

Decreasing Stunting Rate through the Community Eating Fish Movement

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Abstract

An implementation of Malang Regent Regulation Number 33 of 2018 concerning Stunting Prevention Efforts with the Movement to Promote Fish Eating is a step by the Malang Regency Government through the Fisheries Service to educate the public about the benefits and importance of eating fish and increasing the Fish Consumption Rate (AKI) in Malang Regency. Fish consumption is considered one of the solutions to overcoming nutritional problems in pregnant or lactating mothers, toddlers, young women of childbearing age, and other nutritionally vulnerable communities because fish is one of the sources of animal protein obtained from natural resources in Indonesia. Stunting in Malang Regency is still relatively high. The purpose of this study was to (1) increase fish consumption for the community, especially stunting sufferers, (2) find out the government's strategy to educate the public about the benefits and importance of consuming fish while increasing the level of fish consumption (MMR) in Malang Regency so that it encourages people to be more active and routine in consuming fish as the main complementary food. It is hoped that by consuming fish regularly, the nutritional quality of the community can be maintained and increased. With a good immune system, the family becomes healthy and avoids symptoms of malnutrition, one of which is stunting. The Malang Regency Government through the Malang Regency Fisheries Service with the Movement to Promote Fish Eating to accelerate the reduction of stunting or malnutrition problems by implementing a love of eating fish, especially for areas indicated by stunting, especially in Sananrejo Village, Turen District, Malang Regency. The research method used by the researcher is qualitative, in accordance with the concept of George C Edward III's Theory. This study shows that high fish consumption will reduce the number of stunting sufferers because fish is a source of food intake rich in protein and Omega 3 which is very important for child growth and development. So to support the priority program for handling stunting, it can be started by consuming fish in various forms of processed fish-based diets from an early age.

Keywords: Fish Consumption; Stunting

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1. Introduction

Consumption of fish as a source of nutritious protein is a surefire way to prevent a child's growth and development failure or a serious condition in children characterized by a child's height below the average or a child who is very short and his body does not grow and develop properly according to his age and lasts a long time or called Stunting. The Movement to Promote Fish Eating with regional priorities indicated by stunting in Malang Regency by socializing the importance of fish as a food that must be served as a side dish at the dinner table. Fish can be one of the main solutions to nutritional problems in the community. Fish contains protein, carbohydrates, vitamins, minerals and omega 3 fatty acids. The content of amino acids and omega 3 is much better when compared to other protein sources. Stunting in Malang Regency is still relatively high. Chronic malnutrition conditions in children under five or called stunting can cause intelligence disorders in children due to malnutrition. This condition is triggered by several factors since in the mother's womb which include infection in pregnancy, poor nutrition (malnutrition) in pregnant women,

malnutrition in infants from birth to 1000 days of the first year of life, repeated infections, or poor stimulation and poor parenting, especially good behavior in providing nutrition to children. Due to a mother's lack of insight into the nutrition and benefits contained in fish, the Malang Regency Fisheries Service with the Movement to Promote Fish Eating as an effort to prevent stunting, a study on the Implementation of Malang Regent Regulation Number 33 of 2018 concerning Stunting Prevention Efforts is a step by the Malang Regency Government in reducing stunting rates, especially in the village of Sananrejo, Turen District, Malang Regency and educating the public about the benefits and importance of consuming fish while increasing the Fish Consumption Rate (AKI) in Malang Regency.

2. Literature Review

This research is a study on the implementation of Malang Regent Regulation Number 33 of 2018 concerning Stunting Prevention Efforts, especially in Sananrejo Village, Turen District. An implementation study through George C. Edwards III's concept policy approach. In this study, researchers used qualitative methods and used interview techniques to informants in Sananrejo Village, namely village midwives and nutritionists at the Turen Health Center, Malang Regency, and online data searches and documentation as data collection. The research location is in Sananrejo Village, Turen District, Malang Regency, the data sources consist of primary data and secondary data. Data was collected through interviews, documentation, and observation through distributing questionnaires to posyandu participants in Sananrejo Village, Turen District. The results of the research through the study of the George C. Edwards III concept, a study on the implementation of Malang Regent Regulation Number 33 of 2018 concerning Stunting Prevention Efforts in Sananrejo Village, Turen District, Malang Regency which consists of four variables, namely: (1) Communication, in terms of communication has gone well. (2) Human Resources, the community in Sananrejo village shows that there is still a lack of knowledge about the nutritional content and health benefits of fish. (3) Disposition, while the attitude of the executor (disposition) strongly supports the activities of the Movement to Promote Fish Eating which was carried out in Sananrejo Village, Turen District, 4. Bureaucratic structure, the Activity Implementation Team is in accordance with the Standard Operating Procedure (SOP).

