

## Effectiveness of Stunting Prevention Program In Cirebon Regency

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### KEYWORDS

stunting prevention;  
program effectiveness;  
cirebon district health  
office

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### ABSTRACT

Each government institution has specific responsibilities in accordance with the roles and functions that have been regulated by law. This study aims to determine the effectiveness of stunting prevention programs in Cirebon Regency conducted by the Health Office. This program is based on rules and regulations regulated by local and central governments, and involves various stakeholders and available resources. A qualitative approach was used in this study, with a descriptive method to describe the phenomena that occur. Program effectiveness is evaluated based on Richard M. Steers' theory identifying three indicators of effectiveness, namely goal achievement, integration, and adaptation. The findings show that the program has made progress in reducing stunting, although there are still some challenges faced, such as lack of coordination and limited resources. Therefore, this study concludes that stunting prevention efforts need to be continuously improved by improving coordination between agencies, strengthening program integration, and adapting to changing environmental conditions.

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### Introduction

Each government institution has specific responsibilities in accordance with the roles and functions that have been regulated by law. Although different in their authority, the main goal of each government institution remains consistent, namely to advance the country and improve the welfare of society. For example, the Health Office is one of the implementing agencies in the health sector led by a service head who is responsible to the regional head through the regional secretary. The health office has the responsibility of running several regional affairs in the health sector to support the welfare of the community in the field and provide assistance in accordance with its focus. Public services cover a wide range of aspects of life, which in the context of government includes arrangements and various other services to meet the needs of society in the fields of education, health, utilities, and so on. (Ningsih, 2022)

Indonesia faces nutritional problems that have an impact on the quality of human resources (HR). One of the malnutrition problems with a high prevalence in Indonesia is stunting in toddlers.(Zaleha & Idris, 2022). Stunting is a condition in which the growth of toddlers is hampered by long-term malnutrition, especially during the First 1,000 Days of Life (HPK). Lack of nutrition and repeated infections are the causes of this condition. Poor education, especially during the first 1,000 days of life (HPK), also plays a role. When a child's height is below standard, it is called stunting. During the first 1,000 days of children's lives, efforts to overcome stunting are carried out by the health sector, paying special attention to pregnant women, breastfeeding mothers, infants, toddlers, school children, adolescents, and productive age.(Wardana & Astuti, 2020). Although the beginning of infancy is an appropriate time to implement interventions to restore the nutritional status of children, when such interventions are carried out during childhood, then height growth can be satisfactorily resumed, thus significantly improving the health of the child and, consequently, society. Nutritionally restored children showed improvements in cognitive abilities, body normalization, body composition, insulin sensitivity, adipokine levels, and cortisol response to stressful stimuli.(Bueno et al., 2018).

There are three main reasons why stunting prevention and control efforts in Indonesia are urgent. First, in terms of policy, the high stunting rate that is still above the safe limit (<20%) shows that existing policies have not been effective. This can be caused by policies that are not on target or problems in their implementation. Therefore, it is necessary to conduct an in-depth evaluation to find the root of the problem and the right solution.(Sugianto, 2021). Secondly, the active role of the community is very important. The community must support government policies because they are the ones who best understand the conditions faced, and should be the spearhead in overcoming stunting (Moeloek, 2016). Third, one of the visions of the President of the Republic of Indonesia is to focus on human resource development by providing health insurance for pregnant women, infants, toddlers, and school children, as well as improving the quality of vocational education and training (Putri, 2019).

Stunting is caused by limited access to food both in terms of quantity and nutritional quality, as well as lack of variety in food. In addition, suboptimal parenting, especially in feeding infants and toddlers, also contributes. Another influencing factor is the lack of access to health services, including sanitation and clean water supply.(Bachruddin, Siraj, & Nurfallah, 2022). The most frequent assessment of the nutritional status of toddlers is through anthropometric assessments, which include various measurements of body dimensions and body composition at various ages and nutritional levels.(Hutabarat, 2023).

