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SI CIPUNG program: Hygiene education to prevent stunting at Gunungsari Elementary School, Cianjur

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ABSTRACT

Stunting is described as a toddler who has a height below the standard height. Stunting is characterized by recurring and prolonged nutritional problems. Some efforts that can be made related to stunting include handwashing and environmental cleanliness. Our main target in implementing the 'SI CIPUNG' (Handwashing and Environmental Care Education) program across all elementary schools in Gunungsari Village, Cianjur, to reduce and even minimize stunting rates is because children are still vulnerable to infections. The method used in this community service includes lectures, socialization, and practical application of the program, specifically educating on how to wash hands properly and correctly. The results of this community service indicate that many students still do not know how to wash their hands properly and correctly. Therefore, the 'SI CIPUNG' program or 'Handwashing and Environmental Care Education' as a promotive and preventive effort against stunting in elementary school students in Gunungsari Village can serve as a learning platform for students to understand and comprehend the importance of maintaining cleanliness in their daily lives and the significance of hygiene in improving health quality. Furthermore, another effort that can be made is to provide training to care for the surrounding environment. Values for maintaining health and cleanliness instilled from an early age are expected to serve as a foundation for a healthy lifestyle and for preventing stunting.

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ABSTRAK

Stunting digambarkan sebagai seorang balita yang memiliki tinggi badan lebih rendah dari standar tinggi biasanya. Stunting merupakan salah satu karakteristik yang ditandai dengan masalah gizi yang berulang dan dalam waktu yang lama. Beberapa upaya yang dapat dilakukan yang berkaitan dengan stunting yaitu mencuci tangan dan kebersihan lingkungan. Target utama kami melakukan program kerja 'SI CIPUNG' (Edukasi Cuci Tangan dan Peduli Lingkungan) ke seluruh sekolah dasar yang ada di Desa Gunungsari, Cianjur, dalam mengurangi bahkan meminimalisir angka stunting adalah karena anak masih rentan terkena infeksi. Metode yang digunakan pada pengabdian ini yaitu mulai dari ceramah, sosialisasi sampai dengan praktik penerapan program kerja yaitu dengan mengedukasi bagaimana cara mencuci tangan yang baik dan benar. Hasil dari pengabdian ini menunjukkan bahwa masih banyak peserta didik yang belum mengetahui bagaimana cara mencuci tangan dengan baik dan benar, maka Program kerja 'SI CIPUNG' atau 'Edukasi Cuci Tangan dan Peduli Lingkungan' sebagai upaya promotif dan preventif stunting pada peserta didik sekolah dasar di Desa Gunungsari dapat menjadi wadah pembelajaran agar peserta didik dapat tahu dan paham dalam menjalankan perilaku kehidupan sehari-hari yang bersih dan sehat serta pentingnya menjaga kebersihan dalam meningkatkan kualitas kesehatan. Lebih lanjut upaya yang dapat dilakukan lainnya adalah memberikan pembekalan untuk dapat peduli dengan lingkungan sekitar. Nilai-nilai untuk dapat menjaga kesehatan serta kebersihan yang ditanamkan sejak dini diharapkan dapat menjadi bekal dalam upaya hidup sehat serta mencegah stunting.

Kata Kunci: edukasi; kebersihan lingkungan; cuci tangan

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INTRODUCTION

Stunting is described as a toddler who has a height lower than the usual height standard. Stunting is one of the characteristics marked by recurring and prolonged nutritional problems (Darma & Alamsyah, 2024; Tamia & Fauzan, 2024). At an early age, children with stunting are known to have lower levels of intelligence, motor skills, and sensory neuron integration, which will affect the quality of life during school age, adolescence, and even adulthood (Amalia et al., 2022; Lensoni et al., 2021). Several factors that are often associated with stunting in toddlers include poverty related to nutrition, health, sanitation, and the environment, as well as knowledge. The main factors causing stunting include poverty, social and cultural aspects, increased exposure to infectious diseases, food insecurity, access to health services, and parental knowledge (Waliulu et al., 2018). Approximately 83.8 million children experiencing stunting live in Asia, particularly in South and Southeast Asia. Reducing the rate of stunting in children is a key indicator in the second sustainable development goal and the first of six goals in the global nutrition targets for 2025 (Haskas, 2020).

