



Government Program In Addressing Stunting In Early Children In Kebonsari District, Jember District

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ABSTRACT

Basic Health Research Data in 2018 revealed that Indonesia ranks fifth and fourth highest in the world in terms of wasting and stunting rates. The causes of stunting include limited access to nutritious food due to economic and knowledge factors. Stunting is a serious problem that must be addressed because it will affect the readiness of people who will lead and contribute to the Republic of Indonesia. Kebonsari is one of the sub-districts located in the city center, close to access to health services and public services. Although close to the city center, stunting cases in Kebonsari Sub-district still occur. The purpose of writing this article is to understand the role of the government and analyze government programs in dealing with stunting in early childhood in Kebonsari Sub-district, Jember Regency. The method used in this study is a qualitative method, using primary data from observation results, structured interviews with regional midwives as direct task implementers and assistants in dealing with stunting, interviews with parents who have stunted children and documentation with the Health Center in the form of stunting incident data at the Gladak Pakem Health Center. There are secondary data from several research journals to find out what government programs are in dealing with stunting in early childhood and in Kebonsari Village. This study focuses on government programs in handling stunting and the impacts felt by parents who have stunted children. The results of this study indicate that the government program in dealing with stunting in early childhood in Kebonsari is a concrete step taken to overcome stunting which is very concerning. Local stakeholders always conduct ongoing evaluations to study and find solutions to the problem of stunting. The government coordinates across sectors and the Stunting Reduction Acceleration Team (TPPS) to conduct evaluations and follow-ups by making direct contact with economically disadvantaged communities in fulfilling nutrition. The program is carried out by providing food assistance, as well as conducting socialization regarding stunting prevention programs by conducting training, providing counseling, seminars, workshops and so on. Providing counseling regarding child care patterns at the integrated health post is also carried out to prevent an increase in stunting and reduce stunting rates, providing milk for pregnant women from the Kebonsari Village Health Center. improving community nutrition

Artikel History

Submission : 21 June 2025
Received : 21 July 2025
Accepted : 19 October 2025

Keywords:

Government Programs, Stunting, Early Childhood

Doi: 10.21009/jpud.v19i2.57002



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1. Introduction

According to data from the Ministry of Health, the stunting prevalence rate in Indonesia is around 27.67% and is one of the highest rates in Southeast Asia. Stunting generally occurs due to poor nutrition in the early years of human development, especially children, lack of intake of important nutrients such as protein, vitamins and minerals (Sadler et al., 2022) and (Rukmana et al., 2016). There are other factors that contribute to the problem of stunting, such as poverty, (Aswi et al., 2025) lack of knowledge and access to nutritional information, poor health knowledge and practices, (Niragire et al., 2025) low birth weight, inadequate maternal nutrition, and many more (Nadilla et al., 2022) and (Hartati & Wahyuningsih, 2021). Preparing for pregnancy and ensuring the mental readiness of parents during pregnancy also contributes significantly (Iswati Ayu, D. and Rosyida, C, 2020).

Stunting is a problem that is increasingly found in developing countries, including Indonesia (Nirmalasari, 2020). According to the World Health Organization (WHO) in 2010, the prevalence of stunting is said to be high if it reaches 30% - 39% and is said to be very high if the prevalence reaches $\geq 40\%$. Stunting cases in Indonesia are spread and evenly distributed in every region and region. The state continues to suppress the growth of stunting, death and population rates. Based on the latest data, the Ministry of Health explained that the results of the East Java

Province Indonesian Nutrition Status Survey (SSGI) at the BKKBN National Working Meeting showed that the SSGI stunting rate had fallen from 23.5% in 2021 to 19.2% in 2022. Then it fell again to 17.7% in 2023, and in 2024 it decreased again to 14% (Nasional, 2024).

Basic Health Research data for 2018 revealed that Indonesia was ranked fifth and fourth highest in the world regarding wasting and stunting rates. The causes of stunting include limited access to nutritious food due to economic factors and knowledge (Iswati Ayu, D. and Rosyida, C, 2020)(Nurhidayah et al., 2023). Public health problems and disorders reduce productivity and lead to national losses, while child malnutrition continues to be a global concern,(Tamir et al., 2025), (Allaparthi et al., 2025)and (Singh et al., 2025) so health transformation is needed to achieve an increase in the level of public health. The health issue of Stunting is one that is of concern, not only a regional issue in Indonesia but has become a global health problem and issue.

