Optimizing the Family Assistance Team in Reducing Stunting in Padang City Based on Environment

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Abstract: Based on the results of the research analysis, it can be concluded that the Family Assistance Team in reducing stunting in Padang City has performed optimally in carrying out the task of reducing stunting in Padang City. There are obstacles encountered by the Family Assistance Team in carrying out their duties, namelyoften changing midwives, it is difficult to adjust the data collection schedule, looking for families who are registered with the family assistance team but are not domiciled,There are several families who are not open to accepting us to visit their homes, the application often has errors, the public's awareness of checking their health is still low, the dual task of being an employee and the duties of the family assistance team, families not implementing the recommendations of the family assistance team.

Keywords: Family assistance; Optimization; Stunting

Introduction

Law Number 52 of 2009, concerning Population Development and Family Development, states that BKKBN has a vision of achieving a balanced growing population and quality families. Indonesia's development 2020-2024, one of which aims to form quality and competitive Human Resources (HR), namely human resources who are healthy, intelligent, adaptive, skilled and have character. Quality human resources must start from the period of the First 1000 Days of Life (1000 HPK) for children (Fitri et al., 2023), which is a very important period for children's growth and development, if children grow up in a situation of chronic malnutrition, it will certainly have the potential to give birth to a generation of stunted children.

Stunting is often not recognized by families and society. Society considers children with short stature to be normal. However, in general there are still many people who do not really understand how to recognize stunting because stunted children are not easy to detect just from their physical appearance. There is still a lack of understanding about routinely monitoring children's growth and development so that stunting is difficult to recognize (Hafid et al., 2022).

The first two years of a child's life are critical, as optimal nutrition during this period decreases morbidity and mortality, reduces the risk of chronic disease, and promotes better overall development (Yulia, 2020). Environmental cleanliness factors such as the lack of use of clean water to meet daily needs and lack of environmental sanitation are also factors that cause stunting (Widniah et al., 2022).

It requires active involvement from all parties, including the smallest elements of the village, starting from equalizing perceptions and interests which are communicated routinely and measurably (there is ongoing evaluation and monitoring to determine the progress of program development) (Susanti et al., 2022). In general, the causes of stunting consist of a lack of clean water, healthy latrines, immunization, many pregnant women who experience a lack of protein energy, many family members who smoke, children who experience worms and families who do not have health insurance (Nurhidayah et al., 2023).

Currently, HR-related issues that need immediate intervention are: stunting. The President of the Republic of Indonesia, Joko Widodo gave a mandate through Presidential Regulation Number: 72 of 2021 concerning the Acceleration of Decline Stunting. Based on the Republic of Indonesia Presidential Decree, BKKBN was

assigned as the coordinator of the implementation of accelerated reduction stunting in the field. In an effort to reduce stunting the role of the family is something that needs to be optimized. Families need to pay attention to the First 1000 Days of Life (HPK) period in prevention stunting and needs to be accompanied by BKKBN officers who work in synergy with PKK cadres and midwives, who are referred to as family companions. Not only does stunting affect a child's brain development capacity in the academic field and economic productivity, but it also increases the risk of chronic disease as an adult (Rohmah & Siti Arifah, 2021).

Realizing the golden generation of 2045 is Indonesia's dream. It is hoped that by the age of 100, Indonesia will be able to take advantage of the demographic bonus opportunity by providing quality human resources, namely healthy, intelligent, creative and competitive human resources. It can be said that the main key in realizing this dream lies in preparing a quality next generation for the nation. One of the challenges of quality human development in Indonesia is stunting. Stunting is a chronic malnutrition problem caused by a lack of nutritional intake over a long period of time, resulting in growth disorders in children, namely the child's height is lower or shorter (stunted) than the age standard.

The short-term impact of stunting is disruption of brain development, intelligence, physical growth disorders and metabolic disorders, while the long-term impact is a decrease in the cognitive development ability of the child's brain, learning difficulties, weak immunity so that they get sick easily and have a high risk of developing metabolic diseases. Even when they grow up, they will have short bodies, low levels of productivity and no competitiveness in the world of work. Stunting is the main threat in realizing quality human resources in Indonesia.