Indonesia is one of the countries with a high burden of malnutrition, including stunting, compared to other middle-income countries (Khasanah, 2023). This contradicts the Indonesian economy, which is the largest in Southeast Asia and the 17th largest in the world. The stunting population in Indonesia in 2018 was 30.8%, far from the target set by the Indonesian government of 14% by 2024 (Yuana, 2021). As time goes by, based on the latest data, in 2023 Indonesia continues to experience a decrease in the stunting rate. This can be evidenced by the decline in the number from 26.9% in 2020 to 24.4% in 2021 (Dwijayanti et al., 2024). Furthermore, currently according to data sources from the Survei kesehatan Indonesia (SKI) 2023, which can be accessed on the Ministry of Health's website (<https://layanandata.kemkes.go.id/>), it shows that the stunting rate has also decreased to 21.5% in 2023. This figure has not yet reached the target set by the Indonesian government, therefore, efforts are still needed to reduce the stunting rate in Indonesia.

The stunting rate in West Java is still relatively high, recorded at 206,514 toddlers experiencing stunting in 2021, with a percentage of 7.3%. One of the areas with a significantly high case of stunting is Cianjur. The Cianjur government has set a target to reduce the prevalence of stunting cases by an average of 3% (Yuliandy et al., 2023). This indicates that stunting still needs to be reduced in its numbers and there should be prevention efforts to minimize the potential for stunting. Several efforts that can be made in relation to the previous discussion include washing hands and maintaining environmental cleanliness. The practice of handwashing among elementary school students is still very low, primarily due to a lack of knowledge about the importance of handwashing for health and a low understanding of proper handwashing practices (Mardiyani et al., 2020). With the learning of environmental awareness, it is hoped that students will become aware and show concern for nature and the environment around them, starting with actions such as disposing of trash in the proper place, doing classroom duties, taking care of plants, and so on (Ismail, 2021).

This educational work program is part of the service efforts of the UPI 2023 KKN group, aimed at being a preventive step in preventing stunting in Cianjur. The program is named 'SI CIPUNG' (Edukasi Cuci Tangan dan Peduli Lingkungan). The goal of this program is to improve the health status of the community and reduce the prevalence of stunting, especially among elementary school students.

Literature Review

Stunting

Stunting itself refers to issues related to chronic malnutrition, which is caused by inadequate nutrient intake and persists for a long time due to the provision of food that is considered unsuitable for nutritional needs (Rahmadhita, 2020). Stunting is formed by conditions where a child's development is stagnated and insufficient development occurs, reflecting an inability to achieve optimal growth. Stunting itself is a health problem that has long-term impacts on a child's future (Rahagia et al., 2023). Thus, there is a need for preventive measures to catch up with the lag in the next developmental period of the child.

Stunting can occur due to many factors, including economic conditions, nutrition received by pregnant women, illnesses in infants, and insufficient nutritional intake in toddlers (Hatijar, 2022). This factor starts from the sanitation and environmental cleanliness of pregnant mothers and children under the age of two, as during this age, children are vulnerable to various infections and diseases. Poor access to hygiene can also be one of the factors increasing diseases that can cause infections, making it difficult for nutrients to be absorbed by the body and hindering growth (Bakara et al, 2023).

There are several characteristics or signs of toddlers or infants who have stunting, including: (Esha et al., 2023; Hasanah et al., 2023):

1. Having a height that is shorter than the average height of others of the same age or generally.
2. A weight considered lower compared to normal for children of that age.
3. There is a delay in physical development starting from muscle development and other body structures.
4. There is hindered mental development such as lower intellectual capacity.
5. There is a decrease in energy and activity in the child, resulting in lower productivity.