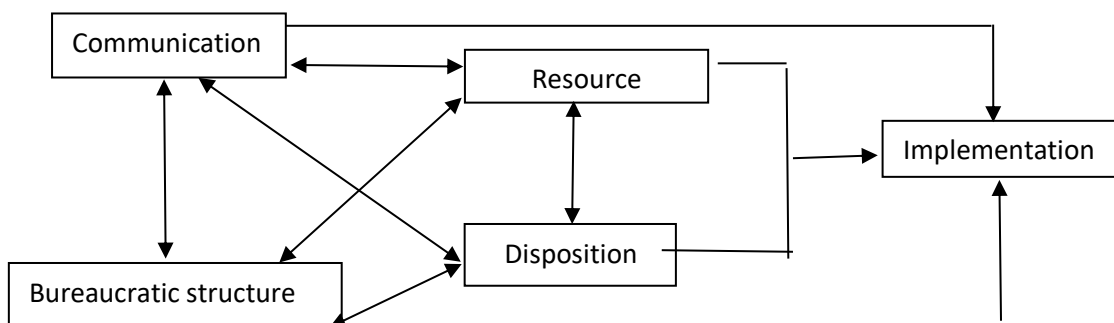


Figure 1
Implementasi Model George C. Edward III

The George C. Edward III model has the advantage that it can represent other implementation models because of the similarities in the variables, it is easy to understand because the model is simple and is often used to analyze policy implementation by several researchers, and can be used as a tool to image the implementation of policies or programs in Indonesia various places and times. Basically there is no best model choice, there are choices that must be chosen wisely according to their own policy needs.

Implementation is an important phase in the policy-making process (Khusna, 2016). This is consistent with Firdaus et al. (2022) the assertion that policy makers' decisions cannot be carried out properly without exemplary implementation. Policy implementation is an action that follows the legal direction of a policy and includes efforts to control inputs to achieve outputs and outcomes for citizens. Policy execution is influenced by four variables: Communication and policy Success requires implementers to understand what must be done. What are the goals and objectives of the policy (target group).

Adequate nutrition is needed by every individual, including school-age children. Indonesia has a very large potential for fishery resources, but the level of fish consumption in Indonesia is still low. The fish consumption of the Indonesian population in 2013 was only 35 kilograms per capita per year. The level of

fish consumption in Central Java is still below 20 kilograms per capita per year. One effort that can be done to increase fish consumption is to form a positive attitude towards fish consumption in school-age children in Semarang. The purpose of this study was to determine the attitude of children who like to eat fish after being given an intervention to improve nutrition such as eating fish. Stunting is a chronic condition that describes stunted growth due to long-term malnutrition. Stunting in toddlers needs special attention because it can hamper the physical and mental development of children. One way to prevent stunting can be done by increasing the amount of fish consumption. The purpose of this activity is to introduce the benefits of consuming fish to children aged 12-15 years. The stages used in this activity are giving a pre-test, socializing the benefits of consuming fish and giving a post-test. The achievement of this activity is that before the campaign it was known that the knowledge level of both children was 50% good and 50% less. Meanwhile, after the campaign there was a change in the level of children's knowledge, namely an increase of 100% good and 0% less. So it can be concluded that the campaign for eating fish has a significant effect on the level of children's knowledge.

Prevention of stunting in children under five is the flagship program of the Indonesian government, because to build a nation that is superior and globally competitive requires a generation that is intelligent, skilled and has noble character. This community service aims to provide education about stunting and its prevention, the benefits of snakehead fish and training on how to process it into products to increase people's income. In the Focus Group Discussion of the UNUSA FK Team with the Chair and Secretary of Fatayat NU Bangil, information was obtained that the members of Fatayat NU Bangil did not know the benefits of snakehead fish and how to process it, nor did they have knowledge about snakehead fish. The training was held on December 24 2021 at the Anisah Foundation Bangil building, attended by 50 participants. The resource persons came from the Head of the Pasuruan Regency Forfish, the Industry and Trade Office, and the Pasuruan Regency Fisheries Service. The results of the post test showed that after the training the participants understood stunting and its prevention, the benefits of snakehead fish and were also able to process snakehead fish-based food. To encourage independent business partners, the UNUSA FK Service Team also handed over meat grinders, freezers, and impulse sealers for packaging. After this activity, participants may wish to socialize the habit of eating fish and can also produce processed food from snakehead fish.