The results of the Indonesian Toddler Nutrition Status Survey (SSGBI) show that the prevalence of stunting in Indonesia in 2019 was successfully reduced to 27.67 percent from 37.8 percent in 2013. However, this figure is still higher than the maximum tolerance for stunting set by WHO. To accelerate the reduction in stunting prevalence, the President of the Republic of Indonesia has set an optimistic target of 14 percent by 2024.

For this reason, accelerating stunting reduction requires new strategies and methods that are more collaborative and sustainable from upstream to downstream. One of the strategic updates to accelerate stunting reduction is a family approach through assisting families at risk of stunting to achieve the target targets, namely prospective brides (catin)/prospective couples of child bearing age (PUS), pregnant and breast feeding mothers up to postpartum, and children 0-59 months. The term mentoring comes from the verb "to accompany" which is an activity of helping someone who needs to be accompanied for some reason.

Mentoring is an activity in community empowerment by placing assistant staff who act as facilitators, communicators and dynamists. Mentoring in general is an effort to develop society in the various potentials each society has to lead to a better and more decent life. Apart from that, mentoring means assistance from other parties who volunteer to accompany a person or group to meet the needs and solve problems of each individual or group.

The stunting condition that occurs in Indonesia also affects the economic sector. With a 2015 GDP value of IDR 11,000 trillion, economic losses due to stunting in Indonesia are estimated to reach IDR 300 trillion-IDR 1,210 trillion per year (Faizah et al., 2022). Chronic malnutrition at 1000 HPK will have an impact on physical growth disorders, one of which is stunting, resulting in uncompetitive work quality which results in low levels of income and community welfare (Sari et al., 2021).

In implementing assistance to families at risk of stunting, collaboration is required at the field level consisting of midwives, cadres from the Family Empowerment and Welfare Team and Family Planning Cadres to carry out assistance to families at risk of stunting. The family support team will act as the spearhead for accelerating stunting reduction. They will oversee the process of accelerating stunting reduction from upstream, especially in prevention, starting from the incubation process to taking other preventive measures for the direct factors that cause stunting. A movement whose implementation is carried out in a coordinated, integrated and joint manner in utilizing the potential of existing resources with the aim of being able to set priority targets for stunting families and achieve the set goals (Erlanda & Rahmadanik, 2023).

The role of the family is something that needs to be optimized in forming a generation of quality and character. Currently, one of the issues that needs attention in forming a quality generation is risk *stunting.* Considering that government intervention is very necessary to prevent future generations from experiencing this condition *stunting*, the President of the Republic of Indonesia, Joko Widodo gave a mandate through Presidential Regulation Number 72 of 2021 concerning the Acceleration of Decline *Stunting.* Based on this Presidential Decree, BKKBN was assigned as the coordinator of the implementation of accelerated reduction *stunting* in the field.

Nutrient intake for toddlers is very important in supporting growth according to the growth chart to prevent failure to grow (growth faltering) which can cause stunting (Silfia et al., 2022). The nutrition obtained from the time a baby is born greatly influences its growth, including the risk of stunting (Octavia et al., 2023). To prevent stunting in Indonesia, the community can help the government by utilizing the local potential of each region. This means that people do not depend on assistance from the government to prevent stunting, but

they can also take the initiative to utilize their local potential and process it into food that can support children's growth (Meilasari & Wiku Adisasmito, 2024).

The Head of BKKBN on various occasions emphasized that the role of the family must be optimized as the main entity in prevention *stunting.* Families need to pay attention to the period of the First 1000 Days of Life (HPK) which is very important and a top priority, starting from 270 days of pregnancy to 730 days after birth. This means that the family's role must be optimized as an early pioneer in prevention *stunting*. To optimize the role of the family, one of the intervention processes is carried out in the form of assistance from BKKBN officers who work in synergy with PKK cadres and midwives, who are referred to as family companions. It is hoped that with this family assistance, efforts will be made to accelerate the decline *Stunting* can be implemented well.

The implementation of the roles and duties of the family assistance team cannot be separated from the government's programs and monitoring. Policy makers, especially in government, should recommend measures focused on prenatal and postnatal factors to prevent stunting in children and to avoid the sequelae of childhood stunting in adulthood (Laili et al., 2022).

