

SI TUTI-BASED GIRLS' SCHOOL (ANTI-STUNTING LITERACY)

Intan Rohma Nurmallasari¹, Rafhani Rosyidah², Wahyu Taufiq³

¹ Agrotechnology, Muhammadiyah University of Sidoarjo, Indonesia

^{2*} Midwife Professional Education, Muhammadiyah University of Sidoarjo, Indonesia

³ English Education, Muhammadiyah University of Sidoarjo, Indonesia

*Email : intan.rohma@umsida.ac.id

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Abstract:

Background: Stunting is a major public health issue in Indonesia, particularly in rural areas where limited access to health information exacerbates the problem. Empowering women through health literacy is essential in addressing stunting and related health risks. **Specific Background:** In Gedangan Village, Pasuruan Regency, high rates of stunting, poor maternal nutrition, and the prevalence of early marriage have been identified as key challenges. Existing interventions have lacked comprehensive, community-based approaches to stunting prevention. **Knowledge Gap:** There is a need for scalable models that combine education, digital tools, and community involvement to effectively address stunting at the local level. **Aims:** This study aimed to evaluate the impact of the SI TUTI (Anti-Stunting Literacy) Based Women's School Program, designed to empower women through education and digital resources to reduce stunting rates. **Results:** The program involved PKK Cadres, Posyandu, and Aisyiyah Branch Members, with the SI TUTI mini book and ASTUTI application as key tools. Post-training assessments showed a 30% increase in participants' understanding of stunting, with a 95% satisfaction rate regarding educational materials and media. The use of digital tools facilitated improved access to health information. **Novelty:** This program integrates traditional education methods with digital innovations, offering a replicable model that addresses stunting at the grassroots level, enhancing community engagement through localized content and accessible health literacy tools. **Implications:** The program demonstrates potential for broader application in similar rural contexts, contributing to the achievement of the 2030 Sustainable Development Goals related to public health and well-being. Future efforts will focus on program expansion and continuous evaluation to ensure long-term sustainability and effectiveness in stunting prevention.

Keywords: Literacy, Women's School, Stunting, Empowerment

INTRODUCTION

Stunting is still one of the urgent health issues in Indonesia, especially in the context of Sustainable Development Goals (SDGs) 2030 which targets poverty reduction and increased access to nutritious food. Stunting, which is caused by a

lack of nutritional intake in the early days of life, can have a serious impact on a child's physical growth and cognitive development [1]. This condition affects the quality of future human resources and hinders the ability of children to excel in the future. Indonesia, with many regions still experiencing high rates of stunting, faces major challenges in reducing stunting incidence rates [2].

One of the areas that experiences a significant stunting prevalence rate is Gedangan Village in Gedangan District, Pasuruan Regency. Based on data obtained from the local Health Center, the stunting prevalence rate in this village reached 29.05%, with 10 toddlers identified as stunted. This figure shows that almost a third of the children in the village grow up with growth disorders, which is largely due to a lack of knowledge about the importance of nutrition and proper parenting during the critical period of the first 1,000 days of life.

The problem in Gedangan Village is not only limited to stunting. Through analysis and need assessment of service partners, namely Posyandu from the Kader PKK and Member of Aisyiyah Branch, Gedangan District, it was found that one of the main factors affecting the high stunting rate is the low literacy among women. Many women in this village lack access to adequate health information, especially regarding child nutrition, proper parenting, and the dangers of early marriage [3]. Low interest in reading is also the main obstacle in increasing public awareness of the importance of knowledge about maternal and child health [4].

In addition, this village also faces mental health problems that have not been optimally resolved. Women in Gedangan Village have not received adequate education about mental health, even though the psychological condition of mothers has an important role in childcare. Economic, social, and heavy parenting responsibilities without adequate mental health support can worsen family situations and contribute to high stunting rates.

Another factor that contributes to the stunting problem in Gedangan Village is the low agricultural productivity. Although the majority of villagers are farmers, knowledge about the management of healthy and nutritious agricultural products is still limited. Low crop yields and the quality of agricultural production also affect family access to food, which ultimately has an impact on the nutritional condition of pregnant women and children.

