P-ISSN: 2808-0467
E-ISSN: 2808-5051
Homepage: https://iss.internationaljournallabs.com/index.php/iss

THE ROLE OF YOUTH IN THE STUNTING PREVENTION VIA PODCAST IN KARAWANG REGENCY 2020

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PAPER INFO

Received: *April 2022*
Revised: *May 2022*
Approved: *May 2022*

ABSTRACT

Background: Podcasts are audio recordings that can be listened to by the general public through internet media. Unlike the radio which must be done and broadcast live at a certain frequency. Podcasts can be used as a medium of information related to stunting podcast management by teenagers is expected to better reach stunting prevention goals appropriately.
Aim: This study aims to provide knowledge about stunting prevention and information dissemination skills about stunting prevention through podcasts in adolescents.
Method: The question and answer lecture method is used in the presentation of knowledge, while podcast training uses the demonstration method. This study was conducted from August to October 2020, with a number of respondents 10 adolescent participants.
Findings: Through this service activity, increasing adolescent knowledge about stunting and spreading stunting information through podcasts to the knowledge of all respondents in the good category (100%), adolescent experience and skills in podcast management became quite 10% and good 90%.

KEYWORDS *podcast; teenagers; stunting*

INTRODUCTION

Preparing for the golden generation of 2045 is not easy. It is because stunting is still a major nutritional problem for infants and children under the age of two in Indonesia (Mediani, 2020). This condition must be immediately suppressed because it will hinder the momentum of Indonesia's golden generation in 2045. Results from the Indonesian Toddler Nutrition Status Survey (SSGBI) showed that there was a decrease in stunting rates at 27.67 percent in 2019. Although this stunting rate is decreasing, the figure is still considered high, considering that WHO (World Health Organization) targets the stunting rate should not to be more than 20 percent. World Bank data says the workforce in infancy stunted reaches 54%. That is, as many as 54% of the workforce today are stunting survivors. This is what makes stunting a serious concern of the government (Kedeputian Bidang Advokasi, Penggerakkan dan Informasi (ADPIN) BKKBN, 2021).

In early 2021, the Government of Indonesia targets stunting to fall to 14 percent by 2024. President Joko Widodo appointed the Head of BKKBN, Dr. (HC) dr. Hasto Wardoyo, Sp. OG. (K) becomes The Chief Executive of Accelerating Stunting Decline. Stunting is a product that results from pregnancies that produce stunting babies (Black & Heidkamp, 2018). Currently, babies are born already 23% the prevalence of stunting. After birth, many were born normally but then stunted until the figure became 27.6%. Thus, 23% emerged from births that were not up to standard. Another cause of stunting 11.7% of babies are born with malnutrition as

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measured through the size of the body length is not up to 48 centimeters and the weight is not up to 2.5 kilograms. Plus babies who are born normal but grow up with a lack of nutritional intake become stunting. "In addition, it is important to prepare excellent health before stepping into the marriage stage." Preconceptions are prepared through prospective mothers taking folic acid, checking HB (Hemoglobin), and taking blood-added tablets can all be served free of charge at the *Puskesmas* (Kedeputian Bidang Advokasi, Penggerakkan dan Informasi (ADPIN) BKKBN, 2021).

Adolescents are part of the productive age which is very important in welcoming demographic bonuses. Today, the number of teenagers in Indonesia is very large and can be a potential development. According to WHO (2020), adolescents are residents in the age range of 10-19 years, according to the Regulation of the Minister of Health No. 25 of 2014, adolescents are residents in the age range of 10-18 years and according to the Population and Family Planning Agency (BKKBN), the age range of adolescents is 10-24 years and unmarried. The number of 10-19-year-old age groups in Indonesia according to the 2010 Population Census is 43.5 million or about 18% of the population (BKKBN Riau Islands, 2020).

It is estimated that the group of adolescents amounts to 1.2 billion or 18% of the world's population in the world (Seema, Rohilla, Kalyani, & Babbar, 2021). One-third of health problems in adults are related to conditions or behaviors experienced in adolescence (Alinsky et al., 2020). About 45% of new cases of HIV (Human Immunodeficiency Virus) are experienced in the 15-24 age group (Denison et al., 2020). Each year about 16 million young women give birth, which is 11 percent of total births (Neal, Channon, Chandra-Mouli, & Madise, 2020). Pregnancy and childbirth in adolescents will increase the risk of pain and death, both in the mother and the baby (Grønvik & Fossgard Sandøy, 2018). About 20% of adolescents will experience mental problems such as depression, mood disorders, and substance abuse. Problems in adolescents are related to each other but can be prevented and addressed (Ellysa, 2017).

Podcasts are audio recordings that can be listened to by the general public through internet media, unlike the radio which must be done and broadcast live at a certain frequency (Anderson & Rodríguez, 2019). However, podcasts can be implemented at any time and can be listened to through various electronic media. Podcasts are very popular with internet users today rather than listening to broadcasts on the radio that have limitations in access, frequency, and time (Chan-Olmsted & Wang, 2022). Podcasts have been widely used primarily in the entertainment and education industries (Jones et al., 2021). The Guardian journalist Ben Hammersley 2004 proposed the term "podcast" which stands for "play-on-demand" and "broadcast". Later, it was adopted by the Apple company, on iPod products and Apple Podcasts. Later, Apple released the podcast feature in 2005. The audio broadcast has appeared on various existing radio networks, such as the BBC, NPR, CBC Radio One, and so on. For now, it's not just big companies that can air their podcasts (Adani, 2020).