The large role of companions for families at risk of stunting in overseeing the acceleration of stunting reduction means that quality assistance resources are needed. This is the basis for implementing family assistance as well as providing/forming family assistance teams by the Implementation Team for the Acceleration of Stunting Reduction at the provincial, district/city, sub-district and village/sub-district levels (BKKBN, 2021). This includes the implementation of the Acceleration of Stunting Reduction in Padang City. The Family Assistance Team is a group of assistance staff consisting of Midwives, TP PKK Cadres and Village Cadres who provide assistance to prospective brides/prospective couples of childbearing age and families which includes counseling, facilitation of referral services and facilitation of acceptance of social assistance programs as well as surveillance/monitoring/observation for early detection of risk factors stunting.

What is called a baby is an individual aged 0-12 months, which is characterized by rapid growth and development and accompanied by changes in nutritional needs for each baby (Iswati & Rosyida, 2020). Thus, in general the family assistance team is tasked with providing assistance to families by Identifying factors Stunting (surveillance / supervision / observation, Communication, Information and Education (KIE) / Counseling services, Health and referral services, Facilitation of acceptance of social assistance programs, and other services. The city of Padang is astronomically located between 0°44'- 01°08' South Latitude and between 100° 05'- 100° 34' East Longitude. The city of Padang is located on the west coast of Sumatra Island. Padang city consists of 11 sub-districts and 104 sub-districts. Apart from the mainland island of Sumatra, Padang City also has 19 small islands spread across the coast of Padang City. The prevalence of stunting in Padang City in 2021 is 18.19% with 11 sub-districts that have various possibilities for stunting. In accordance with the optimistic target of the President of the Republic of Indonesia, the stunting prevalence rate in Padang City must be 14 percent prevalence by 2024.

Based on the background that has been explained, to support the acceleration of reducing stunting rates in Indonesia, especially West Sumatra Province, especially Padang City. So the researchers formulated and will conduct research with the title "Optimization of Family Assistance Teams in Reducing Stunting in Padang City based on Environment". The aim of forming the Family Assistance Team is to reduce stunting cases in Padang City. This research is related to the Optimization of Family Assistance Teams in Reducing Stunting in Padang City Based on Environment. No research similar to this research was found, which indicates that this research is the latest research related to optimization in reducing stunting.

Method

This research is a Mix Method type of research. Mix method research is research that combines quantitative research with qualitative research. Quantitative research is research that uses a number-based approach to solving problems which makes it easier to draw research conclusions. The quantitative nature of this research is intended to make it easier for researchers to understand and obtain research results in the form of optimizing the performance of the family assistance team in reducing stunting. Meanwhile, qualitative research is a type of research that aims to understand the phenomenon of what is experienced descriptively without using numbers to understand the problem. Qualitative research is also deeper because it is based on direct data collection, participants are people who directly experience the social context of the research object (Waruwu, 2023).

Data collection was carried out by collecting policy documents, in-depth interviews and discussions involving regional stakeholders, as well as program implementers at the community level (Leatemia et al., 2023).

This research is related to the performance of family mentoring team in reducing stunting. In this research, optimization and obstacles of family mentoring team will be identified. Optimization is a type of quantitative research where data will be obtained by distributing questionnaire and will be percentaged. Meanwhile performance obstacles constitute qualitative research where data will be obtained by interview and analyzed by data reduction.

Qualitative research was used to analyze the obstacles encountered by the family assistance team in reducing stunting in Padang City.
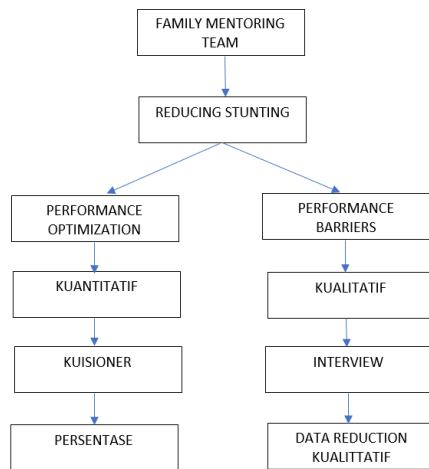

Figure 1. Research Flow

The data collection techniques used were questionnaires and interviews. According to Sugiyono (2015): "Data collection techniques using questionnaire research instruments are data collection techniques carried out by giving a set of questions or written statements to respondents for them to answer." The questionnaire was used to determine the optimization of the family assistance team's tasks in reducing stunting in Padang City. Interviews were used to find out what obstacles the family assistance team faced in carrying out its duties to reduce stunting in Padang City.

