



Original Research

Development of Local Wisdom in Preventing Stunting in Village Communities

Sumardino Sumardino^{1*}, Siti Lestari², Widodo Widodo³

^{1,2,3} Department of Nursing Poltekkes Kemenkes Surakarta, Indonesia

ABSTRACT

Background: Child stunting refers to a child who is too short for his or her age and is the result of chronic or recurrent malnutrition, based on the height-for-age index (HAZ). The results of weighing and measurements at the Posyandu, or community health post, show an increase in the prevalence of stunting from 7% in 2019 to 10.41% in 2020. A preliminary survey at the Ceper Community Health Centre in Klaten Regency showed that out of 1,922 children under five, 187 were stunted. Local wisdom is considered highly valuable and has its own benefits for the lives of the community. Thanks to local wisdom, they can sustain their lives and even develop sustainably. The role of midwives in developing local wisdom for stunting prevention is crucial, as they are the frontline health workers in the prevention of stunting.

Methods: The research design is an analytical observational study with a cross-sectional approach. Data analysis was conducted using regression. The research sample was taken using cluster random sampling techniques involving 60 respondents.

Results: The data analysis results showed a relationship between the role of educators and motivators in the intervention of developing local wisdom for stunting prevention.

Conclusion: The role of village midwives in providing information, encouragement, facilities, and empowering health cadres is crucial in developing local wisdom for stunting prevention.

ARTICLE HISTORY

Received: August 20th, 2024

Accepted: August 26th, 2024

KEYWORDS

child, local wisdom, nutrition, stunting;

CONTACT

Sumardino



dinolahaku@gmail.com

Department of Nursing Poltekkes
Kemenkes Surakarta. Jln. Letjen
Sutoyo, Mojosongo, Surakarta,
57127 Indonesia.

Cite this as: Sumardino, S., Lestari, S., & Widodo, W. (2024). Development of Local Wisdom in Preventing Stunting in Village Communities. *JKG (JURNAL KEPERAWATAN GLOBAL)*, 9(1), 40–47. <https://doi.org/10.37341/jkg.v9i1.1006>

INTRODUCTION

Stunting remains a crucial problem experienced by a significant number of children under five years of age worldwide. Stunting in young children requires special attention as it impacts physical growth, brain development, and overall health (Nasrul, 2019). The effects of stunting are not limited to the health of young children; they can also hinder national development and the progress of a nation (Waryana, 2010).

Stunting is a condition of growth failure in children under five years old due to chronic malnutrition. Stunting can result in children being significantly shorter

compared to their peers. A child is classified as stunted when the height-for-age z-score (HAZ) is below -2 SD. Children under five are those aged 0–59 months.

This period is marked by rapid growth and development, requiring a higher and more quality intake of nutrients (Waryana, 2010). Growth failure during this period can be due to inadequate nutrition and suboptimal health conditions (de Onis & Branca, 2016). The issue of stunting needs to be prevented due to its wide-reaching and long-term effects on future life. Short-term impacts of stunting include impaired growth, reduced intelligence, and disrupted metabolism.

In addition to short-term effects, stunting can cause long-term consequences such as diminished cognitive abilities, lower academic performance, and a weakened immune system, making the child more susceptible to diseases (Simbolon et al., 2022). Stunting, or cases of short and very short stature, is a nutritional status based on the height-for-age index (HAZ). The Basic Health Research 2018 conducted by the Ministry of Health reported that the percentage of very short children aged 0-59 months in Central Java Province was 31.15%, while the percentage of short children was 20.06%.

According to health profile data from districts and cities, the percentage of short children in 2019 was 7.4%. The highest percentage of short children aged 0-59 months in 2019 was in Banjarnegara, while the lowest percentage was in Surakarta. Data from the Purworejo and Grobogan districts were unavailable (Dinas Kesehatan Provinsi Jawa Tengah, 2019).

Stunting remained a concern in 2020. The COVID-19 pandemic in 2020 had a significant impact on the nutrition programs in Klaten Regency. Weighing and measurements at Posyandu revealed an increase in the prevalence of stunting from 7% in 2019 to 10.41% in 2020 (Klaten Health Office, 2020). A preliminary survey at the Ceper Community Health Centre in Klaten Regency showed that out of 1,922 children under five, 187 were stunted.

