



Efforts to Accelerate Stunting Reduction

(Study on Policy Implementation Study Based on Karangasem Regent Regulation Number 35 of 2019 concerning Integrated Stunting Prevention Movement)

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ABSTRACT

Stunting is a form of growth failure that causes linear growth disturbances in toddlers due to the accumulation of long-term nutritional deficiencies, starting from pregnancy until the age of 24 months. Karangasem Regency has the highest prevalence of stunting in Bali Province, which is 6.7%. This figure indicates that the stunting issue is very serious in Karangasem Regency and requires very rapid and focused intervention efforts. This research aims to describe and analyze the implementation of policies for accelerating the reduction of stunting based on the Karangasem Regent Regulation Number 35 of 2019 concerning the Integrated Stunting Mitigation Movement, as well as to describe and analyze the supporting and inhibiting factors in the implementation of policies for accelerating the reduction of stunting based on the Karangasem Regent Regulation Number 35 of 2019 concerning the Integrated Stunting Mitigation Movement.

This type of research is a qualitative descriptive study with a policy implementation model using George C. Edward III's implementation theory, focusing on the indicators of communication, resources, disposition, and bureaucratic structure. Data collection techniques used include interviews, observations, and documentation. In-depth interviews were conducted with implementers in an effort to accelerate the reduction of stunting. Next, the data analysis used is Moleong's data analysis.

The results of this study indicate that the efforts to accelerate the reduction of stunting are in accordance with Karangasem Regent Regulation Number 35 of 2019. Communication was conducted through radio broadcasts, social media, and face-to-face meetings. Although the communication conducted is quite evenly distributed, there are challenges arising from the mothers' level of knowledge, culture, and the community's language proficiency, which are still lacking. The Karangasem Regency Government has supported the program by providing facilities, transportation, and operational support. However, the limitations in human resources and the difficult reach in remote areas still need to be addressed. The Stunting Acceleration Team in Karangasem Regency has been equipped with technical guidelines and SOPs that can strengthen field implementation. The support of SOPs and appropriate regulations has shown good results with a decrease in stunting rates year by year.

Keywords: Implementation, Policy, Stunting, Reduction Acceleration.

1. INTRODUCTION

The issue of nutrition in Indonesia is currently being discussed, especially the problem of babies who experience short bodies or stunting problems. Stunting is a state of failure in growth and development that can cause growth disorders in toddlers caused by the accumulation of prolonged nutritional inadequacies, starting from pregnancy to 24 months of age. Malnutrition in the early stages of child development has the potential to hinder physical development, increase disease, disrupt mental development, and lead to death.

Therefore, the Government of Indonesia established the National Action Plan for Stunting Management in August 2017 with a focus on convergence activities at the national, regional and village levels. The goal is to prioritize the action of Specific Nutrition Interventions and Sensitive Nutrition in the First 1000 Days of Life (HPK) until the age of 6 years. Specific Nutrition Interventions aimed at pregnant women and children in the First 1000 Days of Life (HPK) are carried out by the health sector, with a target of 30% reduction in stunting rates. Meanwhile, Sensitive Nutrition Interventions are aimed at the general public through various development activities outside the health sector with a contribution of 70% to reducing stunting rates (Ministry of Village, Development of Disadvantaged Regions and Transmigration, 2017).

Based on the results of the Status of Nutrition Indonesia (SSGI), the prevalence of stunting in Bali Province in 2021 was 14.4% and in 2020 was 6.1% (Ministry of Health of the Republic of Indonesia, 2021). The percentage of stunting in Bali Province has decreased when compared to the results of the 2019 Status of Nutrition Indonesia (SSGI). Despite the decrease, strategies and hard work are still needed to achieve the target of reducing stunting prevalence set in the RPJMN 2020-2024 and Presidential Regulation No. 72 of 2021, which is 14% in 2024 (Ministry of Health of the Republic of Indonesia, 2020). Therefore, the stunting prevalence rate must decrease by 2.7% per year.