Quantitative analysis will also be assisted by the Likert scale system which will be explained in the following table.

Table 1. Score Classification

Score	Category
4	Strongly agree
3	Agree
2	Disagree
1	Strongly Disagree

In analyzing quantitative data, researchers use data percentage analysis techniques which can be formulated as follows.

$$P = \frac{f}{N} \times 100\% \tag{1}$$

Information:
P = Percentage Number
f = The total frequency of each answer that has been chosen by the respondent
N= Number of frequencies or number of individuals.

The aim of the research was to determine the obstacles to the family assistance team and analyzed using a qualitative approach. According to Miles and Huberman, there are several streams of activities that occur simultaneously, namely.

Data collection is an activity of collecting observational research data, interviews and observations. in the form of field notes, photo documentation obtained from data sources. Data reduction means summarizing, selecting the main things, focusing on the important things and removing what is not necessary. In this way the reduced data will provide a clear picture.

Qualitative research in presenting data is usually carried out in the form of short descriptions, charts, relationships between categories, and the like. The data is presented in the form of a description according to the research focus. Presenting data can make it easier for researchers to better understand what is happening in the field and determine next actions. Conclusions are drawn after data presentation and adjusted to research needs.

Results and Discussion

Based on the results of research that has been carried out using a quantitative approach with percentage data, it was found that optimization efforts were made by the Family Assistance Team in reducing stunting in Padang City which were carried out by the Family Assistance Team in accelerating stunting reduction with a sample size of 100 people consisting of 20 midwives, 40 KB cadres and 40 PKK cadres.

A comprehensive approach is needed which must start from fulfilling the supporting prerequisites for reducing stunting. Commitment and consistency from the provincial government and district/city governments are needed to collaborate in handling stunting (Regita & Prathama, 2023). Counseling is carried out to start the empowerment process with the aim of increasing cadres' knowledge and perspectives regarding stunting prevention (Harianti et al., 2023)

Based on data from the International Food Policy Research Institute (IFPRI), in 2014 there were 161 million stunted children under the age of five and wasting suffered at the age of 51 million children under five. This condition is of concern to the Indonesian government in terms of solving stunting (Dewata & Widodo, 2021). Accelerating efforts to prevent stunting will be more effective if specific nutritional interventions and sensitive nutritional interventions are carried out convergently (Parinduri, 2021).

The large role of companions for families at risk of stunting in overseeing the acceleration of stunting reduction means that quality assistance resources are needed. In the process of changing behavior through educational or training activities, attitudes are not necessarily realized in practice or action, so that certain conditions are still very necessary that enable cadres to experience changes in attitudes into practices/actions (Nurfatimah et al., 2023).

Regarding the duties and functions of TPK (Family Assistance Team) cadres, understanding effective counseling methods for the community, methods for facilitating referral services and allocation of social assistance to families at risk of stunting and those experiencing stunting, as well as surveillance methods for targeted families at risk of stunting will help cadres TPK (Family Assistance Team) in carrying out its duties and functions (Kurniawati & Ardiansyah, 2022).

This is the basis for implementing family assistance as well as providing/forming family assistance teams by the Implementation Team for the Acceleration of Stunting Reduction at the provincial, district/city, sub-district and village/sub-district levels. This includes the implementation of the Acceleration of Stunting Reduction in Padang City.

Villages have village cadres who can be empowered in educational efforts about stunting prevention for village communities, as well as other programs related to stunting prevention and reduction (Badu & Imran, 2022). Limited consumption of nutritious food can be influenced by economic factors such as food prices and family income and is closely related to individual and family food access (Sutyawan et al., 2022).

One of the efforts made to accelerate overcoming the problem of stunting is by forming a group (Family Assistance Team) TPK aims as a preventive step in overcoming the problem of stunting in Indonesia (Sari & Rahyanti, 2022). The Family Assistance Team is a group of assistance staff consisting of midwives, TP PKK cadres and village cadres who carry out assistance to prospective brides/prospective couples of childbearing age and families which includes counseling, facilitation of referral services and facilitation of acceptance of social assistance programs as well as surveillance/monitoring/observation for early detection of risk factors stunting (BKKBN, 2021).