Cross-sectoral support is an important factor in preventing and reducing stunting. It is well known that nutrition-sensitive interventions involving multiple sectors contribute approximately 70% to the reduction of stunting, while specific nutrition interventions by the health sector contribute 30%. The involvement of multiple sectors and the business community in helping to accelerate the reduction of stunting (Dinkes Klaten, 2020).

Local wisdom is a broad and comprehensive phenomenon. It is considered highly valuable and has its own benefits for the lives of the community. This system was developed out of the need to understand, maintain, and sustain life according to the situation, conditions, capabilities, and values upheld in the community. In other words, this local wisdom has become a way of life that helps solve the various challenges they face. Thanks to local wisdom, they can sustain their lives and even develop sustainably (Njatrijani, 2018).

The *bancakan* tradition is one of the Javanese traditions still preserved by communities in several regions. This tradition is similar to a *kenduri* (communal meal), but *bancakan* is usually intended for young children (kindergarten, elementary, or middle school age). Local wisdom in reducing stunting is very strategic. Activities that improve health and often go unnoticed by the community need to be highlighted and revived. In this policy, at the village/urban level, the stunting reduction acceleration team involves at least midwives, nutritionists, and environmental health workers. Among these primary health workers, midwives are the most numerous and widespread in almost every village across Indonesia.

Midwives can consult with various specialists in caring for mothers and babies or can provide all the primary care needed for mothers and babies, from conception to six weeks after birth (Ontario Midwifery, 2014). Midwives play a crucial role in managing stunting by intervening with pregnant women, breastfeeding mothers, infants, young children, school-aged children, and adolescents of reproductive age. Midwives' roles include being educators, motivators, facilitators, and counselors for the community and health cadres.

MATERIALS AND METHOD

This research is an analytical observational study using a cross-sectional design. The population in this study consisted of 60 health cadre mothers. The sampling technique used was cluster random sampling. The research was conducted in the working area of the Ceper Community Health Centre. The variables in this study include the role of midwives as indicators in their roles as educators, motivators, facilitators, and counselors in the development of local wisdom for stunting prevention.

Data collection was conducted through interviews using a questionnaire. Data analysis was performed using univariate analysis with descriptive methods, frequency tables, and bivariate analysis using multivariate analysis using regression. This study has received ethical clearance from the health research ethics committee at Dr. Moewardi General Hospital with number 997/IV/HREC/2024.

RESULTS

Result of this study is consist of respondent characteristics and role of midwives.

Table 1. Respondent characteristics

Education	Frequency	Percent
Elementary school	1	1.7
Junior high school	13	21.6
Senior high school	44	73,3
Bachelor	2	3,4
Total	60	100
Occupation Status		
Work	15	25
No Work	45	75
Total	60	100

The research results show that the most common education level among respondents was high school, with 44 respondents (73.3%), while the least common was elementary school, with only 1 respondent (1.7%), and the majority of respondents, 45 (75%), were not employed, compared to those who were employed.

Table 2. Role of Midwife

Role of Midwife	Frequency	Percent (%)
Educator		
Good	51	85
Not Good	9	15
Total	60	100
Motivator		

Role of Midwife	Frequency	Percent (%)
Good	46	76.7
Not Good	14	23.3
Total	60	100
Facilitator		
Good	48	80
Not Good	12	20
Total	60	100
Counselor		
Good	44	73.3
Not Good	16	26.7
Total	60	100

The findings show that all the roles of midwives demonstrated a good frequency distribution. The role of midwives as educators were reported by 51 respondents (85%), as motivators by 46 respondents (76.6%), as facilitators by 48 respondents (80%), and as counselors by 44 respondents (73.3%).

Table 3. Communitinities

Communitinities	Initial	Extraction
Educator	1.000	.505
Motivator	1.000	.506
Fasilitator	1.000	.830
Konselor	1.000	.728

The research results also show the effective contribution of midwives' roles: as educators at 50.5%, as motivators at 50.6%, as facilitators at 83%, and as counselors at 72.8% in enhancing the ability of health cadres to develop local wisdom.

