

Analysis of Stunting Prevention Policies in North Aceh District

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ABSTRACT

This research aims to determine the role of the Regional Government in the formulation of stunting policies in North Aceh District, as well as to determine the factors that hinder stunting prevention policies in North Aceh district. The type of research used is qualitative and in this study used a case study approach. Data obtained through observation, interviews and documentation. Sources of research data are primary and secondary data. The results show that the North Aceh District Government has implemented several policies for stunting prevention, namely; a) Issue a Regent Regulation on Prevention of Stunting in North Aceh Regency; b) then socialize of Aceh Immunization and Stunting Movement to schools; c) The North Aceh Regency Government expands the locus (place) for handling stunting for children under five in 2022; d) Carry out eight integration actions determined by the Ministry of Health, namely situation analysis, activity plans, consultations, preparation of Regent Regulations (Perbup), regarding the role of villages related to stunting, cadre development, data management systems, measurement, and publication of data and conducting performance reviews program implementation, as well as activities related to stunting reduction over the past year; e) Build houses to prevent stunting (centing) in the village. Obstacles in stunting prevention, namely human resources are still lacking both in terms of quantity and quality of implementers, especially those at lower levels, lack of commitment of stakeholders in implementing stunting prevention policies, communication and coordination between regional apparatus organizations at lower levels are also still lacking. the social environment, economic environment and political environment in North Aceh Regency have not fully supported the success of the integrated

stunting prevention acceleration policy.

a regulation relating to the public interest (Leo Agustino, 2009: 19).

Keywords: Policy, Prevention, Stunting

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1. INTRODUCTION

The study of public policy will certainly target several important aspects in the life of the nation and state, both in terms of social, economic, cultural, health and so on. Basically, public policy has been defined by experts by looking at the context of its application in the creation of

Stunting (dwarf) is a condition where the child's height is shorter than other children his age, this is also known as the condition of failure to thrive in children under five. Stunting is caused by a lack of nutritional intake obtained by the baby/fetus during the first 1000 days of life, where this can cause fetal death. Short-term effects can cause brain development, growth of body mass and body composition is inhibited, as well as impaired metabolism of glucose, lipids, proteins and hormones. Long-term effects can lead to decreased cognitive abilities and learning achievement, immunity, work capacity, and the occurrence of diseases, such as heart and blood vessel disease, diabetes, cancer, and disability in the elderly (James in Jalal 2007).

Stunting is a crucial problem, the incidence of short toddlers or commonly referred to as stunting is one of the nutritional problems experienced by toddlers in the world today, especially in developing countries such as Indonesia. Stunting is a nutritional status based on an index of body length according to age (PB/U) or height based on age (TB/U) where in anthropometric standards for assessing children's nutritional status, the measurement results are at the threshold (Z-Score) < -2 SD up to -3 SD (short/stunted) and < -3 SD (very short/severely stunted). It can be said that stunting is a chronic problem that occurs from pregnancy to children under two years old, where the condition of the child's height is shorter than the height of children his age. This condition is measured by a length or height that is more than minus two standard deviations from the median standard. determined by the World Health Organization (WHO) (Nabila: 2022).

North Aceh Regency is an area that has a high stunting rate. In the last 5 years the stunting rate in North Aceh Regency has increased. Various efforts have been made by the government of North Aceh Regency, but have not had good results. below are stunting data in North Aceh district. There are 15 sub-districts with the highest stunting prevalence in North Aceh.

Table 1. Stunting Prevalence in North Aceh

No.	District	Total
1	Dewantara	85
2	Lhoksukon	65
3	Tanah Jambo	61
4	Baktya	52
5	Cot Girek	48
6	Sawang	47
7	Nisam	45
8	Kuta makmur	41
9	Matangkuli	39
10	Samudra	37
11	Muara Batu	35
12	Syamtalira Aron	31
13	Nisam Antara	28
14	SyamtaliraBayu	21
15	Simpang Keramat	15

Source: Aceh Provincial Statistical Center

UNICEF (2013) revealed that stunting is not only caused by one factor, but is caused by many factors, and these factors are interconnected with one another. There are three main factors that cause stunting, namely unbalanced food intake, a history of low birth weight (LBW) and a history of disease. The balance of food intake is related to the content of nutrients including carbohydrates, proteins,

fats, minerals, and vitamins. The nutritional status of pregnant women greatly affects the health and development of the fetus. Impaired growth in the womb can cause low birth weight. Family socioeconomic status such as family income, parental education, mother's knowledge of nutrition, and number of family members; indirectly related to the incidence of stunting. The results of Riskesdas (2013) show that the incidence of stunting in children under five is much influenced by low income and parental education. Families with high incomes will have easier access to education and health so that children's nutritional status can be better.