Karangasem Regency is located in the eastern part of Bali Island and is one of the regencies in Bali Province with the highest poverty rate in Bali. Based on data from the Central Bureau of Statistics (BPS) and the local Health Office, the stunting prevalence in Karangasem reached more than 20% in 2021. This data is the highest stunting rate in Bali Province. This condition is influenced by the geographical location of Karangasem Regency, which mostly consists of mountainous areas and is categorized as a remote area. Thus, access to basic nutrition and health services for pregnant women, breastfeeding mothers, and children under five is a challenge. This is because many villages are difficult to reach by health workers. In addition, factors that contribute to the high stunting rate in Karangasem are the low economic level of the community, limited access to clean water and limited sanitation, limited access to maternal and child health services, poor parenting and understanding of nutrition. For this reason, the synergy of all elements of the community, family, health workers, and government is needed in efforts to prevent and reduce stunting rates.

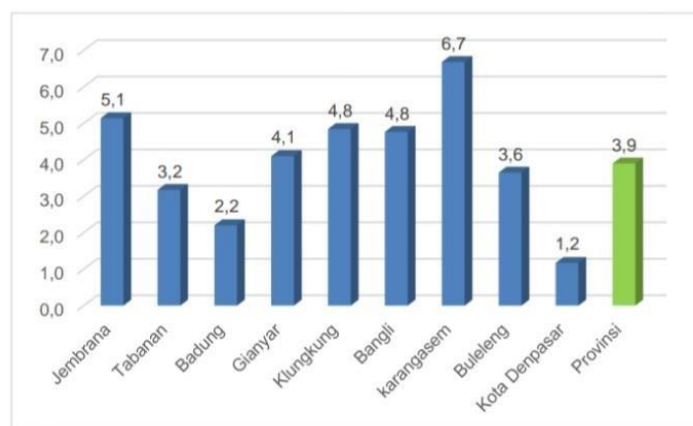


Figure 1. Stunting Data in Bali Province

Source: Bali Provincial Health Office 2023

The data above shows the prevalence of stunted toddlers (height for age) in Bali Province in 2023 (Bali Provincial Health Service). According to the analysis based on the graph shown, Karangasem Regency has the highest stunting prevalence in Bali Province, namely 6.7%, this figure indicates that the stunting problem is very serious in Karangasem Regency and requires very fast and focused handling efforts.

Based on the phenomena described, the author is interested in conducting further research with the title "EFFORT TO ACCELERATE STUNTING REDUCTION" (Policy Implementation Study Based on Karangasem Regency Regulation Number 35 of 2019 concerning the Integrated Stunting Prevention Movement)

2. LITERATUR REVIEW

1. Public Policy Theory

Public policy is an instrument of government, not only in the sense of 'government' which only concerns state apparatus, but also 'governance' which concerns the management of public resources. The term "policy" in English "policy" comes from Latin, namely the word polis which means commuty or community (association) of human life, society or city (city state). It can also be said that public policy is a binding decision for many people at a strategic level made by public authority holders. Therefore, public policies must be made by political authorities, namely those who receive mandates from the public or the people at large (Sadhana, K. 2011).

According to William N. Dunn (in Pasolong 2013: 39), public policy is a series of interconnected choices made by government institutions or officials in areas involving government duties, such as defense, security, energy, health, education, public welfare. , crime, urban, and others.

2.1 Implementation of Public Policy

Implementation of public policy is an action to achieve previously planned goals for decision making. So the implementation of public policy is an important stage in the realization of comprehensive public policy. Nugroho (2014:657) states, "Policy implementation is in principle a way for a policy to achieve its objectives". Meanwhile, according to Grindle (Waluyo, 2007:49), "Policy implementation is not just related to the mechanism of translating political decisions into routine procedures through bureaucratic channels, but more than that, it concerns issues of conflict, decisions from who gets what from a policy".

Public policy implementation has several models that serve as references in designing and implementing these policies. However, this research uses the implementation model according to George Edward III in Widodo (2010:96) that there are 4 factors that influence the success or failure of policy implementation, including factors (1) communication, (2) resources, (3) disposition and (4)) bureaucratic structure. The focus of this research uses the George Edward III model.

