

The Role of Parents in Reducing Stunting Cases in Pregnant Women (Study in Semenok Village, Mandor District, Landak Regency)

Wiwiana Ily^{1*}

¹Master of Sociology, Tanjungpura University, Pontianak, Indonesia

Mukhlis²

²Master of Sociology, Tanjungpura University, Pontianak, Indonesia

Rupita³

³Master of Sociology, Tanjungpura University, Pontianak, Indonesia

Sudirman⁴

⁴Master of Sociology, Tanjungpura University, Pontianak, Indonesia

Pabali Musa⁵

⁵Master of Sociology, Tanjungpura University, Pontianak, Indonesia

Corresponding Author: wiwianaily@gmail.com

Abstract

Stunting is one of the main health problems faced by many developing countries, including Indonesia. The role of parents is crucial in efforts to reduce stunting rates through various approaches that include preventive, curative, promotive, and rehabilitative roles. This study examines how these roles can be implemented effectively to prevent and treat stunting in children. This study uses a descriptive qualitative method, the informants consist of representatives of pregnant women, health center officers and Semenok Village Posyandu. The results of the study show that there are several roles, including a preventive role carried out by ensuring adequate nutritional intake during pregnancy and early childhood life, as well as regular pregnancy check-ups. The curative role focuses on handling when stunting symptoms begin to appear, involving cooperation between parents and health workers in providing appropriate nutritional care and consultation. The role of promotive, parents play an active role in disseminating information related to stunting prevention through education and counseling programs. This increase in knowledge promotes better parenting and optimal nutrition fulfillment. Meanwhile, the rehabilitative role aims to restore the condition of children who have experienced stunting through



nutritional interventions and sustainable mental stimulation. The conclusion of the combination of these four roles provides opportunities for parents to contribute significantly to reducing stunting rates. With a comprehensive approach and adequate support, it is hoped that the stunting rate can be reduced, so that children can grow healthy and reach their optimal potential.

Keywords: Role; Pregnant Women; Stunting.

INTRODUCTION

The role of parents in preventing stunting is very important and has a significant impact on the growth and development of children. Stunting is a health problem that occurs due to chronic malnutrition in children during their growth period, usually from the womb to the age of 2 years. In overcoming stunting, parents have a key role in providing proper care, nutrition, and stimulation to ensure optimal growth in children (Ernawati, 2020).

The reason why the role of parents is important in preventing stunting is because parents have direct responsibility for the welfare and development of children. They are important figures who are present in a child's life from the beginning of pregnancy to the early growth period. During the pregnancy period, pregnant women should pay attention to a balanced nutritional intake to ensure that the fetus receives enough nutrients for its growth and development. Parents are also responsible for providing nutritious food to their children after birth, including exclusive breastfeeding for the first 6 months and providing the right complementary foods afterwards. Adequate nutrition, including protein, vitamins, minerals, and other nutrients, is essential for optimal growth and preventing stunting cases.

Parents play a role as a good example for their children. A healthy diet and lifestyle shown by parents can have a positive impact on children's eating habits and lifestyle. Parents should play a role model by consuming nutritious food and creating healthy lifestyle habits such as regular exercise and adequate sleep. By setting a good example, parents can teach their children the importance of balanced nutrition and a healthy lifestyle from an early age.

Parents must understand the importance of good nutrition and proper handling to prevent stunting. Through good care, proper nutrition, adequate stimulation, and sufficient knowledge, parents can play a significant role in ensuring optimal growth and preventing stunting. Creating a healthy environment, setting a good example, and educating yourself are also important parts of



the role of parents. Thus, actively involving parents in stunting prevention efforts is a crucial step to improve the health and welfare of children (Chowdhury et al., 2021).

The problem of stunting has recently become one of the news that is discussed not only in the world of health, because this stunting problem is considered a threat that has an impact on human resources (Fonseka et al., 2022). The problem of short children or better known as stunting is a nutritional problem that is currently faced in Landak Regency, especially in Semenok Village, Mandor District, Landak Regency. The short-term impact of stunting in childhood is that its development is further hampered, cognitive function decreases, as well as immune function decreases, and combustion system disorders (Tang et al., 2022).

