

MEANING CONSTRUCTION OF STUNTING IN PREGNANT AND BREAST FEEDING WOMEN IN SUKA MAJU VILLAGE TANJUNG TIRAM BATU BARA

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Abstract : Stunting is a problem in child growth that is caused by malnutrition over a long period of time. Malnutrition can begin when the child is still in the womb. Stunting can cause a child's body to become stunted or short, the child's intelligence is low, so that the child is susceptible to disease. The stunting prevalence rate in Indonesia was 27.67% in 2019, with a percentage of 30.38% coming from North Sumatra. The causes of stunting are a lack of nutritional support and the presence of infectious diseases in children. In addition, knowledge of nutrition and knowledge of stunting also has an indirect impact on stunting. The phenomenon seen in Suka Maju Village, Tanjung Tiram District is that pregnant women and breastfeeding mothers do not know stunting well, some of them have never even heard of the term stunting, and some others know that stunting is a malnourished child but do not understand what causes it and the impact of children suffering from stunting. With this knowledge, there are no preventive activities carried out by pregnant women and nursing mothers in Suka Maju Village, including the parenting style they apply. Parenting practices that do not support stunting prevention are pregnant women who do not consume highly nutritious foods, provide complementary foods that are not varied, and do not cultivate exclusive breastfeeding.

Keyword: Stunting, Pregnant women, Breastfeeding women

Abstrak : Stunting adalah masalah pada tumbuh kembang anak yang disebabkan kekurangan gizi dalam jangka waktu yang lama. Kekurangan gizi bisa dimulai ketika anak masih dalam kandungan. Stunting dapat menyebabkan tubuh anak menjadi kerdil atau pendek, rendahnya kecerdasan anak, hingga anak yang rentan terhadap penyakit. Angka prevalensi stunting di Indonesia berada di angka 27,67% pada tahun 2019, dengan persentase sebesar 30,38% berasal

dari Sumatera Utara. Penyebab stunting adalah kurangnya supan gizi dan adanya penyait infeksi pada anak, selain itu pengetahuan itu terhadap gizi serta pengetahuan terhadap stunting juga berdampak tidak langsung kepada stunting. Fenomena yang terlihat di Desa Suka Maju Kecamatan Tanjung Tiram adalah ibu hamil dan ibu menyusui belum mengenal stunting dengan baik, sebagian dari mereka bahkan belum pernah mendengar istilah stunting, dan sebagian lainnya mengetahui bahwa stunting adalah anak yang kurang gizi namun tidak memahami apa yang menjadi penyebab dan dampak dari anak yang menderita stunting. Dngan pengetahuan itu maka tidak ada aktivitas preventif yang dilakukan oleh ibu hamil dan ibu menyusui di Desa Suka Maju termasuk dari pola asuh yang mereka terapkan. Praktik-praktik pola asuh yang tidak mendukung upaya preventif stunting adalah ibu hamil yang tidak mengkonsumsi makanan yang bernutrisi tinggi, pemberian MPASI yang tidak variative, serta tidak membudayakan ASI Eksklusif.

Kata kunci : *Stunting, Ibu hamil, Ibu menyusui*

Introduction

Stunting is a problem in child growth and development caused by malnutrition in the long term. Malnutrition in children can begin when they are still in the womb. Stunting is rarely realized by mothers because the impact is not felt right away, but the impact will occur for a long time, namely until the child is an adult. This fact is the reason why there are still many expectant mothers and mothers who don't even understand what stunting is. The impact of stunting cannot be ruled out, the impact of stunting on children is that the child's body is short or stunted, the child's intelligence is low and the child is susceptible to disease. As explained by UNICEF (2010) that stunting is especially dangerous for women because it tends to stunt the growth process and has a greater risk of dying during childbirth.