In the policy stage, implementation is an important stage because it can measure the success rate of the program or policy that has been made. If the program or policy can be implemented properly, then the policy is considered successful. Conversely, if not, it is necessary to evaluate the policy so that the policy can run effectively. (Bharoto & Nursahidin, 2021)

Resources have a crucial role to play in implementing policies effectively. The success of policy implementation depends largely on the ability to optimize existing resources. People are considered the most important aspect in determining the successful implementation of a policy.(Arisandi, Nariyah, & Nursahidin, 2020)

According to a common definition in the scientific literature, effectiveness refers to the successful achievement of a goal, a useful outcome, or relevance that corresponds to

a specific goal. "Richard M. Steers states that effectiveness reflects the ability of a program as a system to achieve its goals and objectives using specific resources and means without impeding those means and resources, and without putting unreasonable pressure on its implementation".(Gibson JIL, 2001)

In his book "Organizational Effectiveness," Steers describes three important elements in effectiveness measurement:

1. "Goal Achievement: The process of achieving goals should be seen as a single enterprise. To ensure the achievement of the final goal, steps in achieving its parts and establishing periods for achieving it need to be observed. The factors involved in achieving the goals include the time and goals that have been set".
2. "Integration: Integration refers to an organization's ability to align, develop consensus, and communicate with other organizations. The integration process is related to socialization".
3. "Adaptation: Adaptation is the ability of an organization to adapt to its environment. Adaptation measurement involves assessment in the process of procurement and placement of labor'.

Effectiveness refers to the implementation of government by adjusting the plan that has been prepared, with attention to efficiency, in the sense that the implementation of government is carried out productively, sparingly, and without confusion. The principle of governance based on openness is expected to maintain stability in Indonesia. For many years, the Republic of Indonesia has depended on good governance, as such a system is expected to improve the quality of public services, reduce corrupt practices, and allow the government to focus more on the interests of citizens.(Salsabillah & Murshidah, 2022). The effectiveness of the Stunting Reduction Acceleration Program is influenced by supporting and hindering factors. The supporting factor in this program is directed collaboration between health workers from the Cirebon Regency Health Office, UPT Puskesmas Sumber, both nutrition officers, village midwives, Posyandu cadres and PMT cadres. Furthermore, the barrier factors of this program are limited budgets, parents' education levels, the economic situation of stunting toddler families and uneven counseling on parenting patterns in children.(Ridha Munawarah & Susilawati, 2023).

Convergence is a coordinated, integrated, and concurrent intervention approach in priority geographic areas and households to accelerate stunting reduction. This approach involves linking various resources to achieve a common goal. Efforts to accelerate stunting reduction should be carried out as early as possible through two types of interventions: specific interventions, which address the direct causes of stunting, and sensitive interventions, which address indirect causes of stunting.(Aminah & Riduan Akhmad, 2022). The efforts of the Cirebon District Health Office to overcome stunting are still not optimal because several problems hinder it. For ninety days, the Supplementary Feeding (PMT) program for malnourished children has not reached the ideal level. Studies show that children who receive PMT in the form of biscuits feel bored, so its implementation in every posyandu activity is still less effective. In addition, there is no good way for the Health Office and the technical implementation unit (UPTD) of puskesmas to promote the importance of children's diet in combating stunting in every posyandu activity.

Indonesian children are currently at high risk of stunting. The government has prioritized stunting improvement programs since 2018 and managed to reduce its prevalence by 9.2 percentage points, from 30.2% in 2018 to 21.6% in 2022. This achievement shows that the stunting rate has increased twice as fast as in the previous

period, especially between 2013 and 2018. The success of reducing stunting means that 2.6 million children have avoided stunting in the last 4 years, from a total of 7.3 million stunted children in 2018 to 4.7 million children in 2022. Hasto Wardoyo, Head of BKKBN highlighted that by the end of 2023, the stunting rate is expected to decrease by 3.8 percentage points to 17.8%. The same target must also be achieved by 2024 to reach 14%.