The long-term impact caused by stunting occurs in adulthood, namely the risk of degenerative diseases, such as diabetes mellitus, coronary heart disease, hypertension, and obesity (Daracantika et al., 2021). Parents' knowledge and understanding of the importance of fulfilling nutrition so that adolescents can prevent malnutrition during pregnancy (Husnaniyah et al., 2020). In addition, the provision of education about food intake and nutritional fulfillment can be applied during adolescence and during the pre-marriage period so that it will reduce the number of stunting children under five (Rachmah et al., 2020).

The role of parents (pregnant women) in overcoming stunting problems needs to be done early because it must be done in order to reduce stunting problems in children under five, parental knowledge in overcoming stunting problems in children under five is very important so that parents can understand the nutritional needs of children according to their developmental stage (Sriwati et al., 2022). In this case, the government of Semenok Village, Mandor District empowers the task of posyandu and health centers to conduct stunting counseling so that parents gain knowledge about overcoming stunting problems in children under five.

Based on these problems, the purpose of this study is to describe the role of parents in reducing stunting rates.

RESEARCH RESULTS

The Role of Prevention

The role played is to ensure that pregnant women get a balanced nutritional intake, such as consuming foods rich in protein, vitamins, minerals, and complex carbohydrates. Optimal nutrition during pregnancy can help healthy fetal development and prevent malnutrition that can lead to stunting. The people in Semenok village on average do not understand the knowledge of



food intake, balanced nutrition and the like, besides that the community thinks that food with sufficient nutritional intake must be expensive, even though many nutritious foods in the village are obtained at low prices. Therefore, there is also a role of health center officers with a pregnancy monitoring program to ensure the health, development of the fetus and the nutritional adequacy of pregnant women. At the health center, pregnant women can consult with the staff to get guidance on health and safety during pregnancy. However, the majority of pregnant women do not take advantage of these services, because of various factors including awareness, willingness and ability as well as access to inadequate health services.

Health center officials emphasized that to prevent stunting in their children, parents need to pay attention to a daily diet that includes animal and vegetable protein sources, fresh fruits, vegetables, and adequate iron intake. Regular supplementation of iron and folic acid is also recommended, especially for pregnant women who are malnourished. The supplement can also be accessed at the health center for free. Health center officers also invite pregnant women to participate in this routine examination which is carried out at least four times during pregnancy to monitor fetal growth, maternal health conditions, and detect early complications that may arise. Information about the schedule and how to access the service has been conveyed by officers at the health center and at the Semenok village posyandu. However, not all pregnant women do routine checkups, because they think that if they go to the health center when they feel sick, so if they feel healthy, they do not do the routine check-up.

Village health centers also collaborate with several health centers to create educational classes for pregnant women that are often held to increase parents' knowledge about the importance of prenatal care. In this class, pregnant women are taught about best practices to maintain pregnancy, recognize signs of complications, and how to optimize daily nutrition, but not all pregnant women participate in the activity, sometimes it is their child as a representative or other family member. So that these activities are not on target.

Curative Role

The health center officer explained that the curative role is carried out when signs of health problems or the risk of stunting have been detected in pregnant women or fetuses. If that happens, the officer will explain to the parents because to overcome stunting, it is necessary to work with the health center to get the right medical intervention. Usually this role includes treating anemia, managing infections, and administering additional supplements recommended



by doctors such as iron, folic acid, and calcium. Active involvement of parents in complying with medical directives and carrying out recommended therapies is helpful in reducing the risk of birth to low-birth weight babies, potentially leading to stunting. In addition to physical treatment, the curative role also involves psychological monitoring of pregnant women. Stress and mental pressure experienced by pregnant women can have a bad impact on fetal development. The Semenok Village Health Center officer recommends taking advantage of the counseling services available at the Regency or Provincial Hospital, because there is no psychologist service in Semenok Village.

