

STUNTING PREVENTION EDUCATION FOR MOTHERS OF TODDLERS WITH RESPONSIVE
FEEDING IN SIRNAJAYA VILLAGE TAROGONG KALER DISTRICT, GARUT
REGENCY

Novianti Rizki Amalia^{1*}, Hilman Mulyana², Maria Ulfah Jamil³, Iis Sopiah
Suryani⁴, Birry Assidiq⁵, Asep Rahmadiana⁶, Fitriani Mardiana⁷

¹⁻⁷Bhakti Kencana University

Email Korespondensi: novianti.rizki@bku.ac.id

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ABSTRACT

In Indonesia, stunting is a serious problem and is also a major nutritional problem currently being faced. If this problem is chronic, it will affect cognitive function, namely low intelligence levels and impact the quality of human resources. Counseling was carried out through lectures and leaflet distribution. Evaluation and monitoring were carried out with questionnaires before and after 1 week of counseling. The counseling program was effective in improving mothers' understanding and behavior towards responsive feeding for toddlers. The level of understanding increased by 94.03% after counseling, indicating a change in mothers' behavior towards their toddlers of 80.45% towards responsive feeding. This Community Service was carried out on August 19-29, 2025 in Di Village, Sirnajaya, Tarogong Kaler District, Garut Regency. The target of this Community Service is mothers who have toddlers.

Keywords: Stunting, Mother, Toddler, Responsive Feeding, Education.

1. INTRODUCTION

The development of nutritional problems in Indonesia is currently increasingly complex. In addition to the problem of undernutrition and overnutrition, Indonesia also experiences chronic malnutrition. Chronic malnutrition is a long-term lack of nutrition that causes stunting (Anwar et al., 2022). In toddlers, stunting can be identified by looking at the PB/U (Length/Age) or TB/U (Height/Age) index of less than -2 SD (Lolan & Al, 2021). In Indonesia, stunting is a serious problem and is also a major nutritional issue currently being faced. If this problem is chronic, it will affect cognitive function, namely low intelligence levels and impact the quality of human resources. (Saparuddin et al., 2025) Stunting is one of the targets of the Sustainable Development Goals (SDGs), which is included in the second sustainable development goal, namely to eliminate hunger and all forms of malnutrition by 2030 and achieve food security. The target set is to reduce stunting rates by 40% by 2025 (Sinaga et al., 2022)

The government is consistently striving to reduce the prevalence of stunting, a nutritional problem in Indonesia, by implementing specific measures. To address the issue of toddler nutrition, the government has

launched a national stunting prevention movement and established multi-sectoral partnerships. The National Team for the Acceleration of Poverty Reduction (TNP2K) has prioritized stunting reduction in 160 districts. This has become a particular concern, leading to discussions in a 2017 meeting chaired by the head of the TP2NK, which encouraged the government and relevant institutions to focus on and implement the interventions outlined in the meeting to reduce stunting (Widiatmika, 2024).

Chronic malnutrition that causes stunting in toddlers is caused by insufficient nutritional intake over a long period of time due to inappropriate feeding (Purwanti et al., 2023). In addition, there are other factors, namely inadequate feeding by mothers to children (Septamarini et.al, 2019). Good parenting patterns during the First 1000 Days of Life (HPK) regarding eating patterns greatly influence the incidence of stunting (Dayuningsih, 2021) so that adequate eating patterns provided by mothers to children during the growth process are very important.

One way to improve children's behavior is to implement positive behavior. *responsive feeding* where this is the ability of caregivers to feed children actively and responsively, including age-appropriate feeding methods, encouraging children to eat, responding to poor appetite, feeding in a safe environment, and using positive interactions (Latifah et al., 2020) (Hastuti et al., 2025). *Responsive feeding* is one of the factors that determines the success of feeding children. Mothers with knowledge *responsive feeding* good to have children with good nutritional status (Nurfitri et al., 2021). The benefits of *responsive feeding* is to improve the child's acceptance of food and improve the child's ability to eat independently. (Fernandes et al., 2023). Mothers with knowledge and application *responsive feeding* Good nutrition has a 0.15 lower risk of stunting. Responsive feeding behaviors in daily life can promote optimal child growth and development (Fernandes et al., 2023).

Seeing the potential benefits of *Responsive feeding* In controlling stunting, the aim of this community service is to provide education to mothers of toddlers on how to feed their children actively and responsively, including how to feed according to age, encourage children to eat, respond to poor appetite, feed in a safe environment, and use positive interactions (*Responsive Feeding*).

2. PROBLEMS AND QUESTION FORMULATION

Based on background behind the The following is a map of the locations of community service activities carried out by the Team: as formulation explained problem previously, which can taken during community service activities. What is this society? Education feeding' related responsive add knowledge? And What Are there any behavioral changes in mothers of toddlers towards responsive feeding?.