Based on data in 2019 originating from the Ministry of Health's Litbangkes agency, it is known that the stunting rate in Indonesia is at 27.67% with the largest number coming from East Nusa Tenggara, which is 43.82%, followed by West Sulawesi which is at 40.38. %, and West Nusa Tenggara which is at 37.45%. Meanwhile, the three lowest positions were occupied by Kep. Bangka Belitung is 19.93%, Riau Islands is 16.82%, and Bali is the lowest with a value of 14.42%. North Sumatra is the 13th province with the proportion of stunting in toddlers at 30.38%. Based on data sourced from the Indonesian Nutrition Status Study (SSGI) in 2021, it is known that 13 out of 33 regencies/cities in North Sumatra have a stunting prevalence above 30%. Regencies with a stunting percentage above 30% and red status are Mandailing Natal (Madina), Padang Lawas (Palas), Pakpak Bharat, South Nias, North Nias, Dairi, North Padang Lawas, Nias, Padangsidempuan City, Langkat, Batu Bara, North Labuan Batu and South Tapanuli. While those with yellow status or those with a prevalence of 20-30% are Samosir, Simalungun, West Nias, Labuhan Batu Selatan, North Tapanuli, Humbang Hasundutan, Gunung Sitoli City, Tanjung Balai City, Sibolga City, Central Tapanuli, Karo, Toba Samosir, and Binjai . Regencies/cities with green status that have a prevalence of stunting at 10-20% cover 6 regions, namely: Medium Bedagai, Medan City, Asahan, Tebingtinggi City, Pematang Siantar City, and Deli Serdang.

The achievement of the stunting prevention program in Indonesia has not been able to keep pace with countries in the Southeast Asian Region with equal economic conditions. Efforts to

reduce stunting rates in 2018 have yet to reach the targeted rate of 28% in the 2015-2019 RPJMN target, the stunting rate is still at 29.9% for the prevalence of stunting in children under two years of age. While the prevalence of stunting in children under five years was still at 30.8% in 2018. Meanwhile in 2019 the number of stunting rates decreased by 3.1% to 27.67%. This figure shows that Indonesia is showing a better condition. However, this figure is still very far from the 2024 target with the national target of below 14% and still unable to meet the WHO target for stunting rates in Indonesia below 20%.

Halimatusyadiah (2020) states that several factors cause stunting, the factor of lack of nutritional intake and the presence of infectious diseases are the direct causes of stunting. Another factor of the high stunting rate in Indonesia is the individual factor, namely the lack of knowledge of mothers and families about nutrition and stunting, wrong parenting and poor sanitation and hygiene. The mother's knowledge of the child's nutritional adequacy and mother's knowledge regarding stunting itself is one of the factors that influence the high stunting rate. Ignorance of parents, especially mothers, about the dangers of stunting is fatal because it will cause parents to be negligent in saving their children from the danger of stunting itself.

The reduction in stunting rates is closely related to the role of the mother. As explained in the previous section that babies need adequate nutrition even from the time they are in the womb, so pregnant women must have sufficient knowledge regarding infant nutrition. In research conducted by Timban (2020) regarding the role of women in preventing stunting, it is said that a woman as a woman and wife in the family carries out duties and obligations, especially caring for and raising and guiding and educating children. The role of women in preventing stunting can be carried out by actively checking pregnancies and taking vitamins during pregnancy and routinely going to Posyandu, as well as mothers with babies can participate by participating in toddler care activities and fulfilling nutrition at least once a month.

Therefore, it is necessary to find out how the meaning of stunting is constructed for pregnant women and breastfeeding mothers in Suka Maju Village, Tanjung Tiram District, Batu-Bara Regency. With the aim of analyzing the understanding of pregnant women and breastfeeding mothers about stunting in Suka Maju Village, Tanjung Tiram District, Batu Bara Regency, analyze the responses of pregnant women and breastfeeding mothers in Suka Maju Village, Tanjung Tiram District, Batu Bara Regency regarding stunting based on their understanding, analyze responses Government against stunting in Suka Maju Village, Tanjung Tiram District, Batu Bara Regency.

Riview of Literature

The constructivist paradigm is one of the perspectives in the sociocultural tradition where this paradigm states that object identity is the product of how we talk about objects, the language used to express concepts, and the way social groups adapt to their experiences. In the constructive paradigm, symbols or language become an important element in the process of forming reality. So that various groups with identities, meanings, interests, experiences, and so on try to express themselves and will then contribute to forming reality symbolically.

Patton in the Sri Hayuningrat Journal (2010) states that various realities are constructed by individuals and the implications of this construction for their lives with others, where each person

has a unique experience. The constructive paradigm considers the truth of a social reality to be seen as a result of social construction and the truth of a social reality is relative.

Meaning in the construction of meaning is a process when an individual organizes and interprets ideas, ideas, impressions, responses regarding a phenomenon which is the result of a mixture of values, norms, environment, and experience. The process of meaning is packaged in a linguistic form, namely using words that are able to represent the results of thought. The meaning above is supported by what was said by A.M Moefad (2013) who defines meaning construction as a process when individuals organize and interpret their sensory impressions to give meaning to their environment.