Wash Hand

Washing hands is the act of cleaning hands with the aim of removing dirt, grime, and microorganisms, which is recognized as a comfort and is also an effective and cost-efficient preventive measure in preventing infectious diseases in developing countries (Mardiyani et al., 2020). Washing hands oneself requires soap, this is because without soap dirt and germs will remain on the hands (Sinaga et al., 2020). If hand washing with soap is practiced correctly, it can prevent the spread of diseases. This is because washing hands with water and soap is considered more effective in reducing or eliminating dirt and dust related to skin diseases and can reduce the number of microorganisms that can cause other diseases on both hands (Marlina & Aticeh, 2024; Sundoro et al, 2021).

According to WHO on the site (<https://www.who.int/publications/m/item/how-to-handwash>) there are seven steps for proper handwashing:

1. Wet both palms up to the middle of the arms with flowing water, take soap and then rub and gently scrub both palms.
2. Rub and scrub the backs of both hands alternately.
3. Don't forget the fingers, scrub between the fingers until clean.
4. Clean the fingertips alternately by clenching them.
5. Rub and rotate both thumbs alternately.
6. Place the fingertips on the palm and then rub slowly.
7. Clean both wrists alternately by rotating.

Environmental Cleanliness

Basically, humans need the environment and the environment also needs humans. According to KBBI (Kamus Besar Bahasa Indonesia), the environment is everything that affects the growth of humans or animals. The condition of the physical environment needs to be maintained through environmental health maintenance because it can influence public health. In Government Regulation Number 66 of 2014 concerning environmental health, it is explained that maintaining or preserving the environment as a form of disease prevention is done for a healthy environmental quality as a form of environmental health. A clean and healthy environment is an important factor that will determine the quality of human life, especially in health issues. Therefore, the community must collectively be aware of the condition of the environment they live in (Aeni, 2022).

Environmental cleanliness is a condition of the environment that is free from dirt such as dust, garbage, and odors. To achieve a clean and healthy environment, it can start with small things like throwing trash in its proper place. Waste is something that is not used, not applied, not liked, or something that is discarded that originates from human activities and does not occur spontaneously (Rifdah & Susanti, 2023). The issue related to waste is the behavior of disposing of garbage inappropriately. Some people, or it could even be said that the majority of people, throw away trash carelessly, for example, throwing it into rivers, throwing it by the roadside, and so on, which clearly indicates that those places are not trash bins.

As a result of careless waste disposal, the environment becomes dirty and waste accumulates. In fact, if the waste were in the proper trash bins, there would not be any accumulation of waste. Furthermore, if waste is separated according to its categories, there will be biodegradable and non-biodegradable waste. With these categories, it will help reduce the accumulation of waste, as recyclable waste will be easily identified. There are several types of waste, such as organic waste, inorganic waste, hazardous waste (B3), paper waste, and residual waste (Ramadhani & Jawwad, 2023). Waste that can decompose on its own is organic waste, while other types of waste fall into the category of recyclable waste. Currently, residual waste has become a problem. This happens because the materials are difficult to decompose and the quality of recycled products is very low.

METHODS

The method used in this service is carried out in three stages, namely observation and implementation planning of activities and reflection evaluation. The observation is conducted to identify problems and seek solutions by planning the activities to be implemented. After that, the activities can be implemented and evaluated to determine the shortcomings or strengths of the results of the activity implementation, which can be useful for future activities (Sofiyana et al, 2021).