The above presentation became one of the foundations of community service organizing with the title "The Role of Youth in the Stunting Prevention via Podcast in Karawang Regency 2020" in the dissemination of information about stunting in the wider community by involving teenagers in it. The location of the service activities was carried out by SMKS YASPIF Cibuaya Karawang Regency in the year of Karawang Regency, as recommended by the *Puskesmas* and

the local Covid-19 task force. Here is a map of the location of community service activities in the Telagasari health center area of West Java Karawang Regency.

METHOD

Preparation

Preparation before the implementation of community service activities includes the preparation of materials, targets, places, materials, and tools.

1) Preparation of materials by conducting literature studies, making training materials for the use of podcasts, operational podcast tools, and stunting materials;
2) Preparation of targets through the identification of groups of students who are considered capable and ready to participate in training and carry out stunting information dissemination activities through podcast media after training;
3) Preparation of materials, tools, and materials to be used in community service activities; and
4) Coordination with schools to determine the time and place and involvement of target targets as respondents.

Goal

The target of this community service activity is a group of class XI students who are considered capable and willing to be involved in this community service activity.

Implementation

1) Analysis of the situation to identify the situation and needs to be required during the implementation of service activities including the preparation of materials, materials, tools, and the implementation team;
2) Identify target activities by involving schools to determine the number of trainees to remain in compliance with health protocol standards;
3) Preparation of the time and place of implementation of activities that are adjusted to the school schedule;
4) Determining the method of implementation of activities by using the question and answer lecture method and demonstration of podcast media operational practices;
5) Monitoring podcast activities by the implementation team offline and online;
6) Evaluate the implementation of activities by looking at podcast views and adolescents' ability to manage podcasts and disseminate information about stunting independently.

RESULTS AND DISCUSSION

This community service activity includes preparation, determining goals, implementation, monitoring, and evaluation. The preparation of both material, material, and equipment preparations is prepared by a community service team consisting of lecturers of Singaperbangsa Karawang University and midwifery study program students of Singaperbangsa Karawang University, for time and place coordinated with the principal through the student affairs section. The results of the situation analysis are needed tools and materials to support the continuity of service activities including temperature detectors, hand sanitizers, cameras, laptops, lighting, mics, etc. (Podcast tools). The preparation of the material

is packaged in power points and back sheets. Material about stunting includes the concept of stunting, the characteristics of stunting, and factors that affect stunting. Meanwhile, the podcast material is the basic concept of podcasts, tool recognition, and how to use podcast tools.

The place of training activities is recommended by the principal in the practicum room of SMKS YASPIF. The target of this devotional activity is the youth students of SMKS YASPIF. The implementation of this community service activity was carried out in August - October 2020.

The implementation of community service begins with socialization delivered directly to explain the purpose of the activity and the agreement of target involvement in service activities as respondents by signing informed consent. Community service activities were attended by 10 respondents by the target criteria.

Based on the collection of data on the knowledge of stunting respondents conducted before training activities, it was found that respondents with less knowledge of 65%, enough knowledge of 20%, and a good knowledge of 15%. Respondents' knowledge of podcasts was 40% less and 70% enough. Experience data of respondents who have experience doing podcasts before training activities by 50%, while respondents who have no experience doing podcasts by 50%

The implementation of this community service activity is in the form of training for adolescents to understand the concept of stunting, able to spread information about stunting through podcast media using lecture and question and answer methods, while the skills of how to do podcasts using demonstration methods. The training materials were given directly by the service team of 2 lecturers of the midwifery study program, and 2 lecturers of Fasilkom, assisted by 4 students of the UNSIKA midwifery study program.

The practice of the ability to convey information about stunting through podcast media is carried out by demonstration methods. Step by step the operationalization of tools and information delivery is practiced and followed by trainees with the assistance of the teaching team and repeated as an evaluation until the end of the stage.

At the end of the training activity, participants have explained the integrity pact as a form of agreement for trainees to commit to broadcasting podcasts through youtube channels. This is a follow-up plan for training activities.

Monitoring activities are carried out at least once a month with the assistance of the service team, carried out online because of the orange Covid-19 zone. This online monitoring method is done by looking at the activities of youtube channels that have been created for these activities. The results of monitoring and evaluation of training activities were obtained that there was an increase in respondents' knowledge about stunting carried out before the training activities were obtained that respondents with good knowledge by 100%. Respondents' skills about podcasts were 10% enough and 90% good because all respondents already had experience doing podcasts.

This community service activity has been carried out well with various support from various parties, especially partners, some obstacles that arise such as the implementation of activities in Covid-19 conditions can be overcome with permission from the Covid-19 task force and local health centers. A series of devotional activities ranging from socialization, exposure to training materials and podcast practices, monitoring, and evaluation has been carried out according to expectations and targets. Increased knowledge of adolescent groups

about stunting and the ability of adolescents to disseminate information about stunting *output* from this activity. Here is documentation of this community service activity.



Figure 1. Determination of Adolescent Candidates Who Took Part in the Training



Figure 2. Submission of Podcast Tools to the School





Figure 3. Podcast Management Training



Figure 4. Broadcast Podcast on Stunting with Speakers from *Puskesmas* and UNSIKA

CONCLUSION

This community service activity has been carried out well with the cooperation of various parties. Training in this activity has implications in the form of increasing respondents' knowledge to the knowledge of all respondents in the good category (100%) and improving the skills of respondents doing podcasts by 90%. Service activities have provided benefits for respondents specifically, so this activity is expected to be developed in several other schools in the Karawang Regency area.

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