Type of Research

This study uses qualitative research with a phenomenological approach. The researcher decided to use qualitative research because the researcher wanted to explain in more detail, specifically, and in depth regarding the knowledge possessed by pregnant and lactating women and provide an in-depth description of field phenomena according to research needs. Qualitative research or qualitative research is a type of research that produces findings that cannot be achieved using statistical procedures or other quantitative means. More clearly, Bogdan and Taylor (in Nugrahani, 2014) explain that qualitative research is a research procedure capable of producing descriptive data in the form of speech, writing, and behavior of the people being observed. From qualitative research it will be more possible to gain an understanding of empirical conditions through an inductive thinking process. Meanwhile, Kirk and Miller (in Nugrahani, 2014) define that qualitative research is a tradition in social science that fundamentally depends on observing humans in their own area and relating to these people in their language and terminology.

Meanwhile, the phenomenological approach is a method for explaining phenomena in its purity (Husserl in Suprayogi and Tobroni, 2003). Husserl further stated that phenomena are everything that appears in a certain way in human consciousness. Phenomenology seeks to explain the meaning of a number of people's life experiences about a concept or phenomenon, including their own self-concept or outlook on life. Littlejohn (1996) explains "phenomenology makes actual experienced experience the basic data of reality", real life experience becomes the basic data for reality. So that in the study of phenomenology what is important is the development of a method that does not falsify phenomena but can describe them as they appear. The phenomenological approach does not justify phenomenologists to use presuppositions and prejudices in order to be able to understand phenomena as they really are. This study examines the construction of the meaning of stunting for pregnant and breastfeeding women in Suka Maju Village, Batu Bara Regency. Therefore, the research instrument in this study is the researcher himself. The researcher looked for data regarding the stunting phenomenon by using stages that followed the rules in phenomenological qualitative research.

Research subject and locations

This research was conducted in Suka Maju Village, Tanjung Tiram District, Batu Bara Regency. The choice of research location was with the consideration that Batu Bara Regency is

one of 13 City Regencies which is in the red status for stunting prevalence. This research is focused on one village, namely Suka Maju Village, Tanjung Tiram District, so that it is able to take a more in-depth picture of the construction of the meaning of stunting for pregnant and breastfeeding women in Suka Maju Village, Tanjung Tiram District, Batu Bara Regency. The choice of Suka Maju Village as a research location is due to the fact that in 2021 this Village is included in the Village with the most stunted children, namely 22.50% or as many as 133 children aged 0-59 months.

Research Informants

The informants in this study were pregnant women with their first child and pregnant women with more than one child, then mothers who directly breastfed their children, mothers who gave formula milk to their children, PKK mothers, the health team in the village, both from health centers, clinics, or traditional medicine, as well as village officials.

Discussion

Healthy children for pregnant women and nursing mothers in Suka Maju Village

Healthy children have active movements, have clean and shining eyes, have a good appetite and fresh lips and tongue. Another physical characteristic is that children have healthy skin and hair that looks clean and not dry. Children who are mentally or psychologically healthy are children who have smarter minds and more sensitive feelings. The characteristics of socially healthy children can be marked by the joy that children have and children who look happy.

The characteristics of healthy children from health workers were also expressed by several parents. They say that a healthy child is an active child. Looks healthy and strong to do running or moving activities such as lying on his stomach and jumping for toddlers. Healthy children usually do not get sick easily, and have sufficient body weight. The mother also stated that a healthy child is one who grows like a normal child. When he is four to five months old he can lie on his stomach or already has other developments such as grasping.

Apart from the mother, the grandmother also stated that healthy children have healthy eyes, that is, they are not yellow, and they eat voraciously when they are eating. Healthy children have a high curiosity, usually children who have high curiosity are children who are tough and must be cared for and supervised so they don't get hurt by doing activities that can injure such as climbing and pulling things. Mother admits that instinctively she can tell whether her child is sick or not. Whether the child is developing well or not.

Regarding the baby's weight, not all thin babies are unhealthy or diseased babies. That's because there are also children who follow the body of their parents who can't get fat. Parents who are thin and have small bones can pass on their physical characteristics to their children. Children can also grow thin. So, if there is a child who is thin, it cannot be said that the child is unhealthy.