Local governments play a very important role, especially as the spearhead in handling stunting programs. As a multidimensional problem, stunting needs a multi-sectoral solution, so the North Aceh District Government needs to understand, recognize, and be committed to formulating strategies to combat stunting problems. This study tries to identify and analyze what policies the local government of North Aceh Regency has implemented in reducing the prevalence of stunting in their area.

2. LITERATURE REVIEW

Definition of Public Policy

State policies and policies are often referred to as public policies. state policy or government policy actually has the same meaning. Friedrich 1969 in Agustino (2016:16) states that a policy is a series of actions proposed by a person, group, government or a certain environment by showing the obstacles of opportunities to the implementation of the proposed policy in order to achieve certain goals..

Another definition of policy is put forward by Nugroho (2006:23), formulating an understanding of public policy. First, public policies are policies made by state administrators or public administrators. So, public policy is everything the government does and does not do. Second. Public policy is a policy that regulates public life or public life, not the life of an individual or individual. Public policy governs everything in the domain of a public administrator agency . Public policy regulates common problems or personal or group problems that have become problems for the entire community in the area. Third, it is said to be a public policy if the benefits obtained by the community who are not direct users of the products produced are far more or greater than direct users.

Stunting Policy in Indonesia

The stunting intervention action plan is proposed into 5 main pillars, that is through the commitment and vision of the highest state leadership, the national campaign

focuses on understanding, behavior change, political commitment, accountability, convergence, coordination, and consolidation of national, regional and community programs, encouraging policies "Food Nutritional Security", monitoring and evaluation. Overcoming nutritional problems is carried out through specific and sensitive interventions (Jalal 2017). In 2018, the stunting prevention policy was carried out by prioritizing 160 districts/cities, with 10 villages each for stunting handling, where this program was implemented through several stages. Phase I was carried out in 2018, with the number of priority districts/cities as many as 100 districts/cities, each district/city consisting of 10 villages, bringing the total number of villages to 1000 villages. Phase II is implemented in 2019, consisting of 60 priority districts/cities with a total number of 600 villages. Each relevant ministry is required to allocate its programs and activities in 100 villages in 10 districts/cities that are priority stunting handling. Related parties include the Coordinating Ministry for Human Development and Culture, Ministry of Agriculture, Ministry of National Development Planning/Bappenas, and TNP2K (National Team for the Acceleration of Poverty Reduction), Ministry of Health, and BPKP (Financial and Development Supervisory Agency).

Various policies and regulations have been issued by the government in the context of stunting prevention. The policies/regulations include: 1. National Long-Term Development Plan 2005–2025, 2. Mid-Term Development Plan 2015–2019, 3. National Action Plan for Food and Nutrition 2011–2015, 4. Law no. 36/2009 on Health, 5. Government Regulation No.33/2012 on Exclusive Breastfeeding, 6. Presidential Regulation no. 42/2013 on the National Movement for the Acceleration of Nutrition Improvement, 7. Minister of Health Decree no. 450/Menkes/SK/IV/2004 concerning Exclusive Breastfeeding for Infants in Indonesia, 8. Minister of Health Regulation No.15/2013 concerning Procedures for Provision of Special Facilities for Breastfeeding and/or Expressing Mother's Milk. 9. Permenkes No.3/2014 concerning Community-Based Total Sanitation. 10. Permenkes No.23/2014 on Nutrition Improvement Efforts. 11. Policy Framework of the National Movement for the Acceleration of Nutrition in the Context of the First Thousand Days of Life in 2013. 12. The First Day of Life. **Stunting**

Policy Concept

Stunting is a condition where toddlers have a length or height that is less than their age. This condition is measured by a length and height that is more than minus two standard deviations of the WHO child growth standard median. Toddler stunting is a chronic nutritional problem caused by many factors such as socioeconomic conditions, maternal nutrition during pregnancy, infant

morbidity, and lack of nutritional intake in infants. Stunting toddlers in the future will have difficulty in achieving optimal physical and cognitive development (Kemenkes RI, 2018).