Table 4. Total Variance Explained

Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1.568	39.204	39.204	1.568	39.204	39.204	1.473	36.819	36.819
1.010	25.259	64.463	1.010	25.259	64.463	1.106	27.644	64.463
.867	21.668	86.132						
.555	13.868	86.132						

Extraction Method: Principal Component Analysis

Based on the initial Eigenvalues table, there are two factors formed from the 4 factors analyzed, where the conditions for being a faktor value are eigenvalues, the value must be above 1 (>1). The Eigenvalues component 1 is 1.568, or >1, so it becomes factor 1 and is able to explain 32.204% of the variance. Meanwhile, the Eigenvalues component 2 is 1,010 or >1, so it becomes factor 2 and is able to explain the 25,259 variance. If factor 1 and factor 2 are added together, they will be able to explain 64,463 variations.

DISCUSSION

Substantially, local wisdom refers to the values that prevail in a society. These values are believed to be true and serve as a reference for daily behaviour within the local community. Therefore, it is reasonable to say that local wisdom is an entity that significantly determines the dignity and honour of individuals within their community. This means that local wisdom, which encompasses elements of intelligence, creativity, and local knowledge from the elites and the people, plays a crucial role in the development of civilisation (Diem, 2012).

Local wisdom is regarded as highly valuable and has unique benefits for people's lives. This system was developed out of a need to understand, preserve, and continue life in accordance with the circumstances, conditions, capabilities, and values upheld by the community. In other words, local wisdom becomes a way of life that helps them address the challenges they face. Thanks to local wisdom, they can sustain their lives and even develop sustainably (Njatrijani, 2018).

Bancakan is a term from the Javanese language that has been absorbed into and become part of the Indonesian vocabulary. The word "*bancakan*" is included in the Indonesian Dictionary and has three meanings: 1) a celebration or feast; 2) food served at a celebration; 3) a celebration for children to mark a birthday or commemorate a birth with the distribution of food or cakes (Afifah & Ediyono, 2022).

Bancakan refers to a traditional dish or culinary tradition from Central or East Java, consisting of rice served with green vegetables mixed with grated coconut seasoned with sweet, spicy, and salty flavours, known as "*urap*," accompanied by simple side dishes like boiled eggs and fried salted fish. This *bancakan* rice is served at certain events, especially to commemorate a child's birthday. In this context, *bancakan* is used to refer to the tradition of eating together or sharing food among children as a form of celebration. The celebration is intended to be a prayer for safety. Therefore, the word "*bancakan*" can refer to both the dish and the event (Afifah & Ediyono, 2022).

Stunting can occur during pregnancy due to inadequate nutritional intake, improper eating patterns, and poor food quality, leading to inhibited growth. One of the factors influencing a child's growth and development is nutritional intake. Malnutrition in food can disrupt a child's growth, affecting overall development. Malnutrition can be due to insufficient nutrient intake or an imbalance between nutrient intake and the body's needs.

Therefore, consuming a diverse range of foods is essential. The more diverse the food variety, the easier it is to meet the need for various nutrients. In this context, attitudes and behaviours in choosing food types and varieties are related to the mother's nutritional knowledge (Uliyanti et al., 2023). The occurrence of stunting is directly influenced by variables such as nutritional intake, infection history, maternal nutrition knowledge, and balanced nutrition, while Clean and Healthy Living Behavior (PHBS) indirectly affects stunting through the history of infectious diseases (Uliyanti et al., 2023).

Stunting can occur during pregnancy due to inadequate nutritional intake, improper eating patterns, and poor food quality, leading to inhibited growth. One of the factors influencing a child's growth and development is nutritional intake. Malnutrition in food can disrupt a child's growth, affecting overall development. Malnutrition can be due to insufficient nutrient intake or an imbalance between nutrient intake and the body's needs. Therefore, consuming a diverse range of foods is essential.

The more diverse the food variety, the easier it is to meet the need for various nutrients. In this context, attitudes and behaviors in choosing food types and varieties are related to the mother's nutritional knowledge (Uliyanti et al., 2023). The occurrence of stunting is directly influenced by variables such as nutritional intake, infection history, maternal nutrition knowledge, and balanced nutrition, while Clean and Healthy Living Behaviour (PHBS) indirectly affects stunting through the history of infectious diseases (Uliyanti et al., 2023).