Stunting is a nutritional problem that can affect social and economic life (Sari et al., 2023). Stunting interferes with the physical ability to work, disrupts mental and intellectual function, and increases the risk of death (Ndovie et al., 2025). Short stature may also be the cause of children being too small. Stunting occurs in children as a result of a cumulative process that begins during pregnancy and continues throughout the life cycle (Rahmadhita, 2020). Stunting is currently an important thing to overcome and suppress, this is a public health problem that must be handled seriously, even Indonesia is the fifth country in terms of stunting prevalence (Jayanti et al., 2022). Apart from health-related factors, the family's socioeconomic status also plays a role in the occurrence of stunting(Okutse & Athiany, 2025) and (Anteneh et al., 2025)

In every region, there are more cases of stunting, especially in small rural communities. This research was conducted in a kelurahan located in an urban area The local government's focus on small governments needing to use strategies to combat stunting has led to the implementation of stunting programs. Kebonsari sub-district is one of the areas where stunting cases are increasing because public health is not receiving enough attention and the community is also negligent in implementing stunting programs. The large number of underage marriages and various situations such as extramarital relationships and community programs or negligence towards the health of children under five carried out by the regions means there is no payment for those who have children under five. Determined because of the prevalence rate of e-PPBM. Based on data obtained during data research, it is known that in Kebonsari Village, Jember Regency there has been an increase. Seen from the graph below:

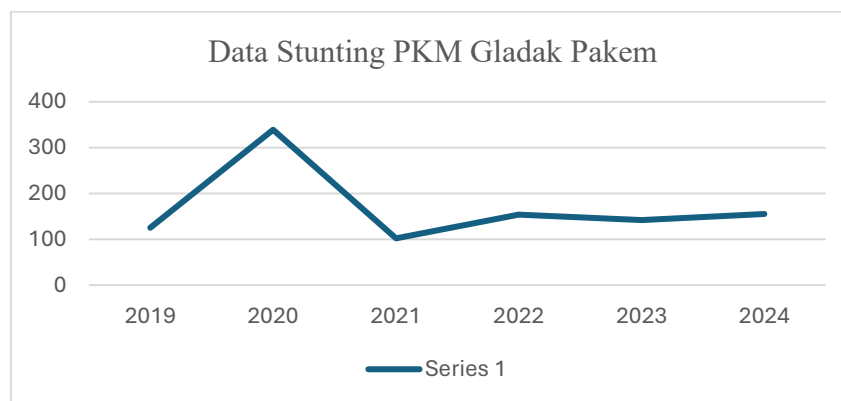


Figure 1.1 Stunting data graph Gladak Pakem District Kebonsari

Based on figure 1.1 above, it shows a graph of stunting rates in Kebonsari, Jember Regency. The stunting rate in 2019 was 125, in 2020 there were 339 people, in 2021 there were 103 people, in 2022 there were 154 people, in 2023 there were 142 people and in September 2024 it was known that there were 155 people. The stunting rate in Kebonsari Subdistrict has fluctuated, showing periods of both increase and decline. This is caused by low public awareness regarding the stunting program, community involvement in government programs is still weak.

Stunting is a major threat to the quality of Indonesian society. Not only does it interfere with physical growth, Stunting children also experience brain development disorders which can affect their abilities and achievements (Asiki et al., 2019). Apart from that, children who suffer from Stunting will have a history of poor health due to a weak immune system (Anjani et al., 2024). Stunting can pass on to the next generation if it is not treated seriously. Health problems and disorders in the community will reduce productivity and cause losses for the country, so health transformation is needed to achieve an increase in the level of public health (Priyono, 2020).

The government has a role and role in alleviating stunting cases that occur in the local area. This reduction in stunting rates has been stipulated in Presidential Decree no. 2 of 2021 concerning the acceleration of stunting reduction, with the hope that by 2030 Indonesia will have a golden generation and zero stunting. The local government is a stakeholder to help reduce stunting rates, and this requires a government program as a solution for dealing with stunting in early childhood (Rahmah et al., 2022).

The Indonesian government is actively involved in overcoming stunting through various programs such as the National Strategy for the Acceleration of Stunting Prevention which aims to comprehensively address stunting

and malnutrition (Songgot et al., 2023) and (Suhardika & Sahrul, 2023). The government's role in determining stunting rates is based on Presidential Decree 72 of 2021. The government's involvement in determining the stunting rate uses Presidential Decree 72 of 2021. This article tries to explain how the government program reduces stunting in Kebonsari Village. Stunting is a child's growth and development from an early age. typical for his age deviates from the average. The aim of writing this article is to inform readers about the government's efforts and efficiency towards the community through programs that are implemented in the community, as well as analyzing the problems found in government programs so as to provide income (Rahmadani & Lubis, 2023).

