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*by* 10 Agustian

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**Submission date:** 21-Jun-2022 01:36PM (UTC+0700)

**Submission ID:** 1860616761

**File name:** 10.pdf (300.65K)

**Word count:** 2932

**Character count:** 15610

## Qualitative Study: A History of Stunting in the Massenrempulu Community of Enrekang District

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### ABSTRACT

Focus Group Discussion (FGD) method. FGDs were performed with primary children caregivers aged 0 to 24 months. Each of three FGD had 4 participants. FGD were conducted using structured interview guides and recorded tapes. Recorded data were transcribed and analyzed using qualitative thematic analysis techniques. Results : All participants are women, majority as housewives who sometimes help farm husbands and have at least one child in the age group 0-24 months in their home. The findings suggest that short body conditions or stunting are not considered a problem by the local community. The concept of the body that is considered important is capable of activity with normal and productive. People also feel resigned if their child's body stunting because according to them it is a gift from the Creator and should be grateful. Conclusion : The unique cultural element of each ethnic in itself has a value that affects the life of the local community. This is a local context that is often overlooked in the formulation of a policy that is often applied generically same for the whole of Indonesia. Different viewpoints between the government and Massenrempulu community could be a strong factor causing trend of stunting case to be increase every year.

**Keywords:** Stunting, children caregivers, Massenrempulu community.

### INTRODUCTION

<sup>1</sup> Stunting is a failure to grow in children under five (infants under five years) due to chronic malnutrition so that the child is too short for his age. Nutritional deficiency occurs since the baby is in the womb and in the early period after the baby is born however, the new stunting condition appears after the 2 year old baby<sup>(1)</sup>.

In Indonesia, around 37% <sup>1</sup> (almost 9 million) of children under five experience stunting (Basic Health Research / Riskesdas 2013) and around the world, Indonesia is a country with the fifth largest prevalence of stunting. Even the prevalence of short toddlers was found to be higher in a number of conditions, including being 42.8 percent of mothers who married young (aged

15-19 years) and 46.7 percent of mothers who were short (height less than 150 cm)<sup>(2)</sup>.

Stunting is not just a short body problem. Stunting is a chronic nutritional problem starting from the fetus in the womb until the child reaches the age of two years. The cause of stunting problems is multidimensional, not limited to nutrition and health issues. UNICEF has published the causes of malnutrition in children under five covering economic and socio-cultural causes, and recognizes three levels of causality that are related to children's nutritional status factors, namely indirect factors and the main factors as the direct cause of stunting. There are two direct causative factors that affect an individual's nutritional status, namely food factors and infectious diseases, these two factors influence each other. Malnutrition causes children to be susceptible to infection, because there is a disturbance in the child's immune system, whereas children who are repeatedly infected with the disease will worsen their nutritional condition<sup>(3,4)</sup>.

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The problem of stunting in toddlers is very closely related to parenting issues. The concept of parenting as a determinant. The concept of parenting as a determinant of child nutrition is a new thing for those who work outside the field of nutrition and health. In addition, for those who work in the field, ways of measuring parenting are a problem because parenting knowledge and practice vary greatly from one culture to another<sup>(4)</sup>. Some studies have found that mothers with good parenting. Parenting is a practice in the household that is seen by the availability of food and health care and other sources for the benefit of life, growth and development. Parenting includes many aspects, namely maternal care, breastfeeding and complementary feeding, psychosocial care and cognitive stimulation, food storage and storage, health service search patterns and environmental hygiene and sanitation practices<sup>(4,5)</sup>.

Feeding Babies and Children is an important part of parenting in accordance with the concepts and indicators launched by WHO (2012)<sup>(6)</sup>. From some research results found the incidence of stunting children, among others, due to improper feeding practices, in accordance with health recommendations, especially in terms of patterns of breastfeeding and complementary feeding. The UNICEF Indonesia study revealed a number of obstacles, especially knowledge barriers at the family level that triggered high incidence of stunting in children aged 6-23. Enrekang District including the two districts with the highest prevalence of stunting under five. The prevalence of stunting toddlers in Enrekang District does not occur evenly across all districts. Some districts show relatively high numbers compared to others. One sub-district that has a high prevalence is Baraka District, while the other regions show relatively low numbers, for example Baroko District and Enrekang City<sup>(7,8)</sup>.

Based on several considerations that have been described previously, the researchers are interested in examining the study of stunting in the view of the Massenrempulu community and looking more closely at the submission of the Massenrempulu community with a stunting body pattern over time in a long period of time.

## MATERIAL AND METHOD

Data collection uses a method of Focus Group Discussion (FGD). FGDs are conducted with primary caregivers from children aged 0 to 24 months. Each of the three focus group discussions has 4 participants. Focus

group discussions were carried out using structured interview guides and recorded.

The instruments needed include recording devices, log books, and FGD guidelines<sup>(9,10)</sup>.

### Research design

This research is a qualitative research with phenomenology study design. The research was conducted in Pepandungan village, Baraka sub-district, Enrekang Regency. The study was conducted in November 2017 to February 2018.

### Population and Informant

The population in this study were all mothers from baduta who were stunted and domiciled in Baraka sub-district, Enrekang district in the language of thorns. The large sample of the study were mothers with a million who experienced stunting and were willing to work together and actively participate in the study in the village of Pepandungan as many as 12 mothers.

### Data collection

This study uses qualitative methods with a phenomenological approach. The phenomenological approach is about to see what is experienced by humans from the point of view of the first person, namely from the person who experienced it. The focus of phenomenology study is not a particular experience, but rather the structure of the experience of consciousness in the form of objective reality which is tangible in the subjective experience of people. The main study of the phenomenological approach is the subjective meaning of objective reality in the consciousness of people who undergo daily activities<sup>(12)</sup>.

