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### Fun learning activities about nutritious food as an effort to introduce stunting at SDN Ligarmanah

Shanti Anggraeni Rachman<sup>1</sup>, Hasna Fatharani Qodriyyah<sup>2</sup>

<sup>1,2</sup>Universitas Pendidikan Indonesia

[shantiar@upi.edu](mailto:shantiar@upi.edu)<sup>1</sup>, [hasnafatharani@upi.edu](mailto:hasnafatharani@upi.edu)<sup>2</sup>

#### ABSTRACT

Stunting has become a particular focus of national health issues. Stunting is when a child is less tall than other children his age, which also affects brain development and metabolic disorders in children. Stunting is caused by a lack of nutritious food intake in children over a long period. This service activity tries to provide stunting education related to healthy food to students at SDN Ligarmanah with fun learning activities. SDN Ligarmanah is one of the schools that has not received sufficient education about stunting, so it is the right target for getting an education. The method used is the compression method, which actively involves students in the learning process, consisting of students from classes 3A, 3B, 4A, and 4B, who were taken using the cluster random sampling technique. This service provides understanding and knowledge to Ligarmanah Elementary School students regarding nutritious food to prevent increased stunting, and the students can display an understanding response to stunting material.

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#### ABSTRAK

Stunting telah menjadi sorotan khusus dalam isu kesehatan nasional. Stunting merupakan kondisi kurangnya tinggi badan seorang anak jika dibandingkan dengan anak seusianya yang juga berpengaruh terhadap perkembangan otak dan gangguan metabolisme anak. Stunting disebabkan oleh kurangnya asupan konsumsi makanan bergizi pada anak dalam jangka waktu yang lama. Kegiatan pengabdian ini mencoba untuk memberikan edukasi stunting terkait makanan bergizi kepada siswa-siswi di SDN Ligarmanah dengan kegiatan pembelajaran yang menyenangkan. SDN Ligarmanah merupakan salah satu sekolah yang belum mendapatkan edukasi yang cukup mengenai stunting sehingga menjadi sasaran yang tepat untuk mendapatkan edukasi. Metode yang digunakan adalah metode demonstrasi, dengan melibatkan siswa secara aktif dalam proses pembelajaran yang terdiri dari siswa-siswi dari kelas 3A, 3B, 4A, dan 4B yang diambil menggunakan teknik cluster random sampling. Pelaksanaan pengabdian ini memberikan pemahaman dan pengetahuan siswa-siswi SDN Ligarmanah terkait makanan bergizi pencegah stunting meningkat serta siswa-siswi mampu memperlihatkan respons pemahaman terhadap materi stunting.

**Kata Kunci:** Kuliah kerja nyata; makanan bergizi; pembelajaran menyenangkan; stunting

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## INTRODUCTION

Stunting has become a particular focus in national health issues. At the National Working Meeting (Rakernas), President Joko Widodo set a target for the prevalence of stunting by 2024 at 14% (data available at: <https://www.bkkbn.go.id/berita-prevalensi-stunting-turun-jadi-216-persen-presiden-joko-widodo-tekan-kerja-bersama>). This initiative aims to ensure that children can grow and develop optimally, accompanied by emotional, social, and physical capabilities ready to compete at the global level (see: <https://p2ptm.kemkes.go.id/tag/cegah-stunting-dengan-perbaikan-pola-makan-pola-asuh-dan-sanitasi#:~:text=Salah%20satu%20fokus%20pemerintah%20saat,dan%20berkompetisi%20di%20tingkat%20global>). According to data from the Indonesian Nutrition Status Survey (SSGI), in 2022 the national prevalence of stunting was 21.6%. This figure is down 2.8% from the previous year, which was 24.4% (see: <https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20230125/3142280/prevalensi-stunting-di-indonesia-turun-ke-216-dari-244>). Stunting is a condition where a child's height is below the average for their age (Hizriyani, 2021). Not only does it affect height, but stunting also impacts brain development and metabolic disorders in children, especially during the golden age (Lima *et al.*, 2021; Mashar *et al.*, 2021). Stunting is a significant problem for developing countries (Ponum *et al.*, 2020).

