MANAGEMENT OF IMPROVING HOUSEHOLD ECONOMIC STRUCTURE TO OVERCOME STUNTING

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PAPER INFO ABSTRACT

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Background: The increase in stunting continues to occur in this world, including in Indonesia. the need for the cooperation of various interests to reduce stunting interventions. Various studies have shown that stunting is a lack of nutrition caused by a low household economic structure.

Aim: This study aims to determine the management of improving household economic structure as an effort to overcome stunting with case studies conducted on stunted households in Kupang Regency, TTS Regency, and Manggarai Regency.

Method: This study uses a qualitative method. Data obtained through documentation techniques.

Findings: The results of this study indicate that the management of increasing the household economic structure must be carried out jointly and cannot be carried out by only one sector. Based on several studies, the cause of stunting is a lack of nutrition. Malnutrition is caused by a lack of household welfare, and household economic welfare is caused by low education. So that the main source is education which is still low. Thus, the management of improving the household economic structure needs to start with improving education in Kupang, TTS, and Manggarai districts.

KEYWORDS stunting, economic structure, household

INTRODUCTION

Stunting is a condition of growth failure and chronic nutritional problems caused by insufficient nutritional intake due to feeding that is not in accordance with needs for a long period of time. The direct cause of stunting is the lack of food intake and the presence of infectious diseases. Stunting is one of the nutritional problems that occurs in Indonesia (Doloksaribu, 2021).

Malnutrition is influenced by nutritional fulfillment, infectious diseases in children, poor hygiene, demographic/place of residence can have an impact on the nutritional status of individuals. Meanwhile, nutrition is a very important need in helping the growth and development process in infants and children, considering the benefits of nutrition in the body can help the process of growth and development of children, as well as prevent the occurrence of various diseases due to malnutrition in the body. The fulfillment of nutritional needs in children is expected that children can grow up quickly according to growing age and can improve the quality of life and prevent morbidity and mortality (Saputri et al., 2022).
According to UNICEF, stunting often goes unnoticed and can be caused by multifactorial. Stunting is caused by four main factors, namely family and household factors, breastfeeding factors, inadequate complementary foods for breast milk (MP-ASI), and infection factors. The root cause of stunting is poverty, food security and nutrition as well as education which affects food purchasing power, access to information and low health services (Rufaida et al., 2020).

WHO collected prevalence data in 2017 that more than half of stunting toddlers in the world come from Asia as much as 55%. Indonesia is among the third countries with the highest number of stunting prevalence under 5 years in Indonesia in 2005-2017 at 36.4%. In 2016 WHO stated that 36.2% of children left behind in low-income countries had less height, accompanied by 32.8% of children living in middle-class income countries, amounting to 6.9% of children living in high-income areas. Stunting can be caused by several aspects, such as socioeconomic status, mothers consuming food during pregnancy, sick babies, and lack of nutritious food during infancy (Swastika & Wiyoko, 2022). Factors that influence the occurrence of stunting in children under five in rural and urban areas are maternal education, family income, maternal knowledge about nutrition, exclusive breastfeeding, age of complementary feeding, the level of adequacy of zinc and iron, a history of infectious diseases and genetic factors (Supariasa & Purwaningsih, 2019).

Based on the description above, the author is interested in conducting a study with the title "Management of Improving Household Economic Structure to Overcome Stunting." The research is expected to contribute to insight on stunting overcoming in Indonesia. From the research, readers will be more aware of stunting issues in Indonesia and how rural families overcome it.

METHOD

The research method use was a qualitative approach. This approach was carried out by compiling clearly formulated questions, conducting an intensive search for relevant studies and journals, assessing the quality of other studies that have been found, and making a summary of the results using an explicit methodology (Nurahma & Hendriani, 2021). A case study is a model that focuses on exploring a "bounded system" of a single special case or in some cases in detail with in-depth data mining. A variety of context-rich sources of information are carried out for data mining (Ananda & Kristiana, 2017).

The form of research used in this study is a case study, namely research centered on certain objects in obtaining complete and clear data. In this case, the factors that cause stunting in Kupang Regency, TTS Regency, and Manggarai Regency. Then, find the right way to help deal with stunting households. In the research process, objective data collection techniques were needed to uncover the problem occurring (Andreas et al., 2016). In this study, the author also used a documentary study technique by collecting data through categorizing and classifying written materials related to research problems, case books, attendance, report card scores, etc. In this case, the researchers studied research from different research database, namely Google Scholar, Research Gate, SINTA, and Garuda. Finally, it uses measurement techniques using sociometric questionnaires. After the data were obtained, they were processed and analyzed by inclusion and exclusion, data synchronization, data reduction, then content analysis.
RESULTS AND DISCUSSION

Stunting is a growth and development disorder experienced by children due to malnutrition, recurrent infections, and inadequate psychosocial stimulation (Ruswati et al., 2021). Stunting describes the chronic malnutrition status during growth and development from the beginning of life. This situation is presented with a z-score of height according to age (TB/U) of less than -2 standard deviation (SD) based on growth standards according to WHO (Ni’mah & Nadhiroh, 2015).