After receiving medical treatment, the officer also emphasized that the elderly also need to participate in home care by carrying out medical instructions such as taking medication on time and maintaining a clean environment. Discipline in following home care can increase the effectiveness of treatment and support optimal fetal development. Assistance from family, especially couples, in helping pregnant women comply with care is essential to achieve better outcomes. The treatment provided by medical staff does not have an impact if the pregnant woman and her family do not support (discipline).

With good collaboration between parents, health workers, and the community, curative roles can be implemented effectively. These efforts not only reduce the impact of health problems during pregnancy but also prevent the development of stunting early with appropriate and coordinated medical interventions.

The Role of Promotive

The role of promotive focuses on efforts to encourage and increase public awareness and knowledge, especially pregnant women, about the importance of stunting prevention. Parents, especially pregnant women, need to be empowered with adequate information about balanced nutrition, pregnancy health, and the importance of prenatal care. Therefore, the Semenok Village Health Center often conducts socialization, and not only to pregnant women. Socialization counseling was also carried out to high school students and people who are about to get married, this activity was carried out by the BKKBN of Landak Regency and West Kalimantan Province. This socialization is often carried out in the form of health seminars, workshops, and educational activities in the community (pick up the ball). The public is encouraged to actively participate in these events to get the latest information on best practices in maintaining pregnancy and preventing stunting. In addition, posyandu cadres and health workers of Semenok Village also play



an important role in educating pregnant women in their environment through home visits or routine posyandu activities.

In addition to capacity building for the community, there is also training and coaching of posyandu and puskesmas cadres, these cadres can be an extension of the government in conveying correct information about stunting prevention. They can help facilitate group discussions, provide counseling, and remind pregnant women about the schedule of visits to the Health Center or Posyandu.

Rehabilitative role

This role aims to restore the condition of children who have experienced stunting so that their health can be improved and the effect of minimizing the long-term effects that are detrimental to the child. This role focuses on efforts to improve children's health and overall nutritional recovery. Parents, especially mothers, have an important role to play in ensuring that children with stunting receive appropriate care and intervention. This involves routine monitoring, nutritional therapy, and cooperation with health centers (there is monitoring and treatment for stunted children).

Usually, the Semenok Village Health Center uses a rehabilitative approach by involving intensive consultation with nutritionists to develop a diet program that meets the nutritional needs of stunted children. After that, parents make sure that children get food with enough protein, vitamins, and minerals to support cell growth and repair. Foods rich in iron, calcium, and essential fatty acids are often recommended by medical professionals to help improve the child's health condition. All of these services are available at the Semenok Village Health Center.

Rehabilitative efforts focus not only on the physical, but also on the mental and social stimulation of the child. Parents pay more attention to cognitive and emotional stimulation, such as playing with children, taking children to the garden during holidays, reading, and active interaction. This is important to support optimal brain development of children. Rehabilitative services also include periodic monitoring by medical personnel. Parents are required to routinely take their children to the Health Center to evaluate the development of health conditions and the success of rehabilitation programs because all these services are free. This monitoring is important so that there are adjustments to the interventions carried out when needed, so that children get treatment that suits their needs. In Semenok Village, not all stunted children carry out routine checkups, because some think that thin and short children are due to heredity so there is no effort



to improve it.

DISCUSSION

Parents, especially mothers, play a very important role in preventing and treating stunting in children. In this effort, there are several roles that must be carried out by parents, including preventive, curative, promotive, and rehabilitative roles. Each role has a specific focus and action that aims to reduce the prevalence of stunting and its impact on children's growth and development.