The main target of this service is to conduct the 'SI CIPUNG' (Edukasi Cuci Tangan dan Peduli Lingkungan) in all elementary schools in Gunungsari Village, Ciranjang District, Cianjur Regency. This aims to reduce and even suppress the rate of stunting as children are still vulnerable to infections, with approval from the village authorities and coordination to obtain permission from the schools for this activity. This program is designed in such a way that the objectives of the activity can be achieved effectively. Furthermore, several materials are prepared to educate the participants of the event. This activity is carried out in several elementary schools around the UPI KKN location. Thus, a schedule is arranged so that the activities can be implemented in a maximal and effective manner.

RESULTS AND DISCUSSION

The Gunungsari Village group has implemented one of its work programs, namely 'SI CIPUNG' or Edukasi Cuci Tangan dan Peduli Lingkungan, which refers to one of the important points as a promotive and preventive effort to reduce and even suppress stunting. Promotive efforts are activities or a series of health service activities that prioritize promotional activities, while preventive efforts are activities aimed at preventing health problems or diseases and health disorders (UU Republik Indonesia Nomor 36 Tahun 2009 tentang Kesehatan). Through this effort, the KKN group of Gunungsari Village hopes that individuals can increase their knowledge and awareness to maintain and improve their own health and the health of their surroundings.

As a promotional and preventive effort, the KKN group of Gunungsari Village conducted the 'SI CIPUNG' activity aimed at first-grade elementary school students in Gunungsari Village, considering that children are still vulnerable to infections that can cause various diseases, especially those related to digestion, such as diarrhea, worm infections, and other digestive disorders. The habits of children consuming snacks freely without washing their hands can lead to various diseases entering their bodies (Rianto, 2023).

'SI CIPUNG' activities are conducted for one day at each school and are intended for first-grade students who have been scheduled by the KKN UPI group. The main issues discussed during the 'SI CIPUNG' activities are as follows:

1. Education about the 7 steps of proper handwashing
2. Understanding of organic and inorganic waste in daily life
3. Understanding of environmental cleanliness
4. Disposing of waste according to categories into trash bags
5. Waiting in line to stamp the index finger on the 'SI CIPUNG' poster
6. Evaluation by demonstrating the 7 steps of proper handwashing together and asking questions.

The schools and the schedule for the activities of the KKN UPI group are as follows:

1. SD Negeri Neglasari on Tuesday, 1 August 2023
2. SD Negeri Rawasari on Thursday, 3 August 2023
3. SD Negeri Sinarsari on Monday, 7 August 2023
4. MI Al-Muttaqin on Tuesday, 8 August 2023
5. SDIT Al-Bunayya on Tuesday, 8 August 2023

The 'SI CIPUNG' activity aims for students to know and understand how to carry out clean and healthy daily behaviors, as well as the importance of maintaining cleanliness to improve health quality. This work program includes education on the seven steps of proper handwashing and an explanation of waste categories in daily life.



Figure 1. Teaching in the Classroom
Source: 2024 Community Service Documentation

The activity started with a presentation as previously outlined. This presentation was carried out by two committee members from the KKN Group of Gunungsari Village, who were assigned to each of their respective schools. In **Figure 1**, it can be seen that the presentation was conducted by explaining using audio-visual aids so that the students would be interested in paying attention to the material being explained. The explanation was carried out in stages so that the students would not be overwhelmed in receiving the information provided.



Figure 2. Implementation of the SI CIPUNG Program with students
Source: 2024 Community service Documentation

After the briefing, they were directed out of the classroom to collect trash in the school area and then dispose of it into two trash bags that had been provided, labeled trash bag A (inorganic waste) and trash bag O (organic waste) (**Figure 2**). The students enthusiastically participated in the activity and often asked the organizers to confirm the type of waste present to avoid mistakes when using the trash bags. As they re-entered the classroom, they queued to stamp their index fingers on the 'SI CIPUNG' poster as a memento from the KKN group and proof that the 'SI CIPUNG' activity had been carried out. The students

in **Figure 3** appear eager to stamp their index fingers on the poster that had been provided by the organizers.



