optimal growth and development. By including essential nutrients, it offers a beacon of hope in combating stunting, helping to create a healthier and more resilient generation. Nevertheless, while *sembako* offers a meaningful intervention, it must be acknowledged that it is not a standalone solution. Lasting impact requires behavioral change within communities, continuous nutrition education, and sustainable food policies. By integrating these elements, we can make significant progress in addressing stunting and ensuring that all children have access to adequate nutrition, supporting their optimal growth and development.

CONCLUSION

The visitation and distribution activities of *sembako* to children affected by stunting in Bojong Village, conducted by *UPI KKN Sipenting* students, provide a tangible example of how university students can contribute directly to addressing social issues. By involving the local community, adopting a participatory approach, and providing immediate solutions such as food aid, this initiative represents a meaningful first step in improving the well-being of children affected by stunting. The activity has created positive

momentum for change and encourages broader involvement in addressing child health issues at the local level. With sustained collaboration, these positive outcomes can serve as a model for similar actions in other communities and promote stronger partnerships with local governments.

AUTHOR'S NOTE

The author declares no conflict of interest regarding the publication of this article. The author confirms that all data and content in this article are free from plagiarism.

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