

# Stunting Handling in Batu City East Java (Study on the Implementation of Presidential Regulation Number 83 of 2017 Concerning Strategic Policies for Food and Nutrition)

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## ABSTRACT

Stunting is a condition of growth failure in children due to malnutrition for a long time, resulting in children being shorter than normal children and having delays in thinking. Batu City is an agricultural city and it is the one of the largest vegetable and milk producers in East Java, but this is not in line with the growth and development of its community, in 2018 the stunting data in Batu City was 28.3% where this figure had exceeded the maximum limit set by WHO, that is 20%. The purpose of this study is to describe how the implementation of stunting management in Batu city is based on Presidential Regulation No. 83 of 2017 concerning Strategic Policies for Food and Nutrition and to identify the driving and inhibiting factors for implementing the policy. This study uses a descriptive method with a qualitative approach, which aims to obtain information about the current situation by looking at the relationship between existing variables. Data collection techniques include observation, interviews and documentation, then the data analysis techniques used are data reduction, data presentation and drawing conclusions. The results showed that Batu City implemented several programs including: (1) improving the quality of drinking water supply and sanitation; (2) increasing access and quality of nutrition and health services; (3) increasing awareness, commitment and practice of maternal and child care and nutrition; (4) increase in nutritious food programs that have been implemented have not been able to run optimally due to inhibiting factors, namely lack of human resources and budget, lack of active participation and awareness from the public and invalid data, the researchers suggest strengthening human resources, especially the role of cadres in disseminating information to the community and increasing the stunting budget through village funds.

**Keywords:** Acceleration; Policy implementation, Stunting handling

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## 1. INTRODUCTION

Human Development is a sustainable program that aims to improve the quality of social justice for the community, particularly in income, health and education. The main objective of development is to create an environment that enables people to enjoy a long, healthy life and lead a productive life

Strengthening human resources towards superior human beings has a close correlation with increasing work productivity, in winning the competition amid the rapidly changing changes in the world of business, political economy and culture. Human resource development is a challenge in itself for the Indonesian nation when looking at the data released by the World Bank, where in 2018 the World Bank stated that the quality of Indonesian human resources was ranked 87 out of 157 countries. Being the goal of the government of the republic of Indonesia in cultivating superior quality human resources, there is one problem in achieving this, namely stunting.

The problem of stunting nutrition (short children under five) is one of the crucial nutritional problems, especially in poor and developing countries. Stunting is a form of growth failure that causes linear growth disorders in children under five as a result of a long accumulation of nutritional insufficiency, starting from pregnancy to 24 months of age, stunting and malnutrition are estimated to contribute to a 2-3% reduction in Gross Domestic Product (GDP) each the year. The prevalence of stunting during the last 10 years shows no significant change and this shows that the problem of stunting needs to be addressed immediately.

The Ministry of Health stated that malnutrition that occurs in stunted toddlers is caused by poor parenting practices, limited health services, lack of access to nutritious food and lack of access to clean water. Another opinion according to Nadia Feryka Probohastuti and Aloysius Rengga (2019) in their research shows that stunting is influenced by several factors, including: human resources implementing policies are not adequate in quantity and quality, intensity and coverage of information dissemination related to stunting and stunting reduction policies are not maximized, lack of support or community participation in policy implementation, lack of public awareness regarding the importance of a healthy lifestyle and the availability of data on the poor that is not valid

In the context of tackling and accelerating the reduction in stunting rates in Indonesia, the Government launched a nutrition improvement movement stipulated in Presidential Regulation Number 42 of 2013 concerning the National Movement for the Acceleration of Nutrition Improvement which integrates health services, especially maternal and child health and disease control with the approach of various programs and activities, which is carried out across sectors

Batu City is located in East Java Province, an agriculture-based city as the largest vegetable and milk producing city in East Java, which has a stunting rate in 2018, with 28.3% of children under five in Batu City suffering from stunting, this data is based on national basic health research in 2018, where the stunting rate in Batu City still exceeds the maximum limit set by WHO, which is 20%.