Schmidt 2014 in Fikawati (2017) said that stunting was also defined as height according to age below -2 the median standard of the WHO child growth curve (WHO, 2010). Stunting is a chronic condition of poor linear growth of a child which is the accumulation of the impact of various factors such as poor nutrition and health before and after the birth of the child (El Taguri et al., (2008), WHO (2010). 2014) which states that stunting is the impact of malnutrition that occurs over a long period of time which ultimately causes linear growth inhibition.

3. RESEARCH METHOD

The type of research used is qualitative and this research uses a case study approach. Data obtained through observation, interviews and documentation. Sources of research data are primary and secondary data [1]. **4.**

Research Results and Discussion

The Policies of North Aceh District Government in Preventing Reducing Stunting Rates

Stunting is a problem because it is associated with an increased risk of morbidity and mortality, suboptimal brain development, resulting in delayed motor development and stunted mental growth. Several studies show that the risks caused by stunting are decreased academic achievement, increased risk of obesity, more susceptible to non-communicable diseases and increased risk of degenerative diseases (Unicef, 2013). Stunting is a form of growth failure (growth faltering) due to the accumulation of insufficient nutrients that lasts for a long time starting from pregnancy until the age of 24 months. This situation is exacerbated by inadequate catch-up growth (Kusharisupeni, 2002; Hoffman et al, 2000). Stunting is a big problem currently being experienced in North Aceh. The North Aceh District Health Office continues to strive to reduce the number of children experiencing stunting.

The head of the North Aceh District Health Office said that the cause of the current increase in stunting in North Aceh there are several factors, one of which is economic problems, especially now that nine subdistricts have failed to harvest and cannot do their rice fields so that they experience livelihood difficulties, and other factors, which have an impact on the health sector

(stunting). Today, stunting is a big problem for North Aceh. Where North Aceh is one of the districts that is the locus of stunting.

If this problem is not handled seriously with government intervention on the health of children and mothers, it will certainly threaten our human resources. The stunting rate must be emphasized so that the children who are born will be the superior generation in the future. One way to reduce the number is to prevent it. One thing that can be done is by making a prevention policy for stunting reduction in North Aceh Regency. Agustino (2016:16) states that: A policy is a series of actions proposed by a person, group, government or a certain environment by showing the obstacles of the opportunity to the implementation of the proposed policy in order to achieve certain goals.

There are several policies or programs carried out to prevent the increase in stunting, namely:

Aceh Utara participates in and disseminates the Aceh Immunization and Stunting Movement (GISA) to schools. This socialization effort was carried out with the aim of preventing the decline in the number of stunting in North Aceh so that it would continue to decline and also reduce the mortality rate for pregnant women during childbirth. In addition to socializing the stunting immunization movement in Aceh, students were also given blood supplement tablets with the aim of improving the nutritional status of adolescent girls to break the chain of stunting, anemia and reduce cases of malnutrition.

The North Aceh Regency Government will expand the locus (place) for handling stunting for children under five years in 2022. From the previous 20 villages to 40 gampongs in 27 sub-districts in the district. Melakukan delapan aksi integrasi yang ditetapkan oleh Kementerian Kesehatan, yaitu analisis situasi, rencana kegiatan, rembuk, penyusunan Peraturan Bupati (Perbup), tentang peran desa terkait stunting, pembinaan kader, sistem manajemen data, pengukuran, dan publikasi data dan melakukan review kinerja pelaksanaan program, serta kegiatan terkait penurunan stunting selama setahun terakhir.

Build a house to prevent stunting (centing) in Seumirah Village, which has been providing nutritious food and also the innovation of giving "bu kulah" to pregnant women, in accordance with local wisdom. The provision of "bu kulah" to pregnant women is also mentioned in the Perbup on stunting.

Stunting reduction activities in Gampong are set out in 6 (six) service packages. 6 (six) service packages consist of: a. maternal and child health services; b. youth health services; c. integrated nutrition improvement; d.

sanitation and clean water; e. social protection; and f. early childhood education programs.

The form of stunting prevention can also do by providing psychoeducation programs to prepare for the first thousand days of life in terms of mental health and parenting. With the psychoeducation program to prepare for the first thousand days of life in terms of mental health and parenting, it is hoped that when they become parents, especially mothers, they will more easily accept the conditions of the birth of a child. So that mothers can better control and prepare themselves for bad possibilities that will happen to their children when they are born. Thus the psychological well-being of mothers will also be more positive which will also have a good impact on the growth and development of children in positive parenting and have good mental health.