Children who are not healthy usually have physical characteristics, namely their bodies are weak. Like not having the energy to do activities like other children. Unhealthy children do not

grow like other children, where when children their age can sit but cannot sit, or other abilities. However, the ability to walk will usually be different from one to the other. There are children who walk fast, but there are also children who walk for a long time but are already crawling or creeping. On average, parents in Suka Makmur Village allow their children to play outside and interact with their peers when they can walk. Parents just need to make sure they don't eat dangerous foods and play games that put their lives at risk. Therefore, it still has to be monitored remotely. Children who like to play outside are not afraid of other people and are used to interacting with others. They learn a lot outside the home. In addition, mothers can also be helped because they can work while looking after their children.

Meanwhile, pregnant women understand that the child inside the womb is healthy if the belly of the pregnant woman grows and gets bigger. Then the child is already moving in the stomach at the age of the sixth month until it is born. To find out if the baby is healthy, you need to go to the clinic to find out more details. Therefore, pregnant women must routinely go to the clinic according to the midwife's recommendations. To maintain pregnancy so that the baby stays healthy in the womb, the mother should consume nutritious food and take vitamins. Checking the womb to the clinic also maintains the health of the mother too, because if something happens to the child in the womb it will affect the mother who is carrying it.

Hygiene Behavior

Based on the results of the observations made by the researchers, the neighborhood of the people's homes in Suka Maju Village is still dirty because a lot of garbage is scattered in the yard and gutters. However, the situation inside the community's house is quite clean. From several houses, pregnant and lactating women still maintain the cleanliness of their homes. Clean in the sense that it is not seedy or that there are not many items piled up in the house. Furthermore, for air circulation in the houses of the residents of Suka Maju Village, it is quite good because it uses air holes such as air vents and windows and doors that can function properly so that the air in the house exchanges as it should.

Babies wear clean and dry clothes. So that the baby can sleep comfortably. Pregnant women also use clean clothes so that it can be said that they maintain good personal hygiene. Then the mother bathes the child twice a day, namely in the morning and in the evening. This indicates that the mother understands the importance of cleanliness for the baby.

When feeding children, the mother cleans the feeding trough and spoon first, but there are times when they don't clean the equipment perfectly, where they just splash it with water without using soap. When bribing with their hands, mothers wash their hands first, but they only splash their hands with clean water and then immediately feed the child. When feeding children, the mother cleans the feeding trough and spoon first, but there are times when they don't clean the equipment perfectly, where they just splash it with water without using soap. When bribing with their hands, mothers wash their hands first, but they only splash their hands with clean water and then immediately feed the child.

Understanding of pregnant women and breastfeeding mothers about stunting

Several informants stated that they did not know what stunting meant. They even just heard the term stunting. This fact is certainly contrary to what is expected according to the program that has been implemented by the Batu Bara Regency government. Knowledge related to stunting can be the basis for mothers to anticipate how to prevent stunting in their children. The informants not only did not understand what stunting meant, they had never even heard of stunting before.

In fact, stunting is not the only problem in children, there are many other things that also need to be considered in the development of children such as children's cognitive abilities and social skills. However, these abilities cannot run properly if the child is stunted. This becomes a vicious circle, how stunting can affect aspects other than health in a child's life. Information related to the impact caused by stunted children is not well understood by pregnant women. The understanding they have is that stunting is a malnourished child. In addition, they understand what causes malnutrition which can lead to stunting, where a child's nutritional needs are not properly met from the time the child is in the womb.

As previously mentioned, several informants who were pregnant women stated stunting was a condition of child malnutrition. Malnutrition can be caused by a lack of consumption of vegetables and vitamins which are important for baby growth. Information related to nutritional adequacy in children can be identified by the characteristics of the child's body which has tight and fresh skin, clear eyes, and height and weight according to the child's age. Mothers can independently assess whether the child is healthy or not, however, for more accurate results, mothers can obtain information from village health workers. The village health worker in this case is the village midwife. Children's nutritional needs can be met by providing nutritious food intake such as vegetables and fruits. Pregnant women know that babies need adequate nutrition to grow. Nutritional intake obtained by babies who are in the mother's womb can be obtained from the food eaten by pregnant women.

Mother's knowledge about stunting is centered on the cause, namely malnutrition, while other causes such as environmental cleanliness, the hygiene of the food that enters the child's mouth are unknown to the mother. As it is well known that one of the causes of stunting is exposure to repeated infections, this is due to the child's immune system which is not maintained properly. So one of the efforts that can be made to reduce the risk of stunting is to protect children from infection, namely by maintaining a clean environment and the cleanliness of food and drinks consumed by children.