Stunting in Batu City is spread over a number of areas, currently the focus of handling stunting areas is in five villages and sub-districts in two sub-districts, namely Batu District and Bumiaji District, totaling 684 stunting children. The details for Batu District in Oro-Oro Ombo Village are 145 toddlers, Sisir Village has 140 toddlers, and Sidomulyo Village has 134 toddlers. Whereas in Bumiaji Subdistrict in Giripurno Village there are 171 toddlers and Sumber Brantas Village there are 94 children under five, where these five areas are the focal points of locations that experience failure to thrive due to chronic malnutrition due to inadequate nutritional intake and for the age range of stunting in under-five starting from 6 months and over to 60 months in Batu City and the shorter children are due to not optimal nutritional intake.

In connection with the description above, then the author is interested in conducting research with the title "Accelerating Handling of Stunting in Batu City, East Java Province (Study on the Implementation of Presidential Regulation Number 83 of 2017 concerning Strategic Food and Nutrition Policy)

## **2. LITERATURE REVIEW**

In connection with the implementation of stunting management policies in Batu City, the authors describe the implementation of government policies and policies in handling stunting based on integrated stunting intervention guidelines for districts and cities throughout Indonesia.

Nugroho (2014) states that policy implementation is essentially a method used so that a policy can run well or in other words it can achieve success according to predetermined goals, where according to Edward III's theory policy implementation is influenced by communication, resources, and disposition, and bureaucratic structure. There is also a stunting management policy based on integrated stunting reduction intervention guidelines in Kota districts including specific nutrition interventions, namely indirect causes and sensitive nutrition interventions, namely handling the causes of stunting directly.

Specific nutritional interventions include: (1) The target group of pregnant women through supplementary feeding for pregnant women from poor groups and supplementation with blood booster tablets; (2) Breastfeeding mothers and children aged 0-23 months; (3) Adolescents and women of childbearing age; (4) Children aged 24-59 months. Nutrition Sensitive Interventions include: (1) Improvement and supply of drinking water and sanitation; (2) Increasing access and quality of nutrition and health services; (3) Increased awareness, commitment and practice of care and nutrition for mothers and children; (4) Increasing access to nutritious food.

## **3. METHODS**

This study uses a descriptive method with a qualitative approach, which aims to obtain information about the current situation by looking at the relationship between existing variables. Data collection techniques include observation, interviews and documentation, then the data analysis techniques used are data reduction, data presentation and drawing conclusions

## 4. RESULTS AND DISCUSSION

### Implementation of Stunting Handling Policy in Batu City, East Java Province

The Government of the Republic of Indonesia issues guidelines for implementing integrated stunting reduction interventions in districts / cities as technical guidelines for reducing stunting in districts and cities throughout Indonesia based on stunting intervention guidelines, efforts to reduce stunting are carried out through two interventions, namely specific nutrition interventions to address direct causes and nutrition interventions sensitive to address indirect causes. The implementation of specific nutrition interventions includes:

#### Priority goals for pregnant women

Batu City, through the Health Office, provides additional food and supplementation with blood-added tablets to pregnant women by moving health centers and posyandu that are scattered in villages and sub-districts in Batu City, and also collaborating with the PKK Driving Team in disseminating the importance of good food intake for pregnant women. The constraints faced are the existence.

#### Priority targets of breastfeeding mothers and children 0-23 months

Posyandu is a form of Community-Based Health Efforts (UKBM). The percentage of active posyandu is an indicator that shows the participation and independence of the community in overcoming health problems that arise in their area. The number of posyandu in the Kota Batu area is 189 with the active Posyandu category as much as 182 (93.3%). The Health Office provided.

#### Important goals of youth and women of childhood age

The Health Office together with the Women Empowerment Service for Child Protection for Population Control and Family Planning (DP3AP2KB) developed a youth organization, namely PIKR (Youth Counseling Information Center) which aims to provide information on the preparation of family life for adolescents, marriage maturity and life skills. This organization is actively participated by teenagers in Batu City.