To accelerate the reduction of stunting, a holistic, integrative, and quality movement is needed through coordination, synergy, and synchronization among ministries/agencies, provincial governments, district and city governments, village governments, and stakeholders. Thus, in August 2021, Presidential Regulation No. 72 of 2021 on the Acceleration of Stunting Reduction was issued. Under this policy, at the village or urban level, the stunting reduction acceleration team involves health workers, including midwives, nutritionists, and environmental health workers. Among these primary health workers, midwives are the most numerous and are spread across almost every village in Indonesia.

Bancakan is a strategic tool in the effort to accelerate the reduction of stunting. In certain conditions, *bancakan* can be managed in such a way that it directly improves nutritional status in the community. Observations show that *bancakan* also fosters a sense of togetherness, which can enhance children's appetite. Children who previously refused to eat at home might develop an appetite when eating with their peers. This *bancakan* culture needs to be preserved for various reasons, including fostering gratitude.

Bancakan is held every thirty-five days, allowing children to practice gratitude for the blessings of age and health granted by God. Children and parents are constantly reminded that age is increasing and the gift of health is continually bestowed by God Almighty. By increasing gratitude, life will become calmer and more peaceful. *Bancakan* teaches children to share. Young children tend to be selfish, which is normal.

Through *bancakan*, children learn to share with their peers and enjoy meals together. Another essential element in community life and nationhood is the willingness to sacrifice for others. When they grow up, these children are expected to be willing to donate and share their wealth for humanitarian purposes (Afifah & Ediyono, 2022). During the *bancakan* tradition, children think about who can attend and who cannot. Those who cannot attend are usually given a separate portion.

This tradition teaches children to think about others. Developing this sense of caring is crucial because modern culture is eroding the sense of caring for others. Many people tend to be selfish. If left unchecked, this will endanger the foundations of community, national, and state life. Through *bancakan*, children learn to care for others.

The role of midwives in preventing stunting aligns with the following theory: the role of midwives as educators should be inherent in all midwives. Midwives must be able to provide information, educate, and teach individuals, families, and communities according to their duties and responsibilities (Fajrianti et al., 2020). The research results show the effective contribution of the midwives' role as educators at 50.5%.

The role of midwives in educating health cadres about local wisdom aims to help health cadres: become familiar with and more connected to their natural, social, and cultural environments; acquire skills, knowledge, and understanding of local wisdom in their area; develop attitudes and behaviours aligned with the values or rules that apply in their region; and preserve and develop the values of local wisdom. One of the factors

influencing a child's growth and development is nutritional intake. Malnutrition in food can disrupt a child's growth, affecting overall development.

Malnutrition can be due to insufficient nutrient intake or an imbalance between nutrient intake and the body's needs. Therefore, consuming a diverse range of foods is essential. The more diverse the food variety, the easier it is to meet the need for various nutrients. In this context, attitudes and behaviours in choosing food types and varieties are related to the mother's nutritional knowledge (Uliyanti et al., 2023).

The effective contribution of midwives' roles as motivators is 50.6%. The role of midwives as motivators is also crucial, where midwives must be able to provide encouragement, direction, and guidance to increase individual or community awareness by recognizing and developing potential and solving problems. Midwives can start motivating by organizing *bancakan* in neighborhoods with young children. It would be wonderful if they would hold *bancakan* traditions by inviting the child's playmates. The *bancakan* tradition can continue to be preserved.

The role of midwives as facilitators should also be possessed by every midwife. The facilitator role involves midwives providing technical guidance or health services. Facilitators must be able to optimize the availability of facilities, time, and community participation. The role of midwives as counselors in health promotion and socialization is essential, where midwives must be able to approach and train health cadres, understand community issues, and help make decisions. One of the factors influencing a child's growth and development is nutritional intake.

Malnutrition in food can disrupt a child's growth, affecting overall development. Malnutrition can be due to insufficient nutrient intake or an imbalance between nutrient intake and the body's needs. Therefore, consuming a diverse range of foods is essential. The more diverse the food variety, the easier it is to meet the need for various nutrients. In this context, attitudes and behaviours in choosing food types and varieties are related to the mother's nutritional knowledge (Uliyanti et al., 2023).