### Data analysis

The recorded data is then transcribed and analyzed using qualitative thematic analysis techniques

## FINDINGS

The concept of Massenrempulu culture is very broad regarding various parts of the life of its people. In the Massenrempulu community, giving parents great attention and affection to their children can be seen from the needs considered primary. The main things that are considered important and crucial for the future of their children. In the Massenrempulu culture, there

is the term 'inheritance' which shows parents' love for their children. Inheritance which is generally considered important to be abandoned for their children is buffalo, houses and land.

Based on the FGD that has been carried out, information is obtained regarding the inefficiency of public facilities perceived by informants that directly and indirectly affect the nutritional status of the local community.

### CONCLUSIONS AND RECOMMENDATIONS

Road facilities to reach the research location are fairly difficult. When traveling to the research location, the research team had to go through a rocky and muddy road with a fairly narrow road width. Not surprisingly, during the trip, the research team only ran into a number of motorbikes and truck cars. Every now and then, the trip must stop to repair the road first, such as picking up rocks to cover uneven roads to prevent the car from being used down. Along the way from the main highway to the location of the study, it was traversed by the mountain edge on the left and the steep ravine at the right side without the edge barrier. The available road width also makes it impossible to pass a car, even with a motorcycle it is quite difficult. When going to bump into a truck, the truck driver always relents to retreat until he reaches the cornering road, because the width of the road is more likely to cross the point. To drive a car on this road must certainly require good driving skills with a high level of concentration.

From the main highway to the location of the study, the research team passed several points of the area by using the community to settle. However, the distance between one settlement point and another is quite far. Time needed to reach the research location is also quite long, which is around two and a half hours. The length of time needed to get to the location of the study was not only felt by the research team. This was also revealed by the informants when the FGD was held. "Mabela male lako, eda know male pabawa sa mabelai" (abbreviation Sh, Fw, and Dn).

The informant revealed that the distance that must be traveled to the capital of the sub-district is very far, it takes a long time, and is constrained by vehicles. This is also the reason that people rarely access the market in the sub-district, even though there are no market facilities in

the village or local hamlet.

The level of health in the local area is more viewed by one's productivity. For adolescents and adults, a healthy concept is more emphasized on their work productivity. Strengthened by the demands of a life that truly depends on nature and agriculture being the highest source of income in the region, eating ability to work is needed. During this time, they believed that body proportions did not affect their productivity at work.

The government in this case also certainly plays an important role, especially for health and nutrition workers. Giving insight and information for mothers. very important in improving the quality of future generations. The support of the main community and the government is generally a very important point in carrying out various kinds of appeals and interventions. Especially for people who live in remote areas with a culture that is still closely attached. It is also realized from the research that has been done, that the concept of stunting itself is the main role in creating a generation or child who is stunting.

### DISCUSSION

So that a short body is not considered a problem that must be troubled, so there are no steps taken to handle the condition.

Household life in the study area which also shows the independence setting also contributes separately in terms of food fulfillment at the household level. Marriage at an early age is common in this area. Even four of the FGD participants who were mothers of children under five were aged  $\leq 20$  years. And 2 of the FGD participants admitted that their husbands were still in college in another city when the research was conducted. However, the independence setting that grows and develops in this area makes everyone who has married feel proud to live with his parents again. So that only three FGD participants stated that they lived with their parents-in-law because their parents-in-law were old and needed child care.

Setting independence makes young couples feel they have to fulfill their daily needs independently. So, even though the food at the household level has been depleted, they are very reluctant to ask for help from their parents<sup>(1)</sup>. The principle is that there is enough or insufficient supply of food for daily needs



to be a household level consequence. Settings like this are certainly very influential in terms of providing materials and ultimately play a role in meeting the daily nutritional needs needed, especially for children. Advanced manifestations of this condition certainly lead to stunting due to intake that is not in accordance with daily consumption recommendations.

Not only is the setting independent, the concept of body proportions which is a divine gift that must always be grateful for the pattern of reinforcement of stunting in the area of research. Height is considered something that has been determined by the Almighty, and it is appropriate for humans to be smart to be grateful for what they have. The belief that height is strongly influenced by heredity, further strengthens the pattern of being grateful for what is owned today. This concept of sincerity or resignation is placed not in its place, because in fact at the age of the child, growth is still very likely to be pursued. And the belief that short is a hereditary factor is a concept that must be broken in the mindset of society. Incorrect trust and a sense of resignation are two things that make mothers do not have the will to do something in the pursuit of child development.

### CONCLUSION

A short body or stunting is considered not a problem by the Massenrempulu community. In everyday life, health and body strength are assessed in work productivity. So, if someone is still able to work optimally, short posture is not a problem. For children, a stunting body is also not a problem as long as the child is still able to play and active activities. The perspective of the Massenrempulu community does indeed support the occurrence of prolonged stunting in the region. This fact shows the importance of serious attention from the government to reduce the prevalence of stunting at the age of children to improve the quality of human resources in the future.

Logical & valid derivatives of the findings. Is the answer to the research problem. Made based on facts. Is a statement of the will of the author. Demonstrate the things that need to be developed.

**Conflict-of-Interest Statement:** There is no conflict of interest between researchers and informants and key informants.

**Source of Funding :** This research was funded by

the researchers themselves independently.

**Ethical Clearance :** Ethical research was obtained after going through ethical studies in front of reviewers in the ethics commission for research on Faculty of Public Health at Airlangga University in Surabaya, Indonesia.

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