3. Methods

Research Method

This study uses a qualitative methodology. Qualitative Research Methodology is basically an opinion research method. Animal fish that are in great demand by people from the bottom to the top, from various regions to parts of the world, are fish whose habitat is in the waters. Fish is one of the foods that are good for the health of the body, it contains a lot of protein which is needed for a healthy body. Researchers used the George C. Edwards III concept policy approach, which consisted of four variables, namely 1. Communication, in terms of communication it had been going well, 2. Human Resources, the community in Sananrejo village showed that there was still a lack of knowledge about the nutritional content and benefits of fish for health. 3. Disposition, while the attitude of the executor (disposition) strongly supports the activities of the Movement to Promote Fish Eating which was carried out in Sananrejo Village, Turen District, 4. Bureaucratic structure, the Activity Implementation Team is in accordance with the Standard Operating Procedure (SOP). This study shows that high fish consumption will reduce the number of stunting sufferers, because fish is a source of food intake rich in protein and Omega 3 which is very important for child growth and development. So to support the priority program for handling stunting, it can be started by consuming fish in various forms of processed fish-based diets from an early age. In this study, researchers used qualitative methods and used interview techniques to informants in Sananrejo Village, namely village midwives and nutritionists at the Turen Health Center, Malang Regency, and online data searches and documentation as data collection.

The benefits of eating fish are very good for eye health and brain development. The nutrients contained in fish are omega 3 fatty acids DHA and EPA. In addition, fish also has less saturated fat, high protein, vitamin D, calcium, iodine, and various important nutrients.

Data Source

According to Sugiyono (2018:456) Primary data is a data source that directly provides data to data collectors. Data were collected by researchers directly from the first source or the place where the object of research was carried out.

Sources of data used by researchers in this study is primary data by conducting interviews and distributing questionnaires to respondents. In addition, it also uses secondary data to search data through online. Types of qualitative data analysis techniques used are interviews and observations by distributing questionnaires to respondents and secondary data disbursement of data through online and documentation as research data material. Researchers took the research location in the village of Sananrejo, Turen District, Malang Regency. While the interviews were conducted on 2 (two) people, the researcher first interviewed nutritionists at the Turen Health Center, Turen District, Malang Regency, then interviewed the village midwife of Sananrejo, Turen District. In addition, it also uses secondary data through online data searches and documentation. The Fish Eating Publication Movement activity consisted of an implementing team from the Malang Regency Fisheries Service and the Sananrejo Village Head and his apparatus, the Sananrejo Village Midwife and Nutritionist from the Turen Health Center as well as Posyandu cadres and stunting cadres in Sananrejo Village, Turen District, Malang Regency.



Figure 2. Interview with a Nutritionist at the Turen District Health Center



Figure 3. Interview with the Head of Sananrejo Village and the Midwife of Sananrejo Village, Turen District

Researchers used primary data through interviews with the Malang District Health Office, Turen District Health Center, Sananrejo Village Head and Sananrejo Village Midwife Turen District. The results of the interview of the Stunting researcher in Sasanrejo Village in 2021 according to the informant in the researcher's interview, there were 109 people in 2022, while in 2022, the stunting data in Sananrejo Village decreased by 99 people. In June 2022 last month, according to the informant from the Sananrejo Village Midwife, Turen Sub-district, the number of stunting in Sananrejo village decreased again to 84 people. The results of interviews with researchers, all informants stated that the decline in stunting in the village was the main factor that the people liked to eat fish. Fish as a food source, fish has excellent nutritional content, protein as a source of growth, omega 3 fatty acids which are beneficial for maternal health and fetal brain formation, vitamins, and various minerals that are very beneficial for the mother and fetus.