The preventive role is a preventive measure that aims to avoid stunting from the beginning. Parents can take preventive measures by ensuring adequate and balanced nutritional intake during pregnancy and after childbirth. This includes the consumption of nutritious foods, such as vegetables, fruits, animal and vegetable proteins, as well as supplements recommended by health professionals. Research by Elsera (2024) shows that nutritional interventions in pregnant women and children under two years of age can significantly reduce the risk of stunting. In addition, pregnant women need to regularly check their pregnancy at health facilities such as health centers, posyandu, or hospitals to monitor the condition of the fetus and the mother's health. These efforts can help detect the risk of malnutrition early and prevent stunting in children. Another study revealed that regular pregnancy monitoring can increase maternal awareness of the importance of nutrition and health during pregnancy (Nurahmawati et al., 2022; Pangestuti, 2021). How to access preventive services is quite easy. Parents can take advantage of government programs such as health centers and posyandu that provide education about nutrition and pregnancy care. In addition, health centers often provide free pregnancy check-ups and programs to give blood supplement tablets to prevent anemia, which is one of the risk factors for stunting. Research by Pipitcahyani (Pipitcahyani, 2024) emphasizing the importance of community-based nutrition interventions as an effective preventive measure against stunting.

The curative role is carried out when signs of stunting begin to appear, the curative role is important to reduce the adverse impacts that have already occurred. This role aims to treat and improve the condition of children who are at risk or have experienced stunting. Parents need to work closely with health workers to identify their children's special needs, both in terms of food intake and medical care. Other research shows that curative approaches through nutrition therapy can increase the growth of stunted children (Habibie et al., 2023). Interventions such as supplemental feeding, supplement therapy, and consultation with pediatricians and nutritionists



are important steps. Study by Rahmadhita (Rahmadhita, 2020) highlighting that providing additional foods rich in protein, vitamins, and minerals can help improve the nutritional status of children who are already stunted.

The role of promotive focuses on efforts to increase public awareness and knowledge about the importance of stunting prevention and handling. Parents can participate in educational programs organized by posyandu, health centers, or non-governmental organizations. This education includes an understanding of healthy diets, the importance of exclusive breastfeeding for the first six months, and good and correct procedures for giving complementary foods (Complementary Foods). The findings of the study also stated that the promotion of exclusive breastfeeding has a significant impact on preventing stunting (Metasari et al., 2024; Widyasari & Putri, 2018).

The rehabilitative role aims to restore the condition of children who have experienced stunting so that their health can be improved and the long-term effects are minimized (Amelia, 2023). Parents have an important role to play in ensuring that children receive appropriate care and interventions through regular monitoring, nutritional therapy, and cooperation with health services (Maulida et al., 2022). Other references suggest that mental and social stimulation, along with nutritional improvements, can help stunted children achieve better cognitive development (Ruswiyani, 2024; Ruwiah et al., 2021). A rehabilitative approach involves consulting with a nutritionist to devise a diet program that meets the child's nutritional needs, including providing foods rich in protein, vitamins, and minerals. In addition to nutritional support, parents must also strive to provide supplements prescribed by doctors and follow supplementary feeding programs (PMT) provided by posyandu or health centers. Study by Ruswiyani (2024) stated that nutritional interventions combined with psychosocial stimulation can accelerate the recovery of children affected by stunting. Mental and social stimulation is also important in this role, as is play with the child and active interactions that support cognitive development.

Rehabilitative services can be accessed through regular visits to the Health Center or consultation with a pediatrician for evaluation and adjustment of interventions. Parents must be fully committed and consistent in carrying out medical recommendations and recovery programs. That way, they can help children who are stunted to recover and achieve optimal growth and development, thereby minimizing the long-term impact that may occur.



