

## Strategy for Empowering Community Leaders Towards Prevention *Stunting* in Souluwe Village, Dolo Main Health Center Working Area, Sigi District

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**ABSTRACT:** Stunting is a condition where toddlers have less length or height compared to their age peers. Chronic nutritional problems are a cause of stunting which is influenced by various factors including socio-economic conditions, maternal nutrition during pregnancy, pain in babies, and lack of nutritional intake in babies so that in the future they may experience difficulty achieving optimal physical and cognitive development. This research aims to find out the strategies of community leaders in empowering Stunting prevention in Souluwe Village, the working area of the Dolo Main Health Center, Sigi Regency. This research method is descriptive qualitative. This research was carried out for one month from April - May 2024. The informants in this research used a purposive sampling technique consisting of Village Heads, Village Midwives, PKK Chairmen, Traditional Leaders. Based on the results of research on the Empowerment Strategy for Community Figures in Handling Stunting in Souluwe Village, Dolo Public Health Center Working Area, Sigi Regency, the government's efforts in responding to Stunting handling are by carrying out several Stunting programs such as posyandu for toddlers, pregnant women, childbearing age, PMT, socialization, and management of nutritional gardens. The conclusion of this research is that the empowerment of community leaders in handling stunting in Souluwe Village has been carried out but is not going well. It is hoped that the government can continue to increase assistance, for all community leaders to support activities to reduce stunting rates and for the community to be proactive in helping to overcome stunting in Souluwe Village.

**Keywords:** Strategy, Society, Handling Stunting



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## INTRODUCTION

Growth is a change in body size and is something that can be measured such as height, weight, head circumference. The toddler period is an important time in a child's growth and development, because during this period basic growth can determine and influence the child's subsequent development. Moral development and the basics of personality are also formed during this period. So that every abnormality, no matter how small, if it is not detected, let alone not handled properly, will reduce the quality of human resources later (Naufal, 2022)

Based on data (WHO) in 2019, it was recorded that 21.3% experienced stunting under the age of 5 years. Less than 50% of children under 5 years of age are affected by stunting, the largest is in Asia with 54%. Of the 144 million children under five affected by stunting in Asia, the second largest proportion is in Africa at 40% (who, 2019)

Based on SSGI data for 2021, the prevalence of Stunting in Central Sulawesi is at 29.7%, which means that for every 100 children under five there are approximately 30 children who fall into the category of suffering from Stunting. Meanwhile, the 3 largest districts that contribute negatively to the high rate of stunting in Central Sulawesi are Sigi District at 40.7%, Parigi Moutong District at 31.7%, and Banggai Islands District at 30.6%. Meanwhile, the prevalence of toddlers suffering from stunting in Morowali Regency is 28.9%, which means that for every 100 toddlers there are 28 children who fall into the category of suffering from stunting (SSGI, 2021). Data for 2022, the total number of toddlers in the Dolo Main Health Center working area is 1,416 toddlers and the number of toddlers suffering from stunting is 158 toddlers. Regarding cases of stunting in each village in the working area of the main dolo health center, Sigi Regency, they include: Waturalele village with 82 toddlers, 12 toddlers suffering from stunting, 250 toddlers in Tulo, 4 toddlers suffering from stunting, 120 toddlers in Langaleso, 14 toddlers suffering from stunting, 125 toddlers suffering from stunting in Kotarindau, 6 toddlers suffering from stunting, 120 toddlers in Maku, 10 toddlers suffering from stunting. toddlers, Watubula has 91 toddlers, 10 are suffering from stunting, Karawana is 121 toddlers, suffering from stunting is 2 toddlers, Souluwe is 178 toddlers, suffering from stunting is 23 toddlers, Souluwe is 63 toddlers, suffering from stunting is 37 toddlers, Kotapulu is 56 toddlers, suffering from stunting is 7 toddlers and Kabobona is 210 toddlers, suffering from stunting is 33 toddlers.( pukesmas dolo 2022)Community Empowerment in the Health Sector must be implemented well so that community empowerment is effective and has an impact on efforts to prevent stunting. The implementation of community empowerment is very necessary and urgent to be carried out in Souluwe Village, Dolo District, Sigi Regency. Efforts are to increase community knowledge about Stunting, make people aware of maintaining healthy lifestyles, increase the role of organizations in the Village and contribute to preventing Stunting. Implementing community empowerment strategies, especially in the health sector, is very important in Souluwe Village, Dolo subdistrict, Sigi district. This can help increase public awareness about the importance of maintaining health and improving nutrition, as well as help overcome the problem of stunting in the area.