CONCLUSION

The role of village midwives in providing information, encouragement, facilities, and empowering health cadres is crucial in developing local wisdom for stunting prevention. The role of midwives as motivators is also crucial, where midwives must be able to provide encouragement, direction, and guidance to increase individual or community awareness by recognising and developing potential and solving problems. Midwives can start motivating by organising *bancakan* in neighborhoods with young children. It would be wonderful if they would hold *bancakan* traditions by inviting the child's playmates. The *bancakan* tradition can continue to be preserved.

REFERENCES

- Afifah, Z. N., & Ediyono, S. (2022). Tradisi Bancaan Sebagai Rasa Syukur. *Jurnal CMES*, V(5).
file:///C:/Users/WIN10/Downloads/TradisiBancakanSebagaiRasaSyukur%20(2).pdf
- De Onis, M., & Branca, F. (2016). Childhood stunting: A global perspective. *Maternal and Child Nutrition*, 12, 12–26. <https://doi.org/10.1111/mcn.12231>

- Diem, A. F. (2012). Wisdom of the locality (sebuah kajian: kearifan lokal dalam arsitektur tradisional Palembang). *Berkala Teknik*, 2(4), 299–305. <https://jurnal.um-palembang.ac.id/berkalateknik/article/view/345/316>
- Dinas Kesehatan Provinsi Jawa Tengah. (2019). Central Java Provincial Health Office. *Dinas Kesehatan Provinsi Jawa Tengah*, 3511351(24), 61. <https://dinkesjatengprov.go.id/v2018/storage/2020/09/Profil-Jateng-tahun-2019.pdf>
- Dinkes Klaten. (2020). profil kesehatan kabupaten Klaten 2020. *profil kesehatan kabupaten Klaten 2020*, 21(3), i–iii. <https://doi.org/10.52829/pw.310>
- Fajrianti, D., Yunitasari, E., & Pradanie, R. (2020). The Correlation Between Personal Reference: Health Workers and Health Facilities with Parenting in Stunting Prevention. *Pedimaternat Nursing Journal*, 6(2), 125. <https://doi.org/10.20473/pmnj.v6i2.20966>
- Nasrul, N. (2019). Pengendalian Faktor Risiko Stunting Anak Baduta Di Sulawesi Tengah. *PROMOTIF: Jurnal Kesehatan Masyarakat*, 8(2), 131–146. <https://doi.org/10.56338/pjkm.v8i2.495>
- Njatrijani, R. (2018). Kearifan Lokal Dalam Perspektif Budaya Kota Semarang Gema Keadilan Edisi Jurnal Gema Keadilan Edisi Jurnal. *Gema Keadilan Edisi Jurnal* 17, 5(September), 16–31. <https://doi.org/10.14710/gk.2018.3580>
- Simbolon, D., Soi, B., Ludji, I. D. R., & Bakoil, M. B. (2022). Pendampingan Gizi Spesifik dan Perilaku Ibu dalam Pola Asuh Anak Stunting Usia 6-24 Bulan. *Jurnal Promosi Kesehatan Indonesia*, 17(1), 13–24.
- de Onis, M., & Branca, F. (2016). Childhood stunting: A global perspective. *Maternal and Child Nutrition*, 12, 12–26. <https://doi.org/10.1111/mcn.12231>
- Nasrul, N. (2019). Pengendalian Faktor Risiko Stunting Anak Baduta Di Sulawesi Tengah. *PROMOTIF: Jurnal Kesehatan Masyarakat*, 8(2), 131–146. <https://doi.org/10.56338/pjkm.v8i2.495>
- Simbolon, D., Soi, B., Ludji, I. D. R., & Bakoil, M. B. (2022). Pendampingan Gizi Spesifik dan Perilaku Ibu dalam Pola Asuh Anak Stunting Usia 6-24 Bulan. *Jurnal Promosi Kesehatan Indonesia*, 17(1), 13–24. <https://doi.org/10.14710/jpki.17.1.13-24>
- Uliyanti1, , Didik Gunawan Tamtomo2, S. A., & Jurusan. (2023). Faktor Yang Berhubungan Dengan Kejadian Stunting Pada Balita Usia 24-59 Bulan. *Jurnal Ilmu Kesehatan*, 11(2), 148. <https://doi.org/10.32831/jik.v11i2.451>