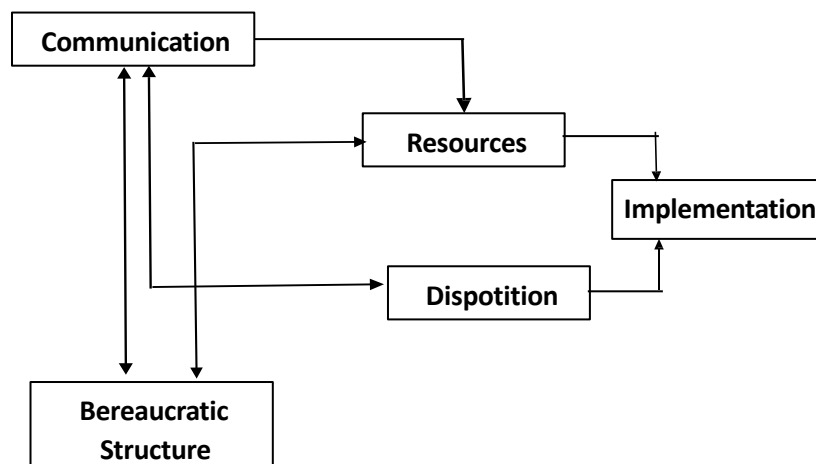


Figure 2. Edward III Policy Implementation Model

Source: Widodo, 2017:94

2. 3. Stunting Concept

Stunting is a condition of failure to grow due to chronic malnutrition, especially in the first thousand days of life (HPK). The characteristic is that a person's height is shorter than the height of other people in general (of the same age). So Stunted (short stature) or low height/length for age is used as an indicator of chronic malnutrition which describes a history of malnutrition over a long period of time.

Stunting is a major public health problem which is associated with an increased risk of morbidity and death and obstacles to both motor and mental growth. The incidence of stunting is a cumulative process that occurs from pregnancy, childhood and throughout the life cycle. Stunting is caused by chronic malnutrition, repeated infections

over a long period of time and lack of psychosocial stimulation in the womb and after birth. Not only specific nutritional factors, but also nutritionally sensitive factors that interact with each other (Tanoto, 2019).

The factors that influence the occurrence of stunting are genetic factors, maternal education factors, feeding pattern factors, maternal knowledge factors, economic factors, cultural and lifestyle factors, sanitation and infectious diseases.

4. Karangasem Regency Regent Regulation Number 35 of 2019 concerning the Integrated Stunting Prevention Movement

To overcome the stunting problem, the Regent of Karangasem issued Regent Regulation number 35 of 2019 concerning a holistic, integrated and quality stunting prevention movement through coordination, synergy and synchronization between stakeholders. Stunting or what is called dwarfism is a condition of failure to grow in children under five years (toddlers) due to chronic malnutrition, recurrent infections, and inadequate psychosocial stimulation, especially in the first 1000 (one thousand) days of life (1000 HPK), namely from fetus to child. two years old. Stunting can cause various health complications, including problems with brain development, learning ability and future work productivity.

Then, the Regent formed an Integrated Stunting Prevention Team consisting of midwives/health workers, family welfare empowerment cadres and family planning cadres. Every health worker and health service facility must record and report efforts to reduce stunting. The Regional Government and Health Service encourage health workers and health service facilities to record and report. Recording and reporting can be done using an application which is done in stages.

In its implementation, there are several priority activities to overcome stunting, namely:

- a. Health and nutrition education through family independence.
- b. The healthy living community movement was implemented to synergize promotive and preventive measures for the problem of stunting and increase community productivity.
- c. Nutrition intervention program, targeting pregnant women, breastfeeding mothers and children under 6 months of age, children aged 6 – 23 months, as well as the general public (providing and ensuring access to clean water, access to sanitation, access to health services and family planning (family planning), sexual and reproductive health education, and nutrition for adolescents, increasing food and nutritional security
- d. First Thousand Days of Life Movement: a joint commitment between the Regional Government and the community as a participation movement to accelerate stunting reduction.

3. RESEARCH METHODS

3.1 Research Approach

This research is descriptive - qualitative research, namely a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior (Moleong, 2020). Meanwhile, the focus of the research refers to the policy implementation model according to George Edward III, namely aspects of 1) Communication, 2) Resources, 3) Disposition, and 4) Bureaucratic Structure; also examines the supporting and inhibiting factors in the implementation of policies to accelerate stunting reduction based on Regent's Regulation Number 35 of 2019 concerning the Integrated Stunting Prevention Movement in Karangasem Regency, Bali.