4. Results and Discussion

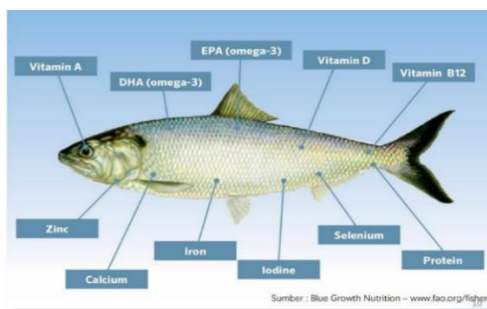
Results

Implementation generally involves binding the achievement of public policy objectives with the results of activities carried out by the government. Implementation involves building a policy delivery system that is uniquely planned and pursued to find solutions and achieve goals. Consequently, public policy is a comprehensive statement that contains the goals, objectives, and means that are implemented in public policy action programs to achieve policy objectives. To facilitate understanding of the meaning of policy implementation, a policy model is needed. In this case the author chooses the George Edward III approach to describe the study of the Implementation of Malang Regent Regulation No. 33 of 2018 concerning Stunting Prevention Efforts Through the Movement to Cultivate Fish Eating (Gemarikan) as a step by the Malang Regency Government through the Fisheries Service to educate the public about the benefits and importance of consuming fish in a healthy manner together increase the Fish Consumption Rate (MMR) Malang Regency. Fish consumption is considered as one of the solutions in overcoming nutritional problems in pregnant or lactating mothers, toddlers, young women of childbearing age, and other nutritionally vulnerable communities, because fish is one of the sources of animal protein obtained from natural resources in Indonesia. Indonesia. Stunting in Malang Regency is still relatively high. The purpose of this study was to (1) increase fish consumption for the community, especially stunting sufferers, (2) find out the government's strategy to educate the public about the benefits and importance of consuming fish while increasing fish consumption rates (AKI.) in Malang Regency. So that it encourages people to be more active

and routine in consuming fish as the main complementary food. It is hoped that by consuming fish regularly, the nutritional quality of the community can be maintained and increased. With a good immune system, the family becomes healthy and avoids symptoms of malnutrition, one of which is stunting. The Malang Regency Government through the Fisheries Service carried out the Fish Eating Socialization Movement as an effort to accelerate the reduction of stunting or chronic malnutrition problems by implementing the love of eating fish, especially for areas indicated by stunting, especially in Sananrejo Village, Turen District, Malang Regency.

The research method used is qualitative, in accordance with the concept of George C Edward III which consists of four variables, namely 1. Communication, in terms of communication has been going well, 2. Source, Source is still lack of knowledge about the nutritional content in fish. 3. Disposition, while the attitude of the executor (disposition) strongly supports the activities of the Gemarikan Movement carried out in Sananrejo Village, Turen District, 4. The bureaucratic structure of the Malang Regency Implementing Team for the Fisheries Service is in accordance with the Gemarikan Standard Operating Procedure (SOP). The Head of the Sananrejo Village welcomes the Fish Eating Socialization Movement activities carried out in Sananrejo Village, Posyandu Cadres and Stunting Cadres under the supervision of the Sananrejo Village Head every month, toddlers are weighed in Sananrejo Turen Village to see the development of toddler growth and development in Sananrejo Village, Turen District, especially Height (TB) and body weight (BB) under five.

Stunting is not due to genetics, children who fail to grow or have a short body are often referred to as "hereditary problems". In fact, stunting is not at all due to genetic problems. Stunting is a disorder that occurs due to nutritional problems and environmental factors. Even if there is something that is passed down from parents to children, it is the way of eating and the type of nutrition consumed. Because the nutrients consumed greatly affect the growth of children. Stunting occurs since in the womb, in fact lack of nutrition can cause stunting, attacking since the child is in the womb. In general, stunting is defined as an error in providing nutritional intake which is considered less than the required amount. Provision of adequate nutrition should have started, even since the child was still in the womb until the age of two. Meeting the nutritional intake for children is not enough to be done in one night. In fact, to prevent stunting, good nutrition needs to be given from the beginning of pregnancy until the child is two years old. This is known as the period of the first 1000 days of life. During this time is a critical period of growth disorders, including stunting. In these first 1000 days, it is important to make sure your little one gets the basic needs, including nutrition, affection, and stimulation.



Nutrients contained in fish and its benefits for health: (1) Vitamin A: increase the immune system of children under five against diseases and infections such as measles, diarrhea. Helps the process of vision in adapting light to dark places, preventing abnormalities in epithelial cells including the mucous membrane of the eye. (2) DHA (Omega 3) and EPA (Omega 3): can help improve children's brain function, learning ability and memory. (3) Vitamin D: protects children from various diseases related to bone health, such as scoliosis, rickets, and brittle bones. Vitamin D is also needed for brain development in children. (4) Vitamin B12: maintain the nervous system. Vitamin B12 converts food into good energy in the body. Vitamin B12 can also fight asthma which often attacks children at an early age. (5) Zinc: regular zinc supplementation can help optimize growth in children, and prevent diarrhea and pneumonia. (6) Calcium: for bone growth, development of the nervous system and muscle function of the child's body. (7) Iron: for children's cognitive function, supports physical growth and development, supports body immunity, supports psychomotor development, supports good behavior, forms red blood cells in the child's body, and improves motor skills and intelligence of children. (8) Iodine: adequate intake of iodine benefits can minimize the risk of children developing goiter due to an enlarged thyroid gland. Thyroid hormones promote the growth of the baby's bones and brain. (9) Selenium: this mineral antioxidant functions to boost the immune system and maintain metabolism and thyroid gland function. Selenium is an important mineral contained in nuts, tuna, sardines, oysters, beef, chicken, eggs, milk, whole grains.