The main factor causing stunting is malnutrition or insufficient nutritional intake in children. Yadika *et al.* (2019) explained that stunting is caused by a lack of consumption of nutritious foods such as protein, calories, and vitamins, especially vitamin D. Long-term nutritional deficiencies can lead to permanent brain function disorders (Yadika *et al.*, 2019; Nazidah *et al.*, 2022). This will affect children's cognitive abilities (Sumartini, 2020). Cognitive development is a crucial aspect because it is related to thinking skills, learning, problem-solving, rationality, and memory, which greatly influence children's academic success at school (Basri, 2018; Arini *et al.*, 2019).

Initiatives to reduce stunting continue to be carried out through various programs organized by various parties. One of them is the Indonesia University of Education (UPI), in collaboration with the National Family Planning Agency (BKKBN), to prevent and reduce stunting rates through the Thematic Community Service Program (KKN) Si Penting (Students Care About Stunting). A number of students were deployed to villages in cities and districts across West Java, one of which is Cipeundeuy Village, Cipeundeuy Subdistrict, Subang District. Subang District has a relatively high prevalence of stunting, but it has shown a significant decline each year. In 2021, the prevalence was 18.1%, and it decreased to 15.7% in the following year (see: <https://benpas.subang.go.id/berita/kasus-stunting-di-subang-alami-penurunan-dp2kbp3a-dan-dinkes-subang-jelaskan-berbagai-upaya-pencegahan>). Asep, the Secretary of Subang Regency, also stated that the stunting rate in Subang Regency has been gradually decreasing every year. This is thanks to the efforts of the local government and stakeholders to reduce the stunting rate in Subang Regency (this information can be viewed at: [https://www.rri.co.id/jawa-barat/kesehatan/279043/penanganan-stunting-subang-diklaim-terbaik-se-jabar?utm\\_source=news\\_main&utm\\_medium=internal\\_link&utm\\_campaign=General%20Campaign](https://www.rri.co.id/jawa-barat/kesehatan/279043/penanganan-stunting-subang-diklaim-terbaik-se-jabar?utm_source=news_main&utm_medium=internal_link&utm_campaign=General%20Campaign)).

Cipeundeuy Village is one of the villages in Subang Regency that is aware of the importance of the health of its citizens, especially the health of mothers and children. This makes it easy for KKN students to socialize their work program on stunting. Cipeundeuy Village has 6 RWs with 21 RTs. With this large area, several elementary schools are suitable for stunting education. Based on the recommendation of the local village officials, SDN Ligarmanah was selected as the target school.

Education about stunting is highly suitable for young children because, during this period, their growth and development are occurring rapidly. At this age, children also typically exhibit high motivation and curiosity to learn (Nur *et al.*, 2023). SDN Ligarmanah is one of the schools that has not received sufficient education on stunting. Therefore, this school is an appropriate target for stunting education, particularly regarding nutritious food.

Several previous community service articles discuss education on stunting regarding nutritious food and healthy lifestyles for elementary school children, written by Fitriani *et al.* (2022) entitled “*Sosialisasi dan Penerapan Perilaku Pola Hidup Bersih dan Sehat (PHBS) Sebagai Upaya Penurunan Angka Stunting di Sekolah Dasar Desa.*” The article explains that another cause of the increase in stunting rates in the village is the community's lack of awareness of clean and healthy living behaviors (PHBS). Therefore, this community service article conducted socialization and demonstrations of PHBK in an effort to prevent the impact of stunting on child growth, especially in Kunjorowesi Village Elementary School. The results obtained were an increase in students' understanding of PHBS in the school. Another article discussing a similar topic was written by Salsabilah *et al.* (2022) entitled “*Sosialisasi Mengenai Gizi Seimbang dan PHBS (Pola Hidup Bersih dan Sehat) Guna Mengurangi Angka Stunting*”. The problem identified was suboptimal parenting practices, which led to inadequate fulfillment of children's nutritional needs. Therefore, an educational program was conducted for elementary school children on nutritious foods and PHBS. The results showed an increase in understanding and knowledge about stunting among elementary school children.