#### **Health Law No. 17 of 2023 Article 40**

##### **Article 40**

- 1) "Maternal health efforts are shown to give birth to healthy, smart, and quality children and reduce maternal mortality".
- 2) "Maternal health efforts as referred to in paragraph (1) are carried out in the period before pregnancy, pregnancy, childbirth, and postpartum".
- 3) "Every mother has the right to access Health Care Facilities and Health Services that are in accordance with standards, safe, quality and affordable".
- 4) "The central government and local governments are responsible for providing maternal health services that are in accordance with standards, safe, quality, and affordable".
- 5) "Maternal health efforts are a shared responsibility and obligation for families, communities, local governments and central governments".
- 6) "Further provisions regarding maternal health efforts are regulated by Government Regulations".(Ministry of Health, 2023)

#### **Regulation of the Regent of Cirebon**

Cirebon Regent Regulation No. 57 of 2021 concerning the Acceleration of Integrated Stunting Prevention lists stunting prevention and control strategies.(*perbup\_nomor\_57\_tahun\_2021.pdf*, n.d.) Among them are the following:

- a. "Infants aged over 6 (six) months to 1 (one) year are entitled to quality complementary foods (MP-ASI) containing protein and micronutrient such as calcium, zinc, vitamin A, and iron".
- b. "Toddlers aged 1 (one) year to 5 (five) years must get adequate nutritional intake".
- c. "Every child should be routinely measured for height and weight to detect early nutritional problems."
- d. "Every community who finds a stunted toddler should report it to the local health center".
- e. "Every health service facility, both primary and skunder, that treats stunted children in order to make appropriate efforts and actions in the management of stunting cases".
- f. "Puskesmas collaborates with Posyandu, UPTD at the Education Office and the Office of Religious Affairs in administering deworming 2 (two) times in 1 (one) year".

**"Presidential Regulation Number 72 of 2021"** Created to accelerate steps in the increase and reduction of stunting in a comprehensive, integrated, and quality manner through coordination, synergy, and synchronization between all parties involved. The Presidential Regulation amends the previous Presidential Regulation, namely Number 42 of 2013 concerning the National Movement for the Acceleration of Nutrition Improvement".(Perpres, 2020)

The Cirebon District Health Office in conducting stunting prevention programs has problems in this study, namely the high stunting rate in Cirebon Regency and the ineffectiveness of the program carried out by the Cirebon Regency Health Office. The

purpose of this study focuses on determining the effectiveness of the program carried out by the Cirebon Regency Health Office related to the high stunting rate in Cirebon Regency. The government is committed to reducing and preventing stunting by ensuring that every child in Indonesia has equal opportunities to grow and develop optimally, emotionally, socially, and physically, so that they are ready to learn, innovate, and compete nationally. Stunting prevention efforts are focused on three main aspects, namely improving diet, parenting, as well as sanitation and access to clean water. At the beginning of 2023, there are 13,353 children suffering from stunting in Cirebon Regency, showing an increase of 1% (one percent) compared to the previous year. With the above background, problems related to stunting in Cirebon Regency emerged which became the focus of research entitled "**The Effectiveness of Stunting Prevention Programs in Cirebon Regency.**".

### **Research Methods**

This research uses qualitative methods with the aim of exploring and understanding the hidden meanings in each individual or group of individuals related to social issues. A qualitative approach can be applied to study various aspects of people's lives, including behavioral history, concepts or phenomena and other social problems. Researchers use qualitative methods to collect various types of data, such as documentation, records, as well as supporting documents, and other qualitative data. This research applies a qualitative approach with a descriptive approach to describe and identify certain phenomena or problems. The resource persons interviewed in this study included the Cirebon District Health Office and affected communities. Data was collected through interviews. The data is then analyzed through stages of reduction, presentation, and interpretation, based on Richard M. Steers' theory of effectiveness which includes aspects of goal achievement, integration, and adaptation.