There are also nutrition-sensitive interventions for reducing stunting in Batu City including:

#### Increasing the Supply of Drinking Water and Sanitation

The geographic location of Batu City, which is in a mountainous area, provides an advantage, namely that there are several springs that are the source of the Batu City community in meeting their daily needs, the Batu City Government, in this case the Housing, Settlement and Land Services Office, provides drinking water services by the Cipta Karya sector, efforts to provide clean water, drinking water in the community by prioritizing the supply of drinking water by drinking water management agencies in rural communities (HIPPAM). This effort is carried out by building the necessary infrastructure or by developing existing facilities as well as coaching community organizations that manage clean water / drinking water (HIPPAM).

The constraints faced are the immature clean water / drinking water management system, especially in communities that involve HIPPAM and conflicts between villages / kelurahan related to the distribution of clean water / drinking water which must cross regions.

The Regional Drinking Water Company (PDAM) of Batu City carried out checks and research in collaboration with several universities in Malang regarding whether the content in Batu City's springs contains bacteria which cause stunting.

In order to reduce the number of open defecation in Batu City, the Health Office conducts outreach to the people in Batu City.

#### Increasing Access and Quality of Nutrition and Health Services

##### *Family Planning Program (KB)*

The Family Planning Program (KB) is a movement to form a healthy and prosperous family by limiting births with planning, is an effort by the government to improve the quality of the population by providing proper services in the health sector, as well as one of the forms of suppressing growth rates aims to produce quality families. By suppressing the growth rate using the family planning program, it is hoped that stunting rates will be reduced, because with controlled growth, supervision of pregnant women and newborns in terms of nutrition and health will be more effective. The Office of Women's Empowerment for Child Protection Population Control and Family Planning as a related agency innovates in family planning

services, namely the Family Resilience program or more commonly known as the Tribina program. This tribina program is divided into three parts, namely: (1) BKB (Family Development for Toddlers) BKR (Community Development for Youth), BKL (Community Development for the Elderly). (2) UPPKS (Efforts to Increase Prosperous Family Income). (3) PIKR (Youth Counseling Information Center). The purpose or core of this tribina program is to further improve services to the community, birth control, mature marriage, and increase family resilience and family empowerment. The Batu City Government collaborates with women's organizations in Batu City such as the Association of Women's Organizations (GOW), Dharma Wanita Persatuan, PKK Driving Team in socializing the benefits and importance of using family planning for families in Batu City. The constraints faced by the number of family planning field officers (PLKB) in Batu City are still insufficient. In Batu city there are only 10 PLKBs available, which should be a normal number of 24 PLKBs according to the number of kelurahan and villages in Batu city. However, these shortcomings can be helped by the existence of PPKBD and Sub PPKBD in each kel / village. There are several people who have not participated in the family planning program, this is due to the lack of awareness of the community.

#### ***National Health Insurance Program (JKN)***

The aim of administering the National Health Insurance (JKN) is to ensure that participants receive health care benefits and protection in meeting basic health needs, aiming to ensure that all residents are protected in the insurance system, so that they can meet the basic needs of public health worth it. Since the existence of JKN-KIS, people have started to become aware to pay attention to their health. This has an impact on increasing community visits to the nearest health service. The progress of this program can be said to be quite good, however there are still obstacles faced in implementing this program, namely the data that is not valid so that there are some KIS that are not on target or are wrongly targeted, so that there are still some poor people who have not received KIS. The Batu City Government awarded the Indonesian Health Card Social Health Insurance (JKN-KIS) financing for all Batu residents, Launching Universal Health Coverage with BPJS Kesehatan Malang Branch in Batu City Universal Health Coverage is a program that ensures all Batu City people have access to health services, without having to face financial difficulties. All residents of Kota Wisata Batu, totaling around 213 thousand residents, are reported to have been covered by the National Health Insurance from BPJS Kesehatan. of the total population of Batu City, 96.71 percent is already covered by BPJS Kesehatan. The rest will be completed as of November 1. There are only 5 thousand inhabitants (out of 100 percent of the population), constrained by NIK.