This study shows that high fish consumption will reduce the number of stunting sufferers, because fish is a source of food intake rich in protein and Omega 3 which is very important for child growth and development. So to support the priority program for handling stunting, it can be started by consuming fish from an early age in various kinds of preparations.

Discussion

The women in Sananrejo before the Fish-Eating Publication Movement was held in Sananrejo village by the Malang District Fisheries Service Team, they still lacked knowledge, especially their understanding of nutrition and the health benefits of fish. Consumption of fish as a source of nutritious protein is a way to prevent child growth and development failure or serious conditions in children characterized by a child's height below average or a child who is very short and his body does not grow and develop properly according to his age and lasts for a long time called Stunting. The movement to promote fish eating is located in the stunting area in Malang Regency by socializing the importance of fish as a food that must be served as a side dish at the dinner table. Fish can be one of the main solutions to nutritional problems in the community. Fish contains protein, carbohydrates, vitamins, minerals and omega 3 fatty acids. The content of amino acids and omega 3 is much better when compared to other protein sources. Malang Regency Fisheries Service through Gumar Ikan as an effort to prevent stunting, as a study on the Implementation of Malang Regent Regulation Number 33 of 2018 concerning Stunting Prevention Efforts as a step for the Malang Regency Government through the Department of Fisheries to educate the public about the benefits and importance of consuming fish while increasing the Fish Consumption Rate (AKI) in Malang Regency.

Stunting is a chronic malnutrition in infants in the first 1,000 days of life that lasts a long time and causes delays in brain development and child development.

Short term impacts, among others impaired brain development, intelligence reduced, impaired physical growth, and metabolic disorders in the body. Long-term impacts, among others decreased cognitive ability and learning achievement, decreased immunity easily exposed to disease, and increased risk of having diabetes, obesity, heart disease, regional vessels, cancer, stroke and disability in old age. Stunting should be a problem that gets special attention. The reason is, in addition to causing children born to be shorter in stature, stunting can also trigger other problems. Problems that arise due to stunting are stunted development, low immune system and cause children to get sick easily, and combustion system disorders, to decreased cognitive function. In fact, very severe nutritional problems can cause death in infants and children. Stunting has also been linked to brain development and a child's IQ. There are several factors that can trigger stunting in children, but the most common is malnutrition for a long time. In addition, stress on pregnant women also has an effect and causes children to be born stunted.

5. Conclusion and Suggestions

Conclusion

Communication between the village head and his staff, village midwives, nutritionists at the Turen Health Center and posyandu participants has been going well. Resources There is still a lack of knowledge about the nutritional content of fish. The executor's attitude (disposition) strongly supports the Fish Eating Socialization Movement which was carried out in Sananrejo Village, Turen District. The bureaucratic structure of the Malang Regency Fisheries Service Implementation Team is in accordance with the Standard Operating Procedure (SOP) of the Fish Eating Socialization Movement. The Head of Sananrejo Village welcomed the activities carried out in Sananrejo Village. Posyandu cadres and stunting cadres who are fostered by the Head of Sananrejo Village every month carry out weighing of toddlers to see the progress of the growth and development of toddlers in Sananrejo Village, Turen District, especially height (TB) and weight (weight) of toddlers. After the Fish Eating Socialization Movement was carried out by a team from the Malang Regency Fisheries Service in Sananrejo Village, Turen District, Malang Regency, the people of Sananrejo Village became more aware of nutrition. The nutrition found in fish is very good and beneficial for health, especially babies from birth to 1000 days of the first year of life.

Suggestions

This program is to encourage and facilitate the community to be more active and routine in consuming fish as the main complementary food. So it is hoped that by consuming fish regularly, the nutritional quality of the community can be maintained and increased. With a good immune system, families become healthy and avoid symptoms of malnutrition, one of which is stunting, as a study of the implementation of the Policy Based on Malang Regent Regulation Number 33 of 2018 concerning Stunting Prevention Efforts carried out in Sananrejo Village, Turen District, Malang Regency.

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