CONCLUSION

Parents have a very important role in efforts to reduce stunting rates, especially through preventive, curative, promotive, and rehabilitative roles. Each of these roles requires a different but complementary approach to achieve the same goal, which is to ensure that children grow up healthy and optimally. In a preventive role, parents are required to provide adequate nutritional intake during pregnancy and early childhood life, as well as conduct regular pregnancy checkups. This helps prevent stunting from an early age and ensures that mothers and children get the support they need. Studies have shown that nutritional interventions at an early stage can significantly reduce the risk of stunting. The role of curative becomes very important when signs of stunting begin to appear. Parents should work closely with health care workers to ensure children receive adequate care, such as supplemental feeding and nutrition counseling. Fast and timely treatment can reduce the adverse impact of stunting and increase child growth. In the role of promotive, parents play an active role in raising awareness of the importance of stunting prevention and handling through education and counseling programs. The knowledge gained from this activity helps parents implement parenting and nutrition that supports optimal child development. The role of rehabilitation focuses on efforts to recover the condition of children who have experienced stunting. Parents must be committed to implementing nutritional interventions, nutritional therapy, and mental and social stimulation to maximize their child's recovery. With cooperation between parents and health workers, children who experience stunting can improve their health conditions and minimize the long-term impact on their cognitive and physical development. Through understanding and implementing these roles, parents can contribute significantly to reducing stunting rates and ensuring a healthier future for their children.

REFERENCES

- Amelia, N. A. (2023). Hubungan Pola Asah, Asih, dan Asuh dengan Kejadian Stunting di Wilayah Kerja Puskesmas Lontar Surabaya. *Media Gizi Kesmas*, 12(1), 389–397. <https://doi.org/10.20473/mgk.v12i1.2023.389-397>
- Chowdhury, T. R., Chakrabarty, S., Rakib, M., Winn, S., & Bennie, J. (2021). Effects of Parental Education and Wealth on Early Childhood Stunting in Bangladesh. <https://doi.org/10.21203/rs.3.rs-1048134/v1>
- Daracantika, A., Ainin, A., & Besral, B. (2021). Pengaruh negatif stunting terhadap perkembangan



- kognitif anak. ... , Dan Informatika Kesehatan
<https://jurnalkesmas.ui.ac.id/bikfokes/article/view/4647>
- Elsera, C. (2024). Pengetahuan Ibu Hamil Tentang Gizi Masa Kehamilan Sebagai Upaya Pencegahan Stunting. *TRIAGE Jurnal Ilmu Keperawatan*, 10(2), 80–86.
<https://doi.org/10.61902/triage.v10i2.912>
- Ernawati, A. (2020). Gambaran penyebab balita stunting di desa lokus stunting Kabupaten Pati. *Jurnal Litbang: Media Informasi Penelitian* <http://ejurnal-litbang.patikab.go.id/index.php/jl/article/view/194>
- Fonseka, R. W., McDougal, L., Raj, A., Reed, E., Lundgren, R., Urada, L., & Silverman, J. G. (2022). Measuring the impacts of maternal child marriage and maternal intimate partner violence and the moderating effects of proximity to conflict on stunting among children under 5 in post-conflict Sri Lanka. *SSM - Population Health*, 18, 101074.
<https://doi.org/https://doi.org/10.1016/j.ssmph.2022.101074>
- Habibie, A. N., Efendi, F., & Has, E. M. M. (2023). Intervensi Berbasis Keluarga pada Anak dengan Stunting. *Journal of Telenursing (JOTING)*, 5(1), 11–19.
<https://doi.org/10.31539/joting.v5i1.5299>
- Husnaniyah, D., Yulyanti, D., & ... (2020). Hubungan Tingkat Pendidikan Ibu dengan Kejadian Stunting. ... *Indonesian Journal of*
<http://jurnal.unmuhjember.ac.id/index.php/TIJHS/article/view/4857>
- Maulida, L. F., Maulina, R., Sari, A. N., Novika, R. G. H., Wahidah, N. J., & Nurhidayati, S. (2022). Analisis Sikap Ibu Tentang Stimulasi Tumbuh Kembang Balita Stunting Usia 2-3 Tahun Di Surakarta. *Jurnal Ilmiah Kebidanan (Scientific Journal of Midwifery)*, 8(3), 208–212.
<https://doi.org/10.33023/jikeb.v8i3.1363>
- Metasari, A. R., Sumarni, S., & Kamsiar, K. (2024). Faktor-Faktor yang Berhubungan dengan Kejadian Stunting (Status Ekonomi dan Pemberian Asi Eksklusif) pada Balita Usia 25-59 Bulan. *Blantika: Multidisciplinary Journal*, 2(5), 463–471.
<https://doi.org/10.57096/blantika.v2i5.131>
- Nurahmawati, D., Mulazimah, M., & Puspitasari, P. (2022). Pengaruh Status Gizi Prenatal Ibu terhadap Kualitas Pertumbuhan dan Perkembangan Anak. *Jurnal Kebidanan*, 12(2), 157–166. <https://doi.org/10.35874/jib.v12i2.1103>
- Pangestuti, R. (2021). Pemantauan Kehamilan Dengan Mengikuti Kelas Ibu Hamil: Scoping Review. *Jurnal Komunikasi Kesehatan*, 12(2). <https://doi.org/10.56772/jkk.v12i2.199>