Based on the above explanation, education on stunting is very important to be provided to early childhood, especially elementary school children. In this community service activity, the education provided was in the form of socialization of nutritious foods to prevent stunting, demonstrations on how to wash hands properly, and the placement of posters and stickers about nutritious food intake. Therefore, the purpose of this article is to provide education on stunting related to nutritious food to students at SDN Ligarmanah, Cipeundeuy Village, Subang District. It is hoped that this will enhance students' understanding of nutritious food as the primary factor in preventing stunting and enable them to identify efforts to prevent its occurrence.

## METHODS

The learning method used in this community service is the demonstration method. The demonstration method uses demonstrations to show or explain a process, situation, or specific object to students. This method is considered adequate for learning because students can directly see how the material is applied in everyday life, according to Huda in his book entitled “*Model-Model Pengajaran dan Pembelajaran: Isu-isu Metodis dan Paradigmatik*” This learning process uses a participatory approach, in which students are actively involved in the learning process and socialization related to education on nutritious food to prevent stunting.

The stages carried out in the stunting education activity at SDN Ligarmanah included preparation, implementation, and evaluation. In the preparation stage, the KKN students observed the location and socialized the learning activities to be carried out at the school. Next, they carried out the planned activities, namely socialization, sticking nutritious food stickers, demonstrating how to wash hands properly, a question and answer session with prizes, and distributing posters. Posters containing information on preventing stunting through nutritious food intake and proper handwashing were distributed to students and posted in the classrooms. The final stage was evaluation through a question-and-answer session at the end of the activity.

The participants in this activity were students from classes 3A, 3B, 4A, and 4B at SDN Ligarmanah, selected using cluster random sampling. Cluster random sampling is a sampling technique that involves dividing the population into groups. These groups are then selected randomly, and if a group is selected, the entire population within that group becomes the sample for the study (Etikan *et al.*, 2016). In cluster random sampling, participants were selected by choosing four classes from the total number of classes at SDN Ligarmanah. The venue used was the classroom, and the tools used were posters, nutritious food stickers, and cardboard.

## RESULT AND DISCUSSION

A comfortable learning environment and the selection of appropriate learning models are two factors that influence the success of the learning process of children in elementary school. Teachers or educators need to have interesting learning strategies and skills in selecting appropriate methods and media for learning activities (Purnasari & Sadewo, 2020). This was the reference for learning activities about nutritious food as a form of introduction to stunting at SDN Ligarmanah, Cipeundeuy Village.

The activity involved students from two third-grade classes and two fourth-grade classes. Prior to the activity, a site observation was conducted, and a briefing was held with SDN Ligarmanah regarding the learning activities to be implemented. The learning activities primarily included several components, such as an introduction or presentation on stunting, a brief education session on proper handwashing techniques, interactive learning activities about nutritious foods, and a question-and-answer session with prizes.

According to the World Health Organization (WHO), stunting is a growth and development disorder in children caused by chronic malnutrition and recurrent infections (Yadika, 2019; Rahmadhita, 2020; Puspita *et al.*, 2021; Argaw *et al.*, 2022). Beal *et al.* (2018) also argue that a lack of nutritional intake and inadequate nutritional needs over a long period can cause stunting. In addition, school-age children are usually not aware of the importance of choosing healthy foods, so it is necessary to strengthen their knowledge through balanced nutrition education for primary school children (Kurdanti *et al.*, 2019). In relation to this, information about stunting was disseminated to children at SDN Ligarmanah with the aim of providing early knowledge about stunting.

The socialization was carried out using visual media in the form of posters that were later displayed in each classroom to attract children's interest in the material presented. Based on research conducted by Nurfadhillah *et al.* (2021) learning that uses visual media can facilitate students' understanding of the learning process. Previous activities in other places have also produced pocketbooks explaining complete and balanced nutrition, such as "Isi Piringku" (Widjayastri *et al.*, 2020; Nita & Mayangsari, 2023). In addition to explanations about stunting, the materials included in the socialization were things that children encounter in their daily lives, making it easier for them to understand the material presented.