3.2 Research Location

This research was conducted in Karangasem Regency, Bali Province, Indonesia regarding efforts to accelerate the reduction of stunting. This location was chosen based on the high status of stunting incidents in Karangasem Regency, and researchers wanted to know the role of the government in efforts to accelerate stunting reduction.

Data Collection and Data Analysis Techniques

The data collection techniques used were interviews, observation and analysis of documents related to stunting. The data analysis techniques used in this research refer to Lexy's opinion. J. Moleong (2014:247), namely data collection, data reduction, data presentation, and verification or drawing conclusions.

4. RESULTS AND DISCUSSION

1. Implementation of the Policy to Accelerate Stunting Reduction in Karangasem Regency, Bali Province, Indonesia

In implementing Karangasem Regent Regulation Number 35 of 2019 concerning the Integrated Stunting Prevention Movement, there are four main factors that influence policy implementation according to George Edward III, namely communication, resources, position and bureaucratic structure which can be presented as follows:

a. **Communication:** carried out through direct outreach during Posyandu activities, Regional Apparatus Organization coordination meetings, health cadre meetings, as well as through social media, mass media / local radio. Socialization of the policy to accelerate stunting reduction in Karangasem Regency was carried out systematically in conveying information to various parties, from the district level to the village level. Then health workers, posyandu cadres, PKK activists together with sub-district officials carry out regular outreach activities by reaching out to target families. This can have a positive impact as evidenced by the reduction in stunting rates in Karangasem Regency. The community in general accepts this stunting reduction program well. Through direct visits, regular checks at the posyandu, as well as clear explanations from midwives and other health workers, the community feels the benefits of the socialization provided. Therefore, the communication that has been running in this program can be carried out well and comprehensively. However, improvements are still needed to overcome language and cultural challenges, so that information can be easily received by the entire community.

An explanation regarding the stunting reduction acceleration program was conveyed clearly (clarity) to the parties involved, such as Family Planning (KB) cadres, family support teams, PKK mobilizers and the community. Through clear communication, the steps that need to be taken to support stunting reduction can be understood by the public. To support the clarity of the information provided regarding stunting, media/visual aids such as pictures, brochures/smart books on preventing stunting are used. And to support consistent communication patterns between various parties in preventing and overcoming stunting, socialization on the acceleration of stunting reduction is carried out by involving various related components, on an ongoing basis, comprehensively and evenly throughout all regions in Karangasem Regency. Likewise, coordination between regional apparatus organizations/OPD and the Stunting Reduction Acceleration Team/TPPS as well as outreach is carried out regularly and continuously.

b. Resource :

Based on the results of the interview, resources can be divided into four, namely:

- 1) Human Resources: Personnel/Human Resources are spread across various regional/OPD apparatus organizations, from district to village level, together they have supported efforts to accelerate stunting reduction in Karangasem Regency. However, in remote areas with difficult geographical conditions, the number of stunting service personnel is still limited. This is the main challenge in accelerating stunting reduction.
- 2) Budget Resources: Carrying out efforts to accelerate stunting reduction definitely requires a budget. Namely the budget spread across the various regional apparatus organizations/OPDs involved (according to their field of work). The Karangasem Regency Government provides a form of support in terms of financing activities related to stunting, namely the installation of contraceptives for family planning and transportation operations.
- 3) Equipment Resources: The Karangasem Regency Government, in this case, has provided sufficient and adequate facilities and infrastructure to support the stunting reduction acceleration program, in the form of transportation, namely motorbikes, to reach remote areas. However, the challenge lies in covering areas that tend to be difficult.
- 4) Authority Resources: The stunting reduction program in Karangasem Regency operates a clear authority structure. Where this authority is given to the Social Service as the leading sector in implementing efforts to accelerate stunting reduction.

c. Disposition

The Karangasem Regency Government has shown a strong commitment to efforts to accelerate stunting reduction. This commitment is proven by the implementation of the Stunting Rembug which involves various parties and is carried out in an integrated, comprehensive manner and reaches every region. In dealing with the problem of stunting, this disposition shows that there is good cooperation which is supported by policies such as Karangasem Regent Regulation Number 35 of 2019 concerning the Integrated Stunting Prevention Movement.

d. Bureaucratic Structure

Based on the results of interview data research, it is stated that the bureaucratic structure that drives efforts to accelerate stunting reduction in Karangasem Regency, has clear Standard Operating Procedures, because almost all related fields have SOPs. The formation of the TPPS (Team for the Acceleration of Stunting Reduction) equipped with technical guidance can strengthen commitment in overcoming the stunting problem. This can have an impact on reducing stunting, which is already decreasing every year.