Drawing from the aforementioned background, the author has selected the topic of government programs aimed at addressing stunting in Kebonsari. This article aims to explore the role of the government, analyze its stunting prevention programs, and assess the impact experienced by parents of early childhood-aged children affected by stunting in Kebonsari, Jember Regency.

2. Method

The method The method used in this research is a qualitative approach (Levers, 2015). Utilizing primary data obtained through observations, structured interviews, and documentation (Barrett & Twycross, 2018) in the form of By Name By Address (BNBA) data from midwives in the Kebonsari area. Secondary data were obtained from several research journals to identify government programs addressing stunting in early childhood, as well as interview results with parents who received government assistance and whose children were identified as stunted in Kebonsari. Data collection was carried out with the consent of relevant parties and in consideration of field research ethics. This study aims to reveal problems, situations, or events as they truly are, in order to uncover facts found in the field and to provide an objective depiction of the actual conditions of the research subject. The research focuses on government programs for stunting management in Kebonsari, Jember Regency

3. Result And Discussion

Government program in dealing with stunting in early childhood in Kebonsari Village, Jember Regency One of the government's efforts to help overcome stunting in producing superior human resources is by supporting one of the elements in the development of state programs, namely economic growth. Where the contribution of human resources to the sustainability of the community's economy is very large. It was explained that Stunting is a nutritional problem that can affect social and economic life. Stunting interferes with the physical ability to work, disrupts mental and intellectual function, and increases the risk of death. Short stature may also be the cause of children being too small.

Based on the findings from an interview with the midwife assigned to the Kebonsari area, Jember Regency, Jember Regency, the government is carrying out its role as a facilitator in trying to reduce stunting rates. Following are the results of the interview:

"For the stunting program, we have tried it. So far we have implemented several programs to reduce stunting rates in Kebonsari Village, Jember Regency. Here I hope to become a facilitator for the community, especially those whose children experience stunting problems. I recommend that you take part in counseling on parenting patterns which will be given when attending posyandu, and many other programs."

The informant also said that the handling of stunting in Kebonsari Village was carried out with specific actions. The following is an excerpt from the interview:

"The Kebonsari sub-district government is taking specific actions, namely encouraging cooperation in many sectors, health, business and community sectors. We usually convey this by holding meetings so that all the programs that have been planned are well coordinated."

The concrete steps taken by the government to overcome stunting in Kebonsari Village are very closely watched. In Kebonsari Village, we always carry out ongoing evaluations to study and find solutions to the stunting problem. This evaluation is conducted through regular meetings that focus on reviewing stunting data and discussing stunting cases to ensure they receive proper intervention and support. The results of these meetings, along with identified issues in the field, serve as an evaluation mechanism that can inform future policy-making The government coordinates across sectors to carry out evaluations and follow-up by making direct contact with economically disadvantaged communities in fulfilling nutrition, providing food assistance, and providing outreach regarding stunting prevention programs by conducting training courses, providing counseling, seminars, workshops and so on.

The following outlines the government programs and the challenges faced

Government Programs

Government Challenges

- Collaborating with cross-sectors, including the health sector, businesses (such as local companies), and government institutions.
 - Providing educational services during *Posyandu* sessions, including educating parents about childcare, providing nutritious food, and monitoring child growth and development.
 - Raising awareness so that the community fully understands the dangers of stunting.
 - Providing supplementary food assistance (PMT) for pregnant women and children who are stunted.
 - Providing material assistance such as chicken meat and eggs for underprivileged residents and families with stunted children.
 - Conducting direct assessments of stunted children and reporting regularly.
 - Performing routine evaluations and reporting of stunting data in the region to enable further intervention.
- High population density and the vast area of Kebonsari make it difficult to provide effective stunting counseling.
 - Parents of children suspected of being stunted tend to isolate themselves and refuse to be monitored.
 - Some community members do not attend the *Posyandu* for routine weighing and vaccination.

Apart from that, cooperation between communities to help develop human resources is very important. This is of course very important in overcoming the stunting situation (Rahmadani & Lubis, 2023). Where the stunting situation greatly influences the government's task problems which also affect superior or quality human resources which can provide guarantees that the community can fulfill its daily demands to maintain its survival. If human resources are problematic, the problems that will arise are physical constraints, limited health and education, and will also cause a lack of labor supply to support the economy. This means that this could have an impact on state administration because the level of economic development components will also decrease.