Success in achieving learning objectives depends on the learning experiences children have. Fun learning activities enable children to respond, react, and actively realize ideas. These enjoyable learning activities are created through learning while playing. "Ayo Isi Piringmu Dengan Makanan Bergizi" is a form of condensing the material from the previous socialization on stunting, which was about the importance of consuming nutritious food as one of the efforts to prevent stunting. In several other similar community service activities, socialization about stunting was carried out as an effort to introduce complete and balanced nutrition so that children are aware of the food they consume (Mardiana *et al.*, 2021). Children were asked to categorize pictures of nutritious foods into several categories and separate pictures of foods that were less nutritious. Learning through play provides children with real and concrete learning experiences because they actively participate in the activities, creating an engaging and enjoyable learning environment. The idea for this activity was also taken from "Isi Piringku," a daily food consumption guide published by the government. The guide divides the plate into three sections and fills them with balanced nutritious foods (Atasasih, 2022). The learning activity about "Isi Piringku" when sticking pictures of nutritious foods can be seen in **Figure 1** below.



**Figure 1.** Students sticking pictures of nutritious foods  
*Source: Author's documentation 2023*

A brief education on how to wash hands properly was conducted through a demonstration. First, one of the KKN students demonstrated how to wash hands properly in front of the class. Next, the children demonstrated what they had seen and understood from the demonstration. This handwashing demonstration was conducted simultaneously at their respective seats, and then each student would go around to check whether every child understood how to wash their hands properly.

As is known, awareness of the importance of handwashing has not yet become a routine habit in society, especially among children (Sugiarto *et al.*, 2019; Noorratri *et al.*, 2023). The habit of proper handwashing must be instilled from an early age because children are agents of change in their surroundings (Natsir, 2018). This also applies to mothers and caregivers. According to a study conducted by Soeracmad *et al.* (2019), the habit of mothers or caregivers washing their hands with soap can reduce the risk of stunting by 15%. The demonstration of proper handwashing is shown in **Figure 2** below.



**Figure 2.** Demonstration of Proper Hand Washing

*Source: Author's documentation 2023*

The participation of children from SDN Ligarmanah in activities provides them with opportunities to develop their knowledge in line with their learning experiences. In addition, fun learning activities provide positive feedback, which can be seen through evaluations or question and answer sessions at the end of the activity with rewards as a form of appreciation to the children at SDN Ligarmanah and as motivation to learn so that learning activities are not considered boring but fun (see **Figure 3** and **Figure 4**). The use of interesting learning media is one of the most feasible efforts to implement enjoyable learning (Ironsi, 2023; Olger *et al.*, 2023).



**Figure 3.** Q&A Session with Prizes  
*Source: Author's documentation 2023*



**Figure 4.** Students Receiving Prizes  
*Source: Author's documentation 2023*

By implementing fun learning strategies, such as using interesting media and encouraging children to actively participate and gain direct learning experiences, their memory of the learning material presented will be strengthened. The cheerfulness during the community service can be seen in **Figure 5**.



**Figure 5.** Group photo session after the event  
*Source: Author's documentation, 2023*

## **CONCLUSION**

Introduction of *stunting* to elementary school children can be done through fun learning activities or methods. Interesting learning media helps children more easily remember the material presented. Learning activities about the importance of nutritious food as one of the efforts to prevent *stunting* at SDN Ligarmanah provided a direct learning experience because the students participated actively and engaged in two-way interaction.

After implementing this educational activity on *stunting*, the student's understanding and knowledge of nutritious foods that prevent *stunting* increased, as evidenced by their ability to answer questions in the question-and-answer session at the end of the activity. The students also understood the efforts to prevent *stunting* by being able to demonstrate proper hand washing again. Additionally, the students of SDN Ligarmanah demonstrated positive responses and feedback toward the activities conducted.

## **AUTHOR'S NOTE**

The author declares that there are no conflicts of interest related to the publication of this article. The author affirms that the data and content of this article are free from plagiarism. In addition, the author has taken the necessary steps to prevent plagiarism. The content of this article has been approved by various parties involved, and all sources used have been cited correctly in accordance with applicable guidelines.

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