

UTILIZATION OF MARINE PRODUCTS TO INCREASE FAMILY INCOME AND REDUCE STUNTING RATES IN NORTH ACEH REGENCY

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ABSTRACT

This research discusses how women in construction society are required to take a greater role in domestic affairs, one of which is family health. The inherent gender construction that a woman is more painstaking, patient, and has a flexible attitude means that women are appointed as agents of change in every health program. One of the current national problems that is a priority is stunting. The National Population and Family Planning Agency (BKKBN) was appointed as the implementer of the stunting reduction program in Indonesia. BKKBN has formed Family Assistance Teams (TPK) in villages, all of which are women, to accelerate stunting reduction. The family assistance team (TPK) is a group of staff formed and consisting of midwives, TP PKK cadres, and family planning cadres. The majority of TPK members are women. This period is important because malnutrition in the golden period cannot be corrected in the next period of life. One way to improve children's nutrition is protein and fish consumption is very important because it is rich in omega-3 fatty acids which can stimulate brain growth and development. This research aims to determine the knowledge, attitudes, and behavior of TPK regarding their main duties and functions (tupoksi), as well as obstacles in carrying out their duties. This research aims to examine in more depth the effectiveness of family assistance tasks in villages to overcome stunting through the potential of marine products in North Aceh Regency.

Keywords: The role of gender equality, reducing stunting rates, Sea Products, North Aceh Regency

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INTRODUCTION

Presidential Regulation Number 72 of 2021 explains the acceleration of stunting reduction. One of the priority activities contained in the National Action Plan for the Acceleration of Stunting Reduction (RAN PASTI) is the implementation of assistance to families at risk of stunting, assistance to all prospective brides/prospective couples of childbearing age (PUS) and family surveillance. risk of stunting. Therefore, BKKBN formed a Family Assistance Team (TPK) consisting of Midwives, Family Empowerment and Welfare Team (PKK) cadres and Family Planning (KB) Cadres. In order to accelerate the reduction in the stunting rate to 14 percent in 2024, BKKBN uses a family approach strategy through assisting families at risk of stunting to achieve the target targets, namely prospective brides (catin)/prospective couples of childbearing age (PUS), pregnant and breastfeeding mothers until after saline, and children 0-59 months.

As a maritime and archipelagic country whose territory consists mostly of water, Indonesia has abundant animal food resources in the form of fish. However, the abundance of fish resources is still not utilized optimally (BPS North Aceh Regency, 2015).

Fish has an important role as a source of energy, protein and a variety of essential nutrients which contribute around 20% of total animal protein. Protein from fish is an important nutritional component for countries with high populations where protein adequacy is at a low/deficient level. Consuming fish is very important during pregnancy and the first two years of life and can help reduce the risk of death from heart attack. The fisheries sector also plays an important role in providing employment and income, accounting for 10-12 percent of the world population's income (BKKBN, 2021).

Solutions that can be implemented in handling nutritional problems in children under five are by developing additional food that is of good quality, high in nutrition, acceptability and durability as well as the superiority of local food, this is also a way to reduce the problem of malnutrition in Indonesia, which is a coastal area, especially North Aceh with processed fish products that are easy to find in the community. Based on observations made on 10 toddlers, 3 toddlers experienced stunting, 5 toddlers experienced malnutrition and 3 toddlers had good nutritional status. Based on this problem, the head researcher would like to raise the proposed title of the proposal: The Role of Gender Equality in Reducing Stunting Rates through the Use of Sea Products in North Aceh Regency.

LITERATURE REVIEW

Family Assistance Team

Family Assistance is a series of activities that include counseling, facilitating referral services, and facilitating the provision of social assistance which aims to increase access to information and services to families and/or families at risk of stunting such as pregnant women, postpartum mothers, children aged 0 – 59 months, and all prospective brides/prospective couples of childbearing age through 3 (three) months of pre-wedding assistance as part of marriage services for early detection of stunting risk factors and making efforts to minimize or prevent the influence of stunting risk factors (Rachim *at al.*, 2017).