Response of Pregnant Women to Stunting

Some informants will consume vegetables and fruits as well as herbs so they are able to maintain the health of mothers and children during pregnancy. However, many do not differentiate between the food and drink they consume both before and after pregnancy. The difference is the amount of food consumed. Pregnant women will eat more than before, but their diet will remain the same and not change. There are also several cases where pregnant women cannot eat as before pregnancy because of cravings. Mother can only eat several types of food so as not to vomit. In this case pregnant women cannot do much because they cannot force their will to eat nutritious food so that children are healthy, the focus is on making mothers survive by eating what they can eat first.

That is why pregnant women are advised to routinely consult and have their pregnancies checked by the village midwife or doctor to get help so that the mother and child are healthy during

the pregnancy and delivery process. In this situation, the shadow of a stunted child appears. Unfortunately stunting cannot be known until the child is two years old. So, what pregnant women can do is ensure that the child they are carrying gets sufficient nutrition until they are born.

Breastfeeding Mother's Response to Stunting

Mothers in Suka Maju Village think that children who are given milk will have better nutrition than those who are not. Therefore, if the child has eaten, parents usually add formula milk. They do this in the hope that the baby will have better nutrition and hope that the child will be smarter because of the ingredients in formula milk. Giving formula milk after eating to children is by alternately giving formula milk and breast milk. One way that is done by mothers is to mix food with formula milk. Mothers' perception of the importance of milk to supplement children's nutrition is because they see advertisements on television about formula milk. That if a child drinks milk, he will grow up healthy and smart. This assumption is certainly not wrong. Because formula milk has good ingredients for the growth and development of children, even parents can adjust what kind of formula milk content they want to give to their children according to their needs.

The important thing is that there is a stereotype that formula milk is better than breast milk. Mothers who have a good household economy and can afford formula milk for their babies choose to give formula milk instead of breast milk. They do this because mothers think that babies who are given breast milk and formula milk are the same. Babies who are given breast milk can also get sick like children who are given milk.

There is also an assumption that exists among the women of Suka Maju Village and other Tanjung Tiram Districts to try to give each other formula milk in cans. This is because formula milk in the form of large cans is more expensive and therefore has better nutrition. Mothers who use milk in cans are proud and praised because they are able to provide the best intake for their children. So, there is a statement like the following: "yes, the child is wise, the formula milk is expensive". This statement illustrates the existence of prestige when a baby is given expensive milk. Although the root of all these stereotypes is that formula milk can provide more nutrition than breast milk or formula milk can complement and add to the baby's nutrition so that it is even better.

In terms of knowledge, pregnant women and nursing mothers know that giving breast milk to babies is better than giving formula milk. Mothers say that breastfeeding babies can make babies healthier because the content in breast milk is sufficient for babies. But this can happen if the mother consumes healthy food and according to the needs of the baby. If not, breast milk is not good enough for the child. So, mothers who breastfeed must consume nutritious food so that there is a lot of mother's milk and enough for the baby. This knowledge is not followed by the act of giving exclusive breastfeeding to children. Most mothers, especially in Batu Bara District, provide formula milk to their children. Giving formula milk is done as a companion to breast milk as well as a substitute for breast milk. By using formula milk for babies under the age of six months, the child is no longer said to be exclusively breastfed.

In addition, there are also mothers who breastfeed their children and do not give formula milk. However, many mothers feed their children even before they are six months old. They stated that their child already needed food because he always felt hungry, so he had been given food. There are also those who provide snacks and snacks to children before six months. This certainly

does not support what is programmed by WHO by prioritizing exclusive breastfeeding for children to reduce stunting rates.

Mothers in Suka Maju Village, Tanjung Tiram District have diverse knowledge regarding baby complementary foods. One of them is the time of feeding the baby. Many mothers have given food before the baby is 6 months old. Some have given food when the baby was 5 months old. There are also those who have given food at the age of 4 months. They deliver Meals faster than they should, not longer. This is because the mother already feels that her child wants to eat and needs to eat because she is always hungry. Always hungry is indicated by crying and putting things in their mouth.

This is usually influenced by people who take care for babies like their grandmothers. The mother was told by the grandmother to feed the baby because the baby needed it. As explained in the previous section, most of the people in Suka Maju Village, children live with their parents, so the influence of parents in caring for them is quite large. Mothers of babies tend to obey their parents because their parents are more experienced than them. It's a shame because grandmothers share knowledge based on their experience only and not accompanied by the latest information related to caring for babies, one of which is information related to complementary foods. There are times when grandmothers actually have more power over babies than their own mothers.