The Strategy for Accelerating Stunting Prevention in Indonesia is implemented at all levels of government by involving various relevant government institutions and non-government institutions, such as the private sector, civil society and communities (Fitrauni et al., 2022).
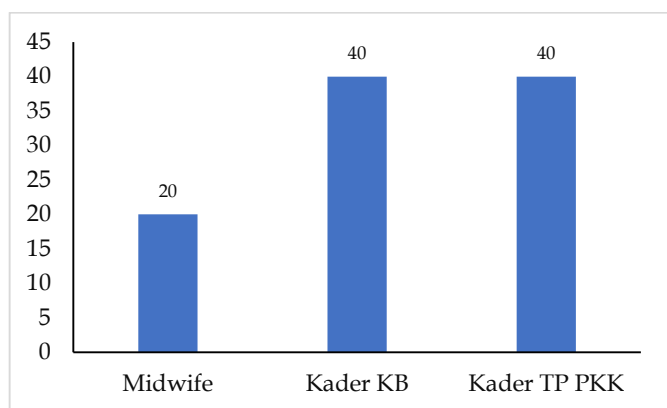

Figure 2. Research Sample Graph

After all questionnaires have been filled in by respondents, the author then determines the number of interval classes. Data on midwife optimization that was collected from 20 midwife respondents quantitatively showed that the highest total score was 88 and the lowest total score was 22. So in this case, to determine the interval class the author used the following formula.

The results of the frequency analysis are presented in table form and will be presented in percentage form, making it easier for researchers to draw conclusions. The following are the results of optimizing Midwives as a Family Assistance Team in reducing stunting in Padang City as follows.

Table 2. Midwife Optimization

Intervals	Classification	Frequency	Percentage %
67-88	Tall	20	100%
45-66	Currently	0	0
22-44	Low	0	0

Based on the results of the data processing above, it is known that of the 20 midwives who were respondents in the family assistance team in reducing stunting in Padang City by 100%, which means that midwives have provided optimal assistance to families in overcoming stunting in Padang City.

Posyandu can be a forum that plays a very important role in increasing mothers' knowledge regarding stunting. Posyandu is also one of the health development activities to empower the community as a community-based health effort originating from, by and for the community (Putra et al., 2023). Collecting data from 40 KB cadres from respondents, quantitatively shows that the highest total score is 104 and the lowest total score is 26.

The results of the frequency analysis are presented in table form and will be presented in percentage form, making it easier for researchers to draw conclusions. The following are the results of optimizing family planning cadres as a family assistance team in reducing stunting in Padang City as follows.

Table 3. Optimization of Family Planning Cadres

Intervals	Classification	Frequency	Percentage %
80-104	Tall	20	100
53-79	Currently	0	0
26-52	Low	0	0

Based on the results of the data processing above, it is known that of the 40 family planning cadres who were respondents in the family assistance team in reducing stunting in Padang City, it was 100%, which means that family planning cadres have been optimal in providing family assistance in overcoming stunting in Padang City. The character of cadres who are responsible for carrying out their duties and obligations is influenced by the cadre's level of motivation in participating in activities (Damayanti et al., 2023)

Posyandu cadres, acting as managers and executors, are people who are willing, able and ready to spend time voluntarily holding posyandu activities (Sari et al., 2021). Furthermore, optimization of the TP PKK Cadre, which was collected from 40 respondents, quantitatively showed that the highest total score was 88 and the lowest total score was 22.

The results of the frequency analysis are presented in table form and will be presented in percentage form, making it easier for researchers to draw conclusions. The following are the results of optimizing TP PKK Cadres as a Family Assistance Team in reducing stunting in Padang City as follows.

Table 4. Optimization of PKK Cadres

Intervals	Classification	Frequency	Percentage %
67-88	Tall	20	100
45-66	Currently	0	0
22-44	Low	0	0

Based on the results of the data processing above, it is known that of the 40 TP PKK Cadres who were respondents in the family assistance team in reducing stunting in Padang City by 100%, which means that TP PKK Cadres have optimally provided family assistance in overcoming stunting in Padang City. Socioeconomic and sanitary conditions of residence are also related to stunting. Economic conditions are closely related to the ability to meet nutritional intake and health services for pregnant women and toddlers. Meanwhile, sanitation and food safety can increase the risk of infectious diseases (Aprihatin et al., 2020).