- Pipitcahyani, T. I. (2024). Edukasi Kader Tentang Gizi Seimbang Ibu Hamil Dan Balita Dalam Upaya Pencegahan Stunting. *International Journal of Community Service Learning*, 8(1), 86–92. <https://doi.org/10.23887/ijcsl.v8i1.76827>
- Rachmah, Q., Indriani, D., Hidayah, S., Adhela, Y. D., & Mahmudiono, T. (2020). Pendidikan Gizi Gemar Makan Ikan Sebagai Upaya Peningkatan Pengetahuan Ibu Tentang Pencegahan Stunting Di Desa Gempolmanis Kecamatan Sambeng Kabupaten Lamongan Provinsi Jawa Timur. *Amerta Nutrition*, 4(2), 165. <https://doi.org/10.20473/amnt.v4i2.2020.165-170>
- Rahmadhita, K. (2020). Permasalahan Stunting dan Pencegahannya. *Jurnal Ilmiah Kesehatan Sandi Husada*, 11(1), 225–229. <https://doi.org/10.35816/jiskh.v11i1.253>
- Ruswiyani, E. (2024). Peran Stimulasi Psikososial, Faktor Ibu, Dan Asuhan Anak Dalam Meningkatkan Perkembangan Anak Stunting: Tinjauan Literatur. *Jpa*, 1(2), 8. <https://doi.org/10.47134/jpa.v1i2.313>
- Ruwiah, R., Harleli, H., Sabilu, Y., Fithria, F., & Sueratman, N. E. (2021). Peran Pendidikan Gizi Dalam Pencegahan Stunting. *Jurnal Ilmiah Kesehatan*, 14(2), 151–158. <https://doi.org/10.48144/jiks.v14i2.417>
- Sriwati, Hartotok, & Muawanah, S. (2022). Hubungan Status Gizi Dan Stimulasi Tumbuh Kembang Anak Usia 12-36 Bulan Terhadap Stunting Di Desa Karangawen Kecamatan Tambakromo. *Jurnal Ilmu Kebidanan Dan Kesehatan (Journal of Midwifery Science and Health)*, 13(2), 12–20. <https://doi.org/10.52299/jks.v13i2.117>
- Tang, X., Zhao, Y., Liu, Q., Hu, D., Li, G., Sun, J., & Song, G. (2022). The Effect of Risk Accumulation on Childhood Stunting: A Matched Case-Control Study in China. *Frontiers in Pediatrics*. <https://doi.org/10.3389/fped.2022.816870>
- Widyasari, R., & Putri, C. A. (2018). Hubungan Pemberian Asi Eksklusif, Penyakit Infeksi Dan Tingkat Pengetahuan Ibu Tentang Gizi Dengan Kejadian Stunting Pada Balita Usia 12-36 Bulan Di Wilayah Kerja Puskesmas Kecamatan Baiturrahman Banda Aceh Tinjauan Literatur. *JOURNAL OF HEALTHCARE TECHNOLOGY AND MEDICINE*, 4(2), 437. <https://doi.org/10.33143/jhtm.v4i2.1002>