Next is the mother's knowledge of the menu given to the baby. Based on interviews conducted with several informants. Mothers in Suka Maju Village give porridge made from roasted rice flour and cook it into mush, adding palm sugar and mixing it with formula milk. This food menu is given for several weeks to a month and not interspersed. Feeding the same menu for several weeks is called a single complementary food. Based on what was explained by WHO regarding the baby's need for nutrition which can be met with a menu that is varied and contains high nutrition, the provision of a single complementary food cannot provide sufficient nutrition for the baby.

Government Response to Stunting in Suka Maju Village, Tanjung Tiram District

Stunting socialization has been carried out since 2021 and will continue to be carried out in the future for an unspecified time. The stunting socialization strategy has not yet been measured for its success, but this method is the easiest way to do so that you can directly meet the community, especially mothers who are the main target. The target of stunting outreach is prospective brides, pregnant women, nursing mothers, and young women. The government is also targeting brides and young women as socialization targets so that they have sufficient knowledge about stunting and can prepare themselves for marriage and pregnancy. This is an effort to prevent that no more babies are born stunted and grow stunted in the next five years. Determination of pregnant women and breastfeeding mothers as targets for stunting so that no stunted children are born and develop within this time for up to five years.

Stunting socialization is a manifestation of the commitment to accelerate the reduction of stunting rates in Batu Bara Regency, namely SABDAH (Satu Bebas Dua Cegah). The goal of SABDAH is to free toddlers or children under two years old from stunting in 2021 so that they are not stunted and prevent toddlers or children under five years who are not stunted in 2021 from being stunted and prevent babies who will be born in 2022 to 2024 from not stunted.

However, based on the results of research conducted directly in the village area, mothers do not know what stunting is and how to overcome it. The researchers did not find mothers who

understood how well stunting was, what causes stunting and how to get rid of stunting. This proves that the socialization provided by the Batu Bara Regency government, in this case, is that the Health Service has not been able to fully touch the village community. The village community acknowledged that there had been socialization about stunting at the Village Office and there had been examinations of babies and children for stunting data. However, the socialization was carried out in a non-conducive manner so that no one understood what stunting meant. Mothers only check their babies without knowing the intent and purpose. Insufficient understanding regarding stunting in Suka Maju Village has an impact on inappropriate baby care patterns. Therefore, the Batu Bara Regency government needs to review the stunting outreach process to the people in Suka Maju Village.

Bapak Asuh Anak Stunting (BAAS) and Bapak Asuh Keluarga Beresiko Stunting (BAKBS) Movement is a national movement to reduce the prevalence of stunting in Indonesia. This program has been mandated by the Regent of Batu Bara Regency to carry out. But until now this program has not run as it should. This movement is a movement to find donors for stunting children for six months in a row. The target donors are officials and state apparatus. The amount of donation required is Rp. 15,000 per day per child for six months or Rp. 2,700,000 per 6 months per child and Rp. 450,000 per month per child. For Batu Bara District, the target donors for BAAS and BAKBS are the Regent, Deputy Regent, Regional Secretary, Regent Expert Staff, Assistant Secretary, Head of Regional Apparatus, Regency TP-PKK, PD Secretary, Hospital Director, Head of PD/Head of PD, Camat, Head Puskesmas, Lurah/or Village Head, private parties, institutional organizations, business actors and the general public. BAAS collaborates with Baznas or the National Amil Zakat Agency. Baznas will manage the search for donors to collect donations. Furthermore, the results of the donation will be given to the Village/Kelurahan TP PKK to be processed into nutritious food with the Healthy Kitchen Overcoming Stunting movement.

Conclusion

From the discussion described in the previous chapter, the conclusions that can be drawn from this study are as follows:

1. Pregnant women and breastfeeding mothers in Suka Maju Village, Tanjung Tiram District, Batu-Bara Regency do not understand stunting. Some pregnant women and nursing mothers have never heard of stunting. While some others know stunting as a malnourished child but do not understand well what are the causes and consequences of a child suffering from stunting.
2. Pregnant women and breastfeeding mothers do not prevent stunting. The consumption pattern of pregnant women and the parenting style of breastfeeding mothers seek to make babies healthy, but there are still many practices that can cause stunting, such as pregnant women who do not consume highly nutritious food and parenting patterns in providing complementary foods and not cultivating exclusive breastfeeding can cause children to become vulnerable to stunting.
3. The Batu Bara District Government has integrated prevention and control programs down to the Village government level such as stunting outreach, DASHAT, BAAS and BAKBS programs. However, this program has not been implemented down to the village level, especially in Suka Maju Village.

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