This needs to be done by increasing human resources, stunting has a significant influence on the economy in the process of achieving a reduction in stunting cases. It was explained that the government is working together with the business world to provide financial support and employment opportunities so that daily needs can be met properly. This government program also collaborates with private parties such as KUA, cooperatives, community health centers and family planning

The government in handling stunting includes providing education on parenting patterns at posyandu which is also carried out to prevent the increase in stunting and to reduce the stunting rate, providing milk to pregnant women from the Kebonsari Village Health Center. improving community nutrition through a program providing additional food (PMT) during posyandu, in the form of biscuits and food offerings such as rice, side dishes, vegetables, pudding, fruit to improve children's nutritional status. Following are the results of the interview:

"Apart from collaborating with health authorities to address stunting reduction, and providing education on child rearing patterns in posyandu activities, we also run programs through the community by providing additional food (PMT) to improve children's nutritional status."

Another thing was also conveyed by the people of Kebonsari Village. Following are the results of the interview:

"This problem of stunting certainly needs to be followed up, by determining long-term and short-term planning. This is because stunting cases not only harm the people who suffer from stunting but also the government, so there are decisions and programs to create programs that can overcome the stunting problem. Likewise with the government."

Based on the results of the interviews, it is clear that the government's involvement in this stunting program functions as a facilitator that provides various conveniences. Parents of stunted children have also experienced the benefits of various forms of assistance, including the provision of chickens and eggs, supplementary food, and regular monitoring and weighing of their children's growth. This consistent supervision helps parents feel supported in efforts to prevent stunting in their children. The government has also developed specific initiatives and actions aimed

at reducing stunting. The government's responsibility is more than just providing facilities; this also includes funding, accessibility, monitoring and preparation of MoUs, as well as other aspects (Lear & Anugrah, 2025) and (Theresa, 2024).

Based on the results of the author's research, it is known that in Kebonsari Subdistrict, a supplementary feeding program (PMT) has been implemented at posyandu by utilizing child growth monitoring and weighing data by carrying out health development by, for and with the community, with the aim of increasing community access to essential health services, and in particular accelerating the reduction in maternal and child mortality rates. managed and organized for health purposes

Based on the research, the implementation of this program will be supported by *leaders* (community health volunteers) to provide additional nutrition for three months to babies who fall into the stunting category. Apart from that, the Community Health Center collaborates with village midwives to educate pregnant women, breastfeeding mothers, and mothers who have children under five regarding the importance of paying attention to children's nutrition. The stunting promotion program was implemented well by the local community. The Community Health Center implements this program in collaboration with the Food, Maritime and Fisheries Service, the Chemical Service and the Chemical Service which is involved in providing clean water, the Village Midwife, and the executive.

Based on the findings of the discussion above, it can be concluded that government involvement in handling stunting cases is quite important so that government activities or programs can be completed so as to produce superior human resources. The formulation of policies and programs should also involve direct field involvement to ensure that the most appropriate interventions for addressing stunting are identified. Apart from that, to fulfill government responsibilities, it can help with physical limitations and financial limitations. Especially in cities that are unable to meet individual, family and government demands.

4. Conclusion

The results of the research analysis indicate that the implementation of government programs to address stunting in early childhood in Kebonsari has been carried out according to technical guidelines. It can therefore be concluded that the concrete actions taken by the government to overcome stunting in Kebonsari Village have been given serious attention. These include data provision, analysis of families with stunting cases, and verification of data accuracy to ensure that assistance is properly targeted and meets the needs of the children. Local authorities conduct continuous evaluations to assess and seek solutions to stunting issues, and cross-sectoral coordination is essential to evaluate and follow up by engaging directly with economically disadvantaged communities in fulfilling their nutritional needs. The programs implemented include food assistance and public outreach on stunting prevention through trainings, counseling sessions, seminars, workshops, and similar activities. Education on parenting practices is also provided at local health posts (Posyandu) to prevent a rise in stunting rates and to reduce existing stunting cases. The village health center (Puskesmas) distributes milk to pregnant women, and community nutrition improvement is carried out through supplementary feeding programs at Posyandu. All of these programs have been implemented, ranging from preventive measures to specific interventions for children.

5. Acknowledgement

We are thankful to all respondents who have shared their voice with us.

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