Definition of Family Assistance Family assistance is a series of activities that include counseling, facilitation of referral services, and facilitation of the provision of social assistance which aims to increase access to information and services for families and/or families at risk of stunting with priority targets, namely pregnant women, postpartum mothers, children aged 0 – 59 months, and all prospective brides/prospective couples of childbearing age receive 3 (three) months of pre-wedding assistance as part of marriage services for early detection of stunting risk factors and making efforts to minimize or prevent the influence of stunting risk factors. B. Family Assistance Team Family assistance is carried out by the Village/Subdistrict Family Assistance Team consisting of Midwives, PKK Cadres, and Family Planning Cadres. In various conditions, the composition of the Family Assistance Team in the Village/Subdistrict can be adjusted by collaborating with Midwives from other Villages/Subdistricts or involving Nurses or other health workers

Stunting Conditions in North Aceh Regency

Aceh is the province with the fifth-highest prevalence of stunted toddlers in Indonesia in 2022. Based on the results of the Ministry of Health's Indonesian Nutrition Status Survey (SSGI), the prevalence of stunted toddlers in this province was 31.2% last year.

Meanwhile, Aceh was only able to reduce the number of stunted toddlers by 2 points from the previous year. In the 2021 SSGI, the prevalence of stunted toddlers in this province reached 33.2%. The prevalence of stunting in Aceh is classified as bad because it exceeds the threshold set by the World Health Organization (WHO) standard of 20%.

Based on the region, there are 12 districts/cities in Aceh that have a prevalence of stunting under five children above the provincial average, then 11 other districts/cities are below the average figure. Subulussalam City is the area with the highest prevalence of stunted toddlers in Aceh in 2022, reaching 47.9%. This figure jumped 6.1 points from 2021 which was 41.8%. North Aceh Regency is ranked second in Aceh with a prevalence of stunted toddlers of 38.3%.

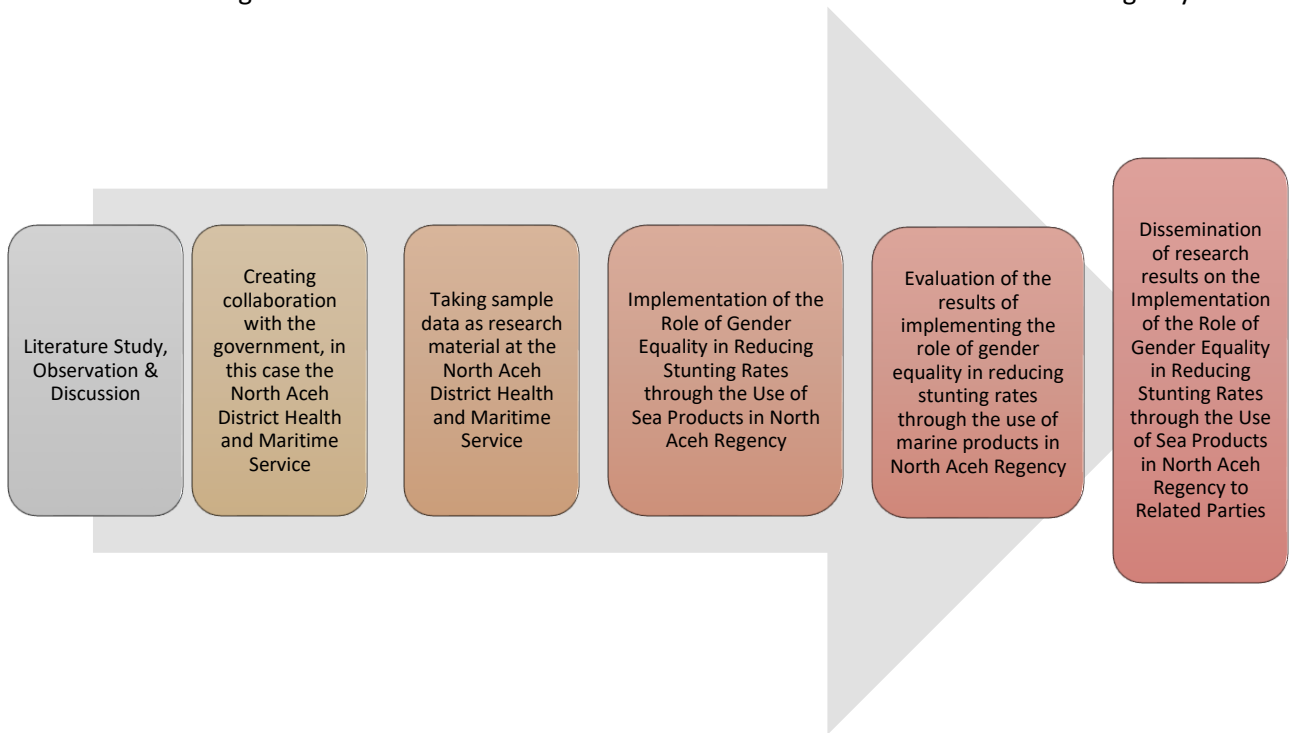
The importance of marine products in accelerating stunting reduction