### **Results and Discussions**

The results of this research were obtained through in-depth interviews with informants as part of data collection efforts in the field, which were then analyzed. The analysis aims to evaluate the effectiveness of stunting prevention programs in Cirebon Regency, run by the local Health Office. This research focuses on the concept of program effectiveness according to Richard M. Steers theory, with emphasis on three main indicators: goal achievement, integration, and adaptation. To ensure the objectivity and accuracy of the study, researchers conducted additional in-depth interviews to obtain direct information from the public about their opinions on current stunting prevention efforts and actions taken by relevant agencies. Here are the names of the informants interviewed:

<b>No</b>	<b>Name</b>	<b>Informant</b>	<b>Gender</b>	<b>Work</b>
1	Siska Alfiyanah	Key Informants	Woman	Nutritionist

Based on data obtained through an interview with "*Siska Alfiyanah (2024), as a key informant with the position of Young Expert Nutritionist, Cirebon Regency Health Office along with stunting data in Cirebon Regency*":

DATA STUNTING IN CIREBON REGENCY		
Year	Sum	Percentage %
2019	14,127 people	9,7%
2020	21,733 people	13,4%
2021	15,299 people	9,2%
2022	10,635 people	8,5%
2023	13,353 people	7,97%

### Goal Achievement

The relationship of effectiveness with policy evaluation indicators lies in assessing whether the results obtained are in accordance with previously set objectives. According to the results of an interview by "(Siska Alfianah, 2024), *the achievement of goals involves all efforts that are assessed through the process. Therefore, to achieve a specific end goal, a series of stages in the stunting prevention program are needed*". Based on data from interviews with the Cirebon Regency Health Office held in a convergence session, 8 stages were identified carried out by the Cirebon Regency Health Office, namely:

1. **Situation Analysis**, which is in the form of an application made by the Ministry of Home Affairs (Bangda) where the Health Office fills in stunting data, the number of stunting children, stunting prevalence and the number of stunting risk families.
2. **Mapping (Activity Plan)**, which is in the form of places to be visited related to stunting risk, how much budget is needed.
3. **The Stunting Bootcamp**, which is in the form of a deliberation attended by the head of TPPS, cross-sectoral OPD, from the stunting bootcamp will leave the stunting lokhus village and a commitment will be set in an effort to accelerate stunting reduction.
4. **Empowering cadres**, cadres are the frontline of accelerating stunting reduction that plunges directly into the target. The Family Assistance Team (TPK) is the name formed by the cadre at this time. Inside the TPK there is a village PKK Chairman, Nakes, where TPK members are trained and given expertise and insight so that they can educate directly to the community.
5. **Information Participation**, the Health Office collaborates with the Communication and Information Agency (Diskominfo) which is in charge, namely Diskominfo which provides information related to stunting reported through print media and social media.
6. **Data**, so what has been planned by point 2 will be evaluated related to the activities carried out, whether it runs well, the effectiveness or absence of these activities to the community.
7. **Stunting publication**, so what is meant by this stunting publication is taken from the previous year.
8. **National Level Evaluation**, this evaluation is carried out by the Ministry of Home Affairs, seen from the efforts made by the Health Office both from the results that have been done, and goals.

So it can be concluded that in achieving the goals at the Cirebon District Health Office has had stages of stunting prevention including: situation analysis, pemataan (activity plan), stunting workshop, cadre empowerment, participation in information, data, stunting publications, national level evaluation. In this case, it proves that the stages

of stunting prevention have been running and it is expected that the community will follow the programs of the Cirebon Regency Health Office.

### **Integration**

Integration refers to assessing an organization's ability to unify, communicate, and build consensus among its members. This integration indicator is related to socialization activities in the field. Socialization from the Cirebon District Health Office involves cross-programs so it is not only the Health Office that carries out socialization including Health Promotion (Promkes), Environmental Health Team (Kesling), Mother Child Card Program (KIA), P2P Team (Disease Control).

According to the results of an interview by "(Siska Alfiyanah, 2024), *said that the Cirebon Regency Health Office always campaigns for exclusive breastfeeding, the Blood Added Tablet Program for Young Women, socialization of MP-ASI for children aged 6-24 months, as well as conducting routine socialization to always monitor child growth at Posyandu, pregnant women campaigns by conducting 6x checks during pregnancy, and conducting Germas*".