Barriers to Stunting Prevention in North Aceh District

There are still many obstacles in implementing a number of stunting prevention programs, including the placement of unprofessional people in stunting reduction programs. Many village midwives, for example, are not in the assigned area to monitor every development. Meanwhile, the Secretary of the Health Office of North Aceh Regency, said the high stunting also affected the national Human Development Index (HDI), which was in the 400s.

Programs that are currently running, such as providing healthy food to toddlers, are still running. A number of other programs have actually been going well. Based on observations and interviews, it was found that the people of North Aceh have a number of health problems that have not been addressed until now, such as unequal access to clean water and limited health facilities in remote areas. Solving problems like this cannot be done in a year or two years.

The issue of data collection accuracy is also in the spotlight. Not all residents with toddlers in North Aceh take their children to the posyandu, so the data collection method must be carried out comprehensively. This was acknowledged by one of the Puskesmas Midwives in Dewantara District, North Aceh.

There are several other factors that become obstacles in efforts to prevent strunting, namely:

There are still many people who believe that stunting is entirely due to genetic hereditary diseases. Some people out there still think that a child's short body condition is often considered a derivative of his parents. In fact, their child who is short in height can be indicated not because of genetic factors alone, but indicates that he is

malnourished (and possibly stunted). In fact, genetics is a determinant of health whose value is the smallest if we compare it to other things such as healthy living behavior, maintaining a clean environment to health services.

Lack of shared commitment and it seems that only the government takes care of stunting prevention. Our government has actually started to take the stunting problem seriously. They began to implement various programs to reduce the number of stunting. Unfortunately, there are still many parents who are apathetic. They only entrust the handling to the government. They should be able to take care of themselves and take care of their children's nutrition. Kurangnya asupan gizi anak. Faktor utama anak mengalami stunting karena kurangnya gizi yang diperoleh, baik dalam masa kandungan hingga setelah mereka lahir. Pemenuhan gizi tidak menjadi perhatian utama bagi para Ibu yang ada di desa yang menjadi lokus stunting Kabupaten Aceh Utara. Begitu juga bagi sang ibu, banyak yang tidak memberikan ASI eksklusif kepada anak hingga 2 tahun.

Communities and stakeholders are less attention to hygiene issues, especially sanitation and access to clean water. The low access to health services, including access to sanitation and clean water, is very vulnerable to bringing children to the risk of the threat of infectious diseases. The habit of washing hands using soap and running water, and not defecating openly needs to be applied to children from an early age.

The Parents do not regularly measure the development of their children. As parents, they must routinely check their child's growth and development regularly, either at the posyandu or do it independently at home. Parents should invite their children to participate in the posyandu program so that the child receives immunizations and his progress can be checked and monitored, whether his height and weight are appropriate for his age.

5. CONCLUSION

The North Aceh Regency Government has implemented several policies for stunting prevention, especially in villages that are stunting locus. The policies carried out by the North Aceh Regency government are by issuing a) Regent Regulation on Stunting Prevention of North Aceh Regency, then socializing of Aceh Immunization and Stunting Movement to schools; b) The North Aceh Regency Government expands the locus (place) for handling stunting for children under five years in 2022;

c) Carry out eight integration actions determined by the Ministry of Health, namely situation analysis, activity plans, consultations, preparation of Regent Regulations, regarding the role of villages related to stunting, cadre

development, data management systems, measurement, and publication of data and conducting performance reviews program implementation, as well as activities related to stunting reduction over the past year; d) Make a house to prevent stunting (centing) in Seumirah Village, which so far has provided nutritious food and also innovation in giving books to pregnant women, in accordance with local wisdom. The problem of stunting cannot be solved quickly. This requires long-term time and synergy from various parties in North Aceh Regency.

The obstacles that occur in stunting prevention efforts are the lack of professional Human Resources who handle stunting problems in every village. The most crucial problems in North Aceh District are the unequal access to clean water and sanitation and the limited health facilities in remote areas. The community mindset also still thinks that stunting is a hereditary disease, not a nutritional problem, so they are not very aware of child nutrition problems and healthy lifestyles that have an impact on child malnutrition which can then become stunted. Parents also do not routinely check their child's development. In addition, the low commitment from various stakeholders and levels of society in stunting prevention efforts makes it difficult to overcome.

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