Stunting is not only caused by one factor, but is caused by many factors, where these factors are interconnected with each other, such as economic, socio-cultural, educational, and so on (Yusrizal, 2008). The socioeconomics of the family is one of the factors that determine the amount of food available in the family so that it also determines the nutritional status of the family, including influencing the growth of children (Ibrahim & Faramita, 2014).

To prevent an increase in the prevalence of stunting, treatment is needed to start early, such as the need to monitor the growth of toddlers with regular height measurements through posyandu, as well as the need for regular health counseling in increasing nutritional knowledge for parents, especially maternal knowledge so that knowledge increases in order to create a nutrition-conscious family.

The implementation of integrated stunting reduction interventions is a shared responsibility across sectors and not the responsibility of one institution alone. For this reason, a cross-sectoral team is needed as the implementer of the Integration Action. The membership of the cross-sectoral team includes at least the agencies that deal with: health, agriculture, food security, marine and fisheries, education, industry, social, religious, communication and information, public works/creation of works/housing and settlements, empowerment of rural communities, women's empowerment and child protection, civil registration and family planning, and drug and food supervision (Sardjoko, 2018).

The Regent as the person in charge appoints existing teams such as the Food and Nutrition Regional Action Plan Team (RAD PG) or the Regional Poverty Reduction Coordination Team (TKPKD) or other teams that are considered effective to coordinate the implementation of integrated stunting reduction interventions at the district/city level. The appointed team is further responsible for planning, implementing, monitoring and evaluating integrated stunting reduction activities. The organization is chaired by Bappeda or other OPDs responsible for planning and budgeting affairs.

The government needs to make efforts to plan, prevent, promote and intervene, especially in overcoming stunting, such as assisting pregnant women with low height and adolescent pregnancy as a high-risk group and prevention and management of babies born with BBLR to prevent stunting. Special attention to low-education mothers through the improvement of knowledge by optimizing the class of expectant mothers, health monitoring in pregnant women with grandemultipara parity (Simbolon et al., 2021).

Research conducted by Medah (2013) stated that the characteristic of poverty that occurs in East Kupang District is a low level of education (the majority of elementary schools), thus hindering the application of modern technology and eventually farmers end up earning low farmers so that the level of welfare is also low. Furthermore, the research by Anggraini et al. (2022) states that the unemployment rate affects poverty in South Central Timor Regency, this can be because most of the population works as farmers and laborers with low educational
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backgrounds. Thus making it difficult for the population to obtain a permanent job in the current era. Then, Nalle et al. (2022) stated that the lowest education rate for the high school level was found in East Manggarai Regency at 5.27%. This education rate affects the welfare in Manggarai Regency.

Susanto and Pangesti’s research (2019) states that the level of education greatly affects the level of poverty. Bloom et al. (2006) which states that education is able to improve welfare and reduce poverty. And also in accordance with the theory put forward by Arsyad (2010) which states that education has an important role in reducing poverty in a country either directly or indirectly.

Thus, based on the results of the analysis obtained that stunting is caused by malnutrition. Stunting in Kupang Regency, TTS Regency, and Manggarai Regency is due to the low economic structure of households. So that the main solution to overcome stunting can be done by improving the economic structure of households. To be able to improve this economic structure, it can be started by increasing the level of education of the residents of Kupang Regency, TTS Regency, and Manggarai Regency.

CONCLUSION

Based on the results of the analysis and discussion that have been described in the previous chapter, the conclusion that can be generated from this study that the management of improving the economic structure of households must be carried out together cannot be done by only one sector. Based on several studies that cause stunting is lack of nutrition. This malnutrition is due to the lack of household welfare, as well as the economic well-being of the household due to low education. So the main source is education which is still low. Thus, management to improve the economic structure of households needs to start with improving education in Kupang Regency, TTS Regency, and Manggarai Regency.

The researchers realize that the scope discussed here is still limited. There are still gaps to fill by other research. Therefore, the researchers expect future research can discuss this topic further, especially household empowerment to handle stunting in different areas. It is important to discuss since stunting is a common issue in Indonesia and needs to be resolved.

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