So it can be concluded that the strategy carried out by the Cirebon District Health Office to increase the effectiveness of stunting prevention programs is by cooperating with CSR due to lack of budget costs, so by cooperating with CSR providing an injection of funds in helping implement this stunting prevention program. This socialization was carried out to several CSRs in Cirebon City / Regency for the success of stunting prevention programs.

### **Adaptation**

Adaptation refers to an organization's ability to adapt to its environment, including the adaptation of the program to field conditions. Adaptation assessment includes the availability of manpower and infrastructure.

According to the results of an interview with "(Siska Alfiyanah, 2024), *he said that the Cirebon Regency Health Office was in accordance with their respective qualifications because it was in accordance with the position, about nutrition carried out by nutritionists, about the environment carried out by environmental workers in the sense that there was no overlap in work*".

So it can be concluded that the qualifications of workers at the Cirebon Regency Health Office already have their respective qualifications and are in accordance with the position.

### **Effectiveness of Stunting Prevention Program in Cirebon Regency**

The stunting prevention program in Cirebon Regency implemented by the Health Office began with the implementation of Cirebon Regent Regulation No. 57 of 2021 concerning the acceleration of integrated stunting prevention. Researchers conducted in-depth interviews with informants from the Cirebon District Health Office to evaluate the effectiveness of the program.

The program carried out by the Cirebon Regency Health Office has been carried out since 2017 until now and even in the future. The success target has been intervened so all parties have their own targets, the national target for 2024 stunting is targeted at 14%. Programs implemented by the Cirebon District Health Office include:

1. **Giving Blood Added Tablets to Young Women**, especially starting from junior high school to high school age, is required to take blood added tablets once a week.
2. **Examination of pregnant women**, pregnant women are carried out both in the womb related to the condition of the fetus, seen their nutritional status if anyone has nutritional status problems, be it anemia, or chronic malnutrition is given PMP for

pregnant women. After the baby is born must be exclusively breastfed until 6 months old, after more than 6-24 months old toddlers are given MP-ASI.

3. **Basic Immunization**, basic immunization is given to children every examination at the posyandu.
4. **Provision of Health Insurance**, the provision of health insurance is obtained through BPJS, if there are underprivileged people entitled to apply for BPJS to get dependents from the government.
5. **Basic sanitation**, one of which is latrines, so people are expected to use clean latrines, healthy latrines, so they are expected to have latrines that have septitanks.
6. **The use of clean water**, people are expected to use clean water for consumption both for bathing and for drinking water.

#### **Obstacles of the Health Office in conducting Stunting Prevention Programs in Cirebon Regency**

1. **Coordination**, In this case the Health Office said the lack of coordination, because in this case it is a team in carrying out stunting prevention activities involving several agencies involved in it including: Health Office, Bapelitbangda, BPPKB P3A, Social Services, DPMD. So coordination has not been so solid and has not been effective because it is constrained by the egos of each agency that plays a role in stunting prevention.
2. **Budget/Funding**, Lack of funding provided by the government.

#### **Efforts of the Cirebon District Health Office in conducting a Stunting Prevention Program in Cirebon Regency**

1. Hold regular coordination meetings to ensure all relevant agencies have a common understanding of program objectives and strategies.

An approach is taken by cooperating with CSR so that stunting prevention programs in Cirebon Regency can run well and orderly.

#### **Conclusion**

Based on the results of the study, the effectiveness of stunting prevention programs in Cirebon Regency still faces several challenges. Lack of coordination between agencies is one of the main obstacles. Although the Cirebon District Health Office has conducted a number of stunting prevention programs, an in-depth evaluation of the effectiveness of these programs is still needed. In addition, public policy also plays an important role in supporting the implementation of stunting prevention programs. Evaluation of existing policies can help improve program implementation. Obstacles in implementation also need to be considered, such as lack of coordination between relevant agencies and lack of budget from the government. The views and expectations of the community, especially pregnant women, the role of policies in stunting reduction can be an important reference in designing and evaluating stunting prevention programs. Therefore, strategic steps are needed, such as increasing coordination between relevant agencies, increasing public awareness, evaluating existing policies, and improving the quality of stunting prevention programs, to improve the effectiveness of stunting prevention programs in Cirebon Regency.



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