2. Supporting Factors for the Implementation of the Policy to Accelerate Stunting Reduction in Karangasem Regency, Bali Province, Indonesia

The accelerated implementation of stunting reduction has several supporting factors that contribute to the success of program implementation. Several supporting factors include the following:

- a. Human Resource Commitment: Even though human resources are still limited, the workforce involved has a high commitment to the program to accelerate stunting reduction. The program can run smoothly according to objectives because this workforce works optimally by utilizing existing capabilities and resources.
- b. Budget Support from the Central Government: Adequate financial support from the central government budget for the stunting reduction acceleration program. The allocated funds are used to carry out activities including providing health services, nutritional assistance to target groups, and providing education to the community.
- c. Cooperation between institutions and related parties: Collaboration between various parties, including regional apparatus organizations (OPD) and the Ministry of Religion (Kemenag), is one of the things that supports this program. OPD plays a role in technical and logistical support, while the Ministry of Religion has a role in providing education and assistance to prospective brides (catin) with the aim of preventing the risk of stunting in the next generation.
- d. Joint Commitment in Efforts to Accelerate Stunting Reduction: There is mutual awareness from all parties, both from the government and society, to accelerate the reduction in stunting rates. This commitment is implemented through optimal programs, planned planning and community participation in program implementation.

Apart from supporting factors, there are also several factors inhibiting the implementation of policies to accelerate stunting reduction in Karangasem Regency, as follows:

- a. Limited number of human resources: This is one of the obstacles in implementing the program to accelerate stunting reduction. Because the lack of adequate numbers of workers can be an obstacle in implementing various activities to achieve the stunting reduction target.
- b. Limited quality and competency of human resources: Apart from limited numbers, the quality and competency of human resources is also an obstacle. There are still many workers who do not have a proper understanding of accelerating stunting reduction. This is due to limited in-depth training on these issues, so they feel they are not very prepared to implement the program.
- c. Lack of Training and Skills Development: the available human resources still lack sufficient training, both in terms of knowledge about stunting and the technical skills needed to support the program. Without appropriate training, workers find it difficult to carry out their duties.
- d. Lack of Skills in Using Digital Technology: In the digital era, the use of technology to support programs plays a very big role, especially in data monitoring, public education, or information distribution. However, many human resources do not yet have the appropriate skills in using digital technology. So they find it difficult to use digital tools that can help accelerate stunting reduction.

CONCLUSION

The conclusions from the research regarding Efforts to Accelerate Stunting Reduction (Policy Implementation Study Based on Regent's Regulation Number 35 of 2019 concerning the Integrated Stunting Prevention Movement in Karangasem Regency, Bali Province, Indonesia, are as follows:

First, the implementation of the Stunting Reduction Policy in Karangasem Regency shows that the Stunting Reduction Acceleration Team has an important role in building communication from the village level to the district level. Communication is carried out through radio broadcasts, social media and direct meetings. This is supported by personnel from various lines, including family planning cadres, PKK activists, and health workers, although the number is not sufficient to serve the entire community of Karangasem Regency. The Karangasem Regency Government has supported the program by providing facilities, providing transportation and operational funds, establishing posyandu in many villages to make it easier for people to access health services. Motorbikes are also provided as additional facilities and infrastructure so that areas that are difficult to access can be accessed easily using motorbikes. Moreover, with the strong commitment shown by the Karangasem Regency Government to reduce stunting rates, the proactive attitude of health workers in providing health services to communities affected by stunting.

Second, supporting factors for the implementation of the policy to accelerate stunting reduction are the strong commitment of health workers, budget support from the central government and regional governments, cooperation between various parties including regional apparatus organizations (OPD) and the Ministry of Religion (Kemenag). However, a number of factors are still found that can hinder the success of this program, namely the limited number of health workers, the quality and competency of the workforce is still low, lack of training regarding stunting and technical skills.

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