As a maritime and archipelagic country whose territory consists mostly of water, Indonesia has abundant animal food resources in the form of fish. However, the abundance of fish resources is still not utilized optimally. Fish has an important role as a source of energy, protein and a variety of essential nutrients which contribute around 20% of total animal protein. Protein from fish is an important nutritional component for countries with high populations where protein adequacy is at a low/deficient level (Ridha *at al.*, 2023).

Consuming fish is very important during pregnancy and the first two years of life and can help reduce the risk of death from heart attack. The fisheries sector also plays an important role in providing employment and income, accounting for 10-12 percent of the world's population's income. Equally important attention is focused on fishery products as a source of micronutrients such as vitamins and minerals. This is especially true for small fish species that are consumed whole from the head to the bones, which can be an excellent source of essential minerals such as iodine, selenium, zinc, iron, calcium, phosphorus, and potassium, as well as vitamins such as vitamin A and vitamin D, and several vitamins from the group.

RESEARCH METHODS

The following is the Research Performance Plan that will be carried out in North Aceh Regency:



Picture 2. Research Work Plan

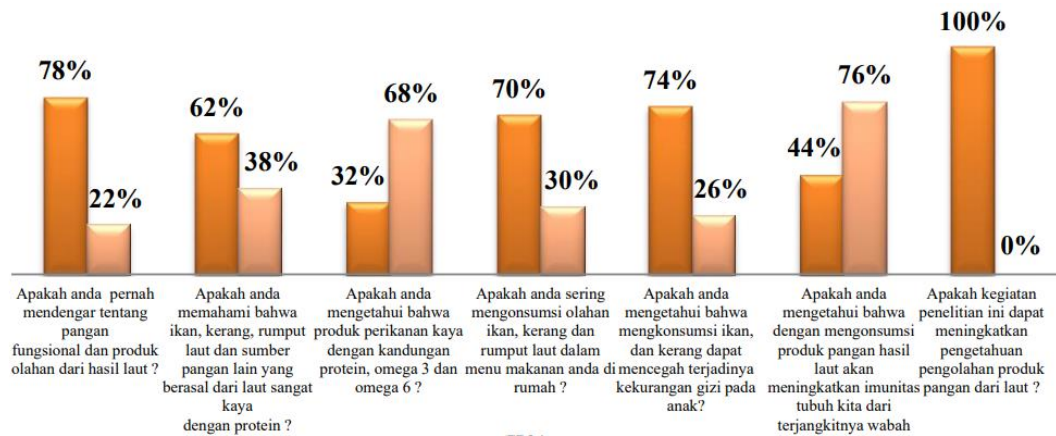
This chart describes the research scheme or method that will be carried out in North Aceh district. In the initial stage, researchers will conduct literature studies, observations and discussions with the North Aceh District Health and Maritime Service. Then hold a meeting to collaborate regarding this research activity. Then it was down to the field to take sample data as research material to build the implementation of the role of gender equality in reducing stunting rates through the use of marine products in North Aceh Regency.