#### ***Family Hope Program (PKH)***

PKH is a program for providing conditional social assistance to poor and vulnerable families who are designated as PKH beneficiary families. The health component in the Family Hope Program (PKH) was developed to improve the health status of mothers and children, especially for poor people. The health status of mothers and children is currently not satisfactory, especially in Batu City. This low maternal health status will have an impact not only on the health of the mother, but also directly on the health of the fetus / mother, especially in the first week of life. Thus, efforts to improve children's health must be integrated with efforts to improve maternal health.

The implementation of the Family Hope Program (PKH) in Batu City has been running for 5 (five) years. The number of KPM components was 3,036. Activities carried out by operators and assistants in the implementation of the Family Hope Program (PKH) include routine group meetings and updating of data, posyandu, and disbursement of funds. The implementation of the Family Hope Program (PKH) in Batu City has been going well. The participation of the participants of the Family Hope Program (PKH) is very high both in terms of health and in terms of education. This can be seen from the increasing number of visits to posyandu and hospitals to check on her pregnancy.

#### **Increasing Awareness, Commitment, Parenting Practices, and Nutrition for Mothers and Children *There are classes for pregnant women and mothers under five***

The implementation of this program is carried out by establishing a class for pregnant women which aims to form BKB EMAS (Elimination of Stunting Problems in Children) which aims to reduce stunting rates. This activity is in the form of a refreshing meeting about parenting materials. Especially using the APE (Educational Game Tool) for the stunting BKB (Bina Keluarga Balita) group. The general purpose of having a class for pregnant women and a class for mothers under five is to increase knowledge and change attitudes in the behavior of mothers in order to understand pregnancy and child development. Based on the results of research conducted by the class of pregnant women and mothers of toddlers in Batu City, it has not

worked as expected because the level of awareness of pregnant women and mothers of toddlers is still low in understanding stunting.

### ***Revitalizing Posyandu***

Posyandu revitalization is a program aimed at Posyandu cadres, where this activity is carried out to provide knowledge to Posyandu cadres so that Posyandu can run according to the rules and can detect early stunting toddlers. The limited budget makes the revitalization of Posyandu must be carried out in stages. Another obstacle that is also feared will occur is the quality of Posyandu cadres. Based on the research results, the posyandu revitalization program is currently not well implemented. Because posyandu cadres still lack information related to stunting

### ***Pre-marriage Marriage Guidance***

Pre-Marriage Guidance for Marriage is a guidance carried out with the aim that the prospective bride and groom are better prepared to face the world of marriage and know what to prepare, especially in the health sector so that their offspring is not stunted. As for adolescent guidance, it is carried out in schools in collaboration with the school to provide guidance or counseling related to early marriage and free sex with the aim of preventing adolescents from falling for it.

### **Increased awareness, commitment, parenting practices, and nutrition for mothers and children**

Increasing access to nutritious food as an effort to reduce stunting is a step taken by the Batu City government in order to provide and increase awareness of nutritious food for the community. One of the activities to realize this effort is the Food Granary program which is spread across several villages in Batu City in collaboration between the Agriculture Office and the Food Security Department. The activities carried out are the development of the maximum utilization of the yard, namely by using the house yard to plant vegetables, fruits, and other food plants. That way people can meet their fiber and vitamin needs through the plants they have planted in their yards without having to buy them.

### **Increasing Access to Nutritious Food**

Nutritious Increasing access to nutritious food as an effort to reduce stunting is a step taken by the Batu City government in order to provide and increase awareness of nutritious food for the community. One of the activities to realize this effort is the Food Granary program that is spread across every village and sub-district in Batu City in collaboration between the agriculture agency and the Batu City food security service.