Looking at previous research conducted by Tiarah Wahuniyanti regarding strategies for empowering community leaders to prevent stunting with socialization program activities, providing vitamins, providing milk, providing additional food, and creating nutritional gardens in

Souluwe Village. So this activity will reveal empowerment strategies, because with this strategy it is hoped that there will be a reduction in stunting. pilgrimage 2019). Based on the description above, researchers will conduct research on strategies for

## **METHOD**

This research is a qualitative study that uses a descriptive approach. Qualitative This approach involves in-depth investigation of one or several cases that are considered representative. Researchers will collect data through interviews, observations, or document analysis to understand the case in detail

## **RESULTS AND DISCUSSION**

The results of the research on the Empowerment Strategy for Community Figures in Handling Stunting in Souluwe Village, Sigi Regency, Dolo Health Center Working Area, show that the empowerment of community leaders in Souluwe Village has been carried out

However, it did not go well, only PKK members and posyandu cadres were more active and dominant in empowering the handling of stunting in Souluwe Village.

Strategic planning is the process of preparing an organizational plan which includes determining goals, targets and methods that will be used so that the predetermined goals can be achieved. Strategic planning is an important aspect so that all organizational activities can run well. Therefore, preparing a plan is an activity that must be carried out with careful consideration and paying attention to all aspects in detail (Ratna, 2023)

The results of the research on Empowerment Strategies for Community Figures in Handling Stunting in Souluwe Village, Dolo Health Center Working Area, Sigi Regency will be discussed in detail as follows:

### **Government Attitude in Efforts to Handle Stunting.**

The government's commitment to efforts to accelerate nutrition improvement has been expressed through Presidential Decree Number 42 of 2013, dated 23 May 2013, concerning the National Movement (Gernas) for the Acceleration of Nutrition Improvement, which is a joint effort between the government and the community through raising participation and concern from stakeholders in a planned and coordinated manner to accelerate community nutrition improvement with priority in the First Thousand Days of Life (1000 HPK).

- a) Through establishing Gernas' main strategy for Accelerating Nutrition Improvement, namely:
- b) Making nutrition improvements as the main stream of human resource, socio-cultural and economic development.

- c) Increasing the capacity and competence of human resources in all sectors, both government and private.
- d) Increasing evidence-based interventions that are effective in various settings in society.
- e) Increasing community participation in implementing social norms that support nutrition conscious behavior.

From the results of the research I conducted, it can be said that the attitude of the Souluwe Village government in its efforts to deal with Stunting has been planned and has been implemented, where the Village government has prepared a budget for the Stunting program, this budget is used to carry out outreach about reducing the number of Stunting and also to help people who have children suffering from Stunting. Village government assistance to Stunting toddlers is in the form of additional food, such as chicken porridge, fruit, snacks and milk, while assistance from the Dolo Community Health Center is in the form of food ingredients in the form of vegetables and fruit.

A social service agency must have strategies that are guided by the goals of the agency. Strategy is the most important factor in achieving institutional goals, the success of a business depends on the ability of leaders who can formulate the strategies used and build cooperation at regional, national and international levels.

### **Programs carried out in Efforts to Handle Stunting.**

As a national health problem, stunting needs special attention and treatment from various parties, from the government to the family level. There are three efforts that will be made to prevent stunting which will start in the woman's pre-pregnancy period. The following are three efforts that will be made to prevent stunting in Indonesia, including: 1). Providing T<sup>1</sup>TD (blood supplement tablets) for young women 2). Carrying out pregnancy checks and providing additional food to pregnant women to provide adequate nutrition and iron content for pregnant women. 3). Providing additional food to children aged 6-24 months. The three Stunting prevention efforts mentioned above are programs that are urgent to be implemented. So with these efforts, it is hoped that it will be able to have a good impact on reducing the stunting rate in Indonesia.

The statement above is in line with the results of interviews by researchers regarding Strategies for Empowering Community Figures in Handling Stunting in Souluwe Village, Dolo Health Center Working Area. The programs that have been implemented by the Souluwe Village government to handle stunting include conducting a Stunting consultation program to reduce the number of stunting in Souluwe Village, and a posyandu program has been running to control the development of pregnant women and the growth and development of toddlers. Where the programs that have been running cannot be separated from intervention by health workers, village midwives, PKK, posyandu cadres and also the Souluwe Village community itself.

## CONCLUSION

The findings of this study indicate that community leader empowerment in the prevention of stunting in Souluwe Village has been initiated but remains suboptimal. Despite several interventions such as posyandu activities, nutrition education, provision of supplementary food, and the establishment of nutrition gardens, the execution has been largely driven by health workers, PKK members, and posyandu cadres, with limited active involvement from other key community figures such as village heads or traditional leaders. Strategic planning and coordinated government support have been evident through the allocation of village budgets and collaboration with health institutions; however, implementation gaps and inconsistent community engagement undermine the overall impact.

The study emphasizes the need to strengthen multi-stakeholder collaboration, particularly through empowering local leaders with strategic knowledge and resources. Effective stunting prevention requires more than isolated health efforts—it necessitates consistent support, capacity building, and proactive participation from all societal components. This research contributes to the understanding of grassroots health governance by highlighting the importance of context-specific empowerment strategies. Future studies may further explore participatory models that ensure equitable community involvement and assess long-term behavioral changes stemming from empowerment initiatives.

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