In this research, researchers took data from the relevant agencies, namely the Health Service and the Maritime Affairs Service, which can later become an appropriate technological innovation that can be used by Health and Maritime Affairs in Implementing the Role of Gender Equality in Reducing

Stunting Rates through the Utilization of Sea Products in Aceh Regency North. The location of this research will be carried out in North Aceh Regency, which will coordinate directly with the Health and Maritime Service and the Aceh Province BKKBN.

RESULTS AND DISCUSSION

Regionally, North Aceh Regency is in a coastal area which has abundant fisheries and marine potential. In this area, people in North Aceh can easily enjoy marine products. The North Aceh region has the potential for marine and fisheries resources in the form of capture fishery products that are easy to obtain and can be used to process marine products. These preparations are an excellent food source because they contain protein which is beneficial and useful for the human body. This can be used as processed fishery and marine products to become the main source of protein in the family diet. The hope is that processed marine and fisheries resources can create food security and solutions to efforts to prevent stunting. The research involved the community in several villages in North Aceh Regency with 50 respondents, giving good responses by answering every question given. Quantitatively it can be calculated based on a questionnaire. The results obtained are as depicted in (Figure 1).



Picture 3. Respondent Graphic Answers

The results of filling out questionnaires by the public showed that as many as 78% of participants had heard about functional food and several processed products from marine products and 32% knew that products from fisheries were rich in protein, omega 3 and omega 6. In the evaluation that had been carried out, conducted at the end showed that 74% of respondents really understood that consuming fish and shellfish could prevent malnutrition in children under five. In addition, 100% of all respondents stated that this research could increase respondents' knowledge about processing seafood products and diversifying processed products as an effort to prevent stunting in children under five. Participants who take part in the outreach are expected to be able to mobilize other communities to work together to protect marine life (Zulfadhli et al., 2018).

Fishery products are ones that can be used as raw and processed materials to produce products that add value to other products. The fishing industry is the same as other industries apart from producing desired products (Hirschhorn, 1994). Fishery products are one of the most abundant marine products and also a very superior commodity. Fish contains a lot of nutrients such as protein, vitamins, omega 3 and omega 6 which are good for body health (Larsen et al, 2011 and Sujatha et al, 2013).

North Aceh Regency has very diverse and quite abundant natural resources. The potential biological natural resources in North Aceh Regency include land and marine natural resources and fisheries. Coastal and marine natural resources include coral reef ecosystems, mangroves, small

islands. Meanwhile, fisheries resources such as; grouper, sea cucumbers, lobster, snapper and other pelagic fish (BPS North Aceh Regency, 2015).

The potential of North Aceh Regency's natural resources cannot yet be utilized optimally. Management activities in North Aceh Regency are still limited and only take the form of outreach to micro, small and medium enterprises. One of the reasons is that fish management technology is still minimal. Apart from the fact that mastery of management technology is still minimal, there is also no industrial scale management unit, because market access in North Aceh Regency is still limited.

As the program progresses and science develops, the management of marine and fisheries products develops over time. Some of the processed fishery products that have been made include fish balls, shredded meat, and fish nuggets. Management of fishery products, one of which is good fish, will be a source of protein needed by the body. Protein sources from fish act as an effort to reduce malnutrition (stunting) in children and toddlers. The condition stunting occurs due to a lack of food intake (Black et al., 2013), such as a lack of protein, vitamins and minerals. As a very beneficial source for nutrition and body health. Fish is a source of animal protein that is very easy to obtain because Simeulue Island is one of the islands in Aceh, Indonesia. The waters on the coast of North Aceh contain a variety of potential fisheries and marine resources (Burhanis *et al.*, 2021). However, the reality is that there are still many people who have not utilized this potential. The hope is that research can provide education and benefit from the potential that exists around us.

CONCLUSIONS

Based on this research that has been carried out, it can be concluded as follows: Understanding of the community who are participants regarding Diversification of Sea Product Processing in Efforts to Prevent Stunting in North Aceh Regency with questionnaire indicators that out of 50 participants, 74% of participants can understand it. The response and enthusiasm of the community participants were very good, which was demonstrated by the accuracy of the participants in answering all the questions that had been given.

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