### **Factors Affecting the Implementation of Stunting Management Policies Communication**

In the implementation of public policy, good communication is realized when the decision maker understands what he is doing. An understanding of what is done can only work when communication goes well. To determine the success in this communication factor, indicators can be used, namely transmission (distribution), clarity and consistency.

Following up on the central government regulation related to stunting reduction, the Batu City Government ratified the Mayor of Batu Decree Number 188.45 / 228 / KEP / 422.012 / 2020 concerning the Determination of a Special Location for Stunting Handling in Batu City as an official rule governing stunting in Batu City.

The Health Office conducts outreach to the village heads, village heads and the community regarding the importance of fulfilling nutrition for pregnant women and toddlers, the Agriculture Office continues to encourage Gemarikan, namely the movement to eat fish as a protein producer to prevent stunting. Based on the results of research that has been done, communication has gone well and has become a supporting factor for the implementation of this policy.

### **Resources**

Resources also have an important role in policy implementation. It is not uncommon for a well-developed policy to fail due to the unavailability of adequate resources including human resources, information resources, authority resources, facility resources and budget resources.

In the implementation of the stunting management policy, the lack of number of health personnel, both midwives, posyandu cadres, and budget resources are still insufficient for handling stunting, so the

Batu City Government policy directs each village to allocate village funds to reduce stunting. Information resources, there are data errors, for example the number of pregnant women and children under five who are stunted, this can hinder the implementation of stunting management policies. From the wrong data, the long-term impact if intervention is not carried out before 1000 days is that children's cognitive abilities do not develop optimally and get sick easily.

### **Disposition**

The attitude of the policy implementers. The attitude of the implementer is one of the important factors that determine the implementation of a policy. The implementers of the stunting management policy have a commitment to implement this policy, this can be seen from the implementation of stunting management policies carried out from the mayor to the RT level.

### **Bureaucratic Structure**

The bureaucratic structure has a lot to do with the suitability of the bureaucratic organization, which in this case is the government which is the organizer of the implementation of a public policy. Such complex policies require cooperation from various parties, and when the bureaucratic structure is not conducive it will hinder the running of such a policy. Example: the existence of Standard Operating Procedures

## **5. CONCLUSION**

The implementation of stunting management policies in Batu City has gone well, where the stunting rate has decreased based on the results of national health research, Batu City stunting data in 2017 is 35% and in 2018 28% has decreased by 7%. Efforts have been made, namely specific nutrition interventions and sensitive nutrition interventions, and programs implemented include: Provision of additional food and supplements for pregnant women, counseling and promotion for breastfeeding mothers and children 0-23 months, education for adolescents and fertile women and provision of additional food for children 24-59 months. Sensitive nutrition interventions include: Community Based Drinking Water and Sanitation Program (PAMSIMAS), National Health Insurance (JKN), Family Hope Program (PKH), Pregnant Women Class and Mother Toddler Class, Posyandu Revitalization, Pre-Marriage Guidance, Food Barns. This certainly cannot be separated from the participation of policy implementers, but in policy implementation there are several problems that become obstacles to reducing stunting, namely: Human resources implementing policies are not sufficient in quantity and quality, limited financial resources or budget so that the program recipients cannot cover all targets due to limited numbers, lack of public awareness regarding the importance of a healthy lifestyle which includes environmental health, reproductive health, and intake. Nutritious food in an effort to reduce stunting and the availability of data on the poor that is not valid enough so that several programs contained in the sensitive nutrition intervention policy for stunting reduction are not well targeted because some of the program targets are based on data on the poor.

Allocation of village funds for the development of village community nutrition in order to improve the nutritional status of the community, especially toddlers and pregnant women in an effort to reduce stunting, Strengthening the role of cadres in disseminating information regarding the importance of a healthy lifestyle which includes environmental health, reproductive health, and nutritious food intake in an effort to reduce stunting routine and comprehensive. Strengthening the role of cadres in the implementation of community nutrition detection, especially related to stunting children on a regular basis.

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