It can be concluded that the Family Assistance Team in reducing stunting in Padang City has been optimal in providing assistance from midwives, family planning cadres and TP PKK cadres. When the role of cadres is maximized, it can have an influence on increasing mothers' motivation to come to the toddler posyandu (Umaroh et al., 2022).

Social environmental factors and frequency of contact with mass media also influence nutritional knowledge. One of the causes of nutritional disorders is a lack of nutritional knowledge or the ability to apply information about nutrition in everyday life (Dermawan et al., 2022). With the optimal performance of the family assistance team in reducing stunting in Padang City, it cannot be separated from the obstacles it faces. These obstacles arise from all activities that seem to hinder the performance of the family assistance team.

Therefore, to identify these obstacles, interviews with the family assistance team are needed and they will be analyzed using a qualitative approach by reducing the data until conclusions can be drawn, along with an explanation. Environmental health services are one of the services supporting the function of Community Health Efforts (UKM) at Community Health Centers which aims to create a healthy environmental quality, both physical, chemical, biological and social in order to prevent disease and/or health problems caused by environmental risk factors (Lagiono et al., 2023). Based on the results of interviews with respondents using the snowball sampling technique, several obstacles were found in the following table.

Table 5. Obstacles to the Family Assistance Team

Item	Constraint
I	Looking for families who are registered but not domiciled
II	families who are not open to accepting us to visit their home
III	Applications that often have errors
IV	low public awareness
V	Dual duty as a state civil servant and family assistance team
VI	The family did not carry out the recommendations of the family assistance team
VII	Team changes make it ineffective

Source: Research Results, 2024

Based on the presentation of the data above obtained from informants, there are several obstacles faced by the family assistance team in reducing stunting in Padang City. This was confirmed by one of the midwives who was part of the mentoring team who stated that several obstacles felt by the mentoring team could become obstacles in reducing stunting in Padang City. Low parental education is also an obstacle to this program because whether or not children are educated well is influenced by their parents' education (Ayu Zizi et al., 2023).

Nutritional problems are a problem that has not yet been fully resolved, especially in developing countries, such as Indonesia. Data on nutritional developments in Indonesia that can currently be controlled include vitamin A deficiency, disorders due to iodine deficiency, and nutritional anemia in children aged 2-5 years (Aprihatin et al., 2020). The general public's view that stunting is caused by malnutrition or malnutrition is no longer relevant today. Stunting is an accumulation of various causes that have occurred in all aspects of life in individuals or families suffering from stunting (Rahman et al., 2023).

To reduce the incidence of stunting in children, prevention of stunting should be carried out from the beginning of pregnancy. Therefore, it is very important for TPK administrators to accompany pregnant women to prevent stunting. Daily behavior of pregnant women related to preventing stunting includes ANC checks, iron intake, nutritional needs, and avoiding exposure to cigarette smoke (Nurfatimah et al., 2023). From the explanation above, it can be concluded that the obstacles faced by the family assistance team in reducing stunting often changing midwives, it is difficult to adjust the data collection schedule, looking for families who are registered with the family assistance team but are not domiciled,There are several families who are not open to accepting us to visit their homes, the application often

has errors, the public's awareness of checking their health is still low, the dual task of being an employee and the duties of the family assistance team, families not implementing the recommendations of the family assistance team.

Conclusion

The Family Assistance Team in reducing stunting in Padang City has performed optimally in carrying out the task of reducing stunting in Padang City. There are obstacles encountered by the Family Assistance Team in carrying out their duties, namely often changing midwives, it is difficult to adjust the data collection schedule, looking for families who are registered with the family assistance team but are not domiciled, There are several families who are not open to accepting us to visit their homes, the application often has errors, the public's awareness of checking their health is still low, the dual task of being an employee and the duties of the family assistance team, families not implementing the recommendations of the family assistance team.

Author Contribution
Conceptualization, original draft preparation, results, discussion, methodology, analysis, conclusions, R.; review and editing, NS, EB. All authors have read and agreed to the published version of the manuscript.

Conflicts of Interest
The author declares that there is no conflict of interest regarding the publication of this paper.

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