Figure 3. Students are lining up to stamp the SI CIPUNG poster
Source: 2024 Community Service Documentation

At the end of the activity, the KKN group provided an evaluation in the form of questions to students who were brave enough to come forward and were given prizes. The questions were related to the material that had been explained earlier. There were three students who correctly answered the questions posed by the committee. Therefore, the committee, which had previously prepared prizes, awarded those prizes to the three students (**Figure 4**).



Figure 4. Giving gifts to students
Source: 2024 Community Service Documentation

After the evaluation is carried out, the last activity is the implementation of the seven steps of proper hand washing practice (**Figure 5**). This activity is conducted under the supervision of the committee at each available sink. This is done to ensure that the students have practiced the seven steps correctly and properly. This practice activity also aims to clean the students' hands who had previously carried out a series of activities, starting from collecting rubbish and stamping on the 'SI CIPUNG' poster provided by

the committee. During the implementation, students are able to practice the seven steps of hand washing correctly and properly.



Figure 5. The practice of seven steps for proper handwashing
Source: 2024 Community Service Documentation

During the implementation of the 'SI CIPUNG' work program or 'Edukasi Cuci Tangan dan Peduli Lingkungan' in all elementary schools in Gunungsari Village by the UPI KKN group, we observed that almost 80% of first-grade students in each elementary school paid close attention to the material presented and could actively contribute during the activities. This is evidenced by their participation in the practice of the seven steps of proper hand washing (**Figure 5**), being active when questions were posed and being able to answer the questions well, as well as being able to differentiate the categories of waste that had been previously explained.



Figure 6. The distribution of SI CIPUNG posters along with the participating teachers
Source: 2024 Community Service Documentation

At the end of the 'SI CIPUNG' program implementation activities, the KKN Group of Gunungsari Village symbolically presented a souvenir in the form of a 'SI CIPUNG' poster (**Figure 6**) to the school.

Discussion

This CIPUNG program is expected to achieve results that can reduce the growth rate of stunting among elementary school students. As is known, several reasons for the development of stunting are due to poor hygiene. As stated in the research conducted by Mia and Sukmawati, the lack of proper handwashing habits can lead to an increased frequency of diseases that can affect children (Mia & Sukmawati, 2021). Therefore, hygiene and environmental sanitation play an important role that needs to be considered. It should also be noted that this program requires support from the school's facilities and infrastructure in order to provide adequate facilities to support this program, because elementary school students are at an age that is open to change, so the education provided by the SI CIPUNG program can be more effective (Salim et al., 2021; Sumadewi et al., 2023).

The importance of keeping the environment clean is also a shared responsibility. This includes students at school who spend their time there. The litter scattered around the school, including plastic waste, is difficult to decompose. If we look deeper, plastic can lead to stunting caused by a lot of waste that does not decompose in the ocean, resulting in a decline in the quality of fish consumed by the community, even leading to contamination (Al Idrus et al., 2022). The presentation on waste classification is an initial action for students to understand waste sorting; furthermore, it is hoped that students will get used to maintaining their environment from scattered garbage (Anis et al., 2024; Syahfitri et al., 2023).

CONCLUSION

The work program 'SI CIPUNG' or 'Edukasi Cuci Tangan dan Peduli Lingkungan' is a promotional and preventive effort against stunting among elementary school students in Gunungsari Village, Cianjur. It is effectively carried out so that students can know and understand how to practice a clean and healthy lifestyle in their daily lives, as well as the importance of maintaining cleanliness to improve health quality. Thus, the KKN group hopes that they can continue to apply this program in a continuous and sustainable manner to enhance health levels and minimize the stunting rate in the community. It is expected that schools will continue this program for every student in the new academic year, allowing students to gain knowledge about hand washing as well as environmental preservation.

AUTHOR'S NOTE

The authors declare that there is no conflict of interest related to the publication of this article. The authors affirm that the data and content of the article are free from plagiarism.

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