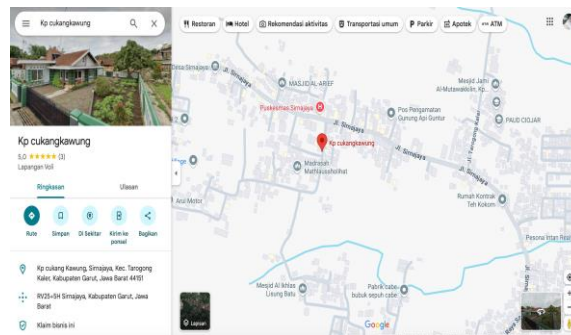


Figure 1. Location of activities in Sirnajaya Village, Tarogong Kaler District, Garut Regency

3. LITERATURE REVIEW

The development of nutritional problems in Indonesia is currently increasingly complex. In addition to the problems of undernutrition and overnutrition, Indonesia also experiences chronic malnutrition. Chronic malnutrition is a long-term lack of nutrition that causes stunting (Anwar et al., 2022). Chronic malnutrition that causes stunting in toddlers is caused by insufficient nutritional intake over a long period due to inappropriate feeding (Purwanti et al., 2023). Furthermore, there are other factors, such as inadequate feeding by mothers to children (Septamarini et.al, 2019). Good parenting patterns during the First 1000 Days of Life (HPK) regarding dietary patterns significantly influence the incidence of stunting (Dayuningsih, 2021), therefore, adequate dietary patterns provided by mothers to children during the growth process are very important.

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4. RESEARCH METHOD

The method of implementing this community service activity is by providing educational assistance to mothers who have toddlers and integrated health post (Posyandu) cadres who are present during the implementation. This activity was attended by 25 mothers and toddlers, and Posyandu cadres, and the Bhakti Kencana University Community Service Team. Explaining the steps of PKM At this stage, it begins with a survey of the location of the community service activity through interviews with the Community Health Center. Next, the preparation of facilities and infrastructure needed in the

community service activity by coordinating with community service partners. The stages of implementing this activity begin with field observations, coordination of cadres. The implementation of the activity is carried out with mentoring and education. The first stage of the activity is carried out with education, discussions and interviews about responsive feeding, this activity is delivered by the Community Service Team to the community. The second stage of the activity is an evaluation of maternal behavior 1 week after being given an understanding of responsive feeding.

5. RESEARCH RESULTS AND DISCUSSION

a. Research Results

From the results of community service, it was found that mothers of toddlers had an understanding of responsive feeding before being given education and 1 week after being given education.

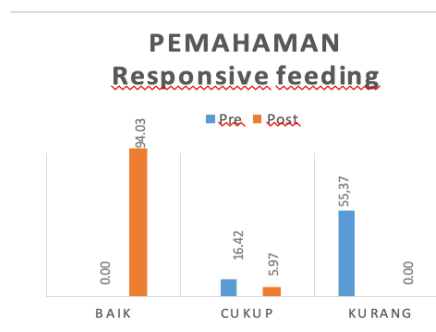


Figure 2. Understanding Responsive Feeding

Based on the graph above, the understanding of responsive feeding before education was given showed a value of less than 55.37% and after being given responsive feeding, the mother's understanding became 94.03%.

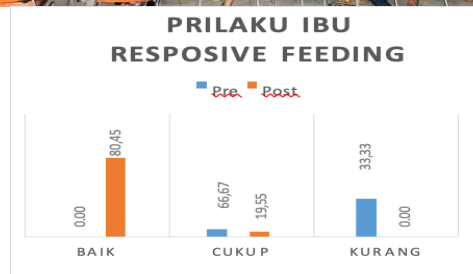


Figure 3. Mother's Behavior Towards Responsive Feeding

Based on the graph above, the understanding of responsive feeding before education was given showed a value of less than 33.33% and after being given responsive feeding, the mother's understanding became 80.45%.

b. Discussion

Participants who previously lacked understanding of responsive feeding and how to implement it now have a better understanding. A total of 94.03% of participants successfully completed the evaluation test related to responsive feeding and methods, with results in the good knowledge category, indicating an increase in knowledge. Some of the participants were mothers, who admitted to always having difficulty feeding their children, and most of them always went to midwives or community health centers for check-ups and were unaware of other appropriate ways to respond to their children's eating. An interactive discussion took place as participants shared their personal experiences and received further explanations from health workers about appropriate treatment.

One way to improve children's behavior is to implement positive behavior. *responsive feeding* where this is the ability of caregivers to feed children actively and responsively, including age-appropriate feeding methods, encouraging children to eat, responding to poor appetite, feeding in a safe environment, and using positive interactions (Latifah et al., 2020) (Hastuti et al., 2025).

Stunting is a condition where a child fails to grow, where he or she is too short for his or her age, caused by poor nutritional intake and because of the child's health before and after birth. Stunting is considered a failure of linear growth in a child due to long-term malnutrition. The high prevalence of stunting in Indonesia makes it a major problem. The impact of stunting can lead to impaired cognitive development and an increased risk of infectious diseases and, ultimately, death. Children with stunting have low motor activity, impaired motor, mental, and cognitive development. Stunting prevention begins during pregnancy, particularly during the First 1,000 Years of Life (HPK). One way to prevent stunting is by increasing maternal knowledge about Day maternal attitudes and behaviors to prevent stunting.

6. CONCLUSION

The results of this community service activity were increased knowledge of responsive feeding among mothers of toddlers in Sirnajaya Village, Garut Regency, through health education and behavioral changes among mothers of toddlers. Evaluations of understanding and behavior showed a positive response to this educational activity.

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