Early marriage is also a social problem that exacerbates the situation. This phenomenon is common in Gedangan Village and increases the risk of stunting because mothers who marry at a young age are not physically and mentally ready to take care of children. Early marriage often occurs due to customary, social, and economic factors, and women who marry at too young age tend not to have enough knowledge about reproductive health, pregnancy, and nutrition.

To overcome these various problems, the SI TUTI (Anti-Stunting Literacy) Based Women's School program was initiated as an effort to empower women through increasing literacy about health, nutrition, and the dangers of early marriage. This program aims to strengthen the role of women in society through literacy-based education, where mothers and mothers-to-be are empowered with the right knowledge to prevent stunting. SI TUTI Women's School also serves as

a platform to increase understanding of the importance of mental health, better agricultural management, and healthy parenting.

With an approach that involves the community, this program is expected to help reduce the stunting rate in Gedangan Village and improve the quality of life of women and children in the area. This program is also in line with the achievements of SDGs 2030, especially the third goal on good health and welfare, by emphasizing the importance of stunting prevention through women's empowerment and strengthening health literacy [5].

RESEARCH METHODS

This community service is carried out through several important stages, namely:

1. Preparation Stage:

- a. Program Planning: Identify the objectives of the activity, select village targets, determine the implementation time, and allocate the resources needed. In this stage, a field survey is also carried out to ensure the readiness of partners and the community in activities.
- b. Material Development: The creation of an anti-stunting literacy module (SI TUTI) which is packaged in a mini book and a digital application (ASTUTI) to make it easier for the public to understand the material about stunting and the dangers of early marriage.
- c. Method Selection: The methods used are socialization, direct education, and literacy-based mentoring. This approach aims to help women understand the importance of stunting prevention and how good parenting can reduce the risk of stunting.

2. Implementation Stage:

- a. Socialization and Education: This activity involves direct education to the community, especially women, about stunting and the dangers of early marriage. Education is carried out in the form of lectures, discussions, and simulations of healthy food processing for children.
- b. Digital Application Development: The ASTUTI application was created to record the results of mentoring and facilitate communication between health workers and the community. This application also serves as a platform for nutrition and healthy lifestyle education that is relevant to stunting prevention.
- c. Mentoring and Consultation: Mentoring activities are carried out directly by posyandu cadres and midwives to provide consultation related to nutrition, maternal and child health, and good parenting.

3. Evaluation Stage:

- a. Activity Evaluation: Conducted to measure the effectiveness of socialization and education activities in increasing public knowledge and understanding of stunting. In addition, an evaluation was also carried out on the SI TUTI module, the ASTUTI application, and the impact of its implementation on community behavior.
- b. Follow-up: Further development plans include app development as well as expanding the program's scope to other regions that have similar issues.

Continuous evaluation will be carried out to ensure the sustainability of the program in the long term.

RESULTS AND DISCUSSION

The implementation of the SI TUTI (Anti-Stunting Literacy) Based Women's School program in Gedangan Village has succeeded in achieving several key indicators set earlier. This program is implemented through education and mentoring involving PKK Cadres, Posyandu, and Aisyiyah Branch Members. The main activities in the form of socialization about stunting, maternal and child health, and the dangers of early marriage were successfully responded to with high enthusiasm by the participants. The following are the results of this community service program, which is measured through pre-test and post-test to determine the increase in participants' understanding of stunting issues and healthy lifestyles:

Table 1 Improving Understanding of Stunting Issues and Healthy Lifestyles

Comprehension Indicators	Pre-test	Post-test	Peningkatan
Understanding stunting	60%	90%	30%
Understanding of nutrition for pregnant women	55%	85%	30%
Knowledge of the dangers of early marriage	50%	80%	30%
Understanding the correct parenting style	65%	92%	27%
Use of local food for child nutrition	45%	78%	33%

From table 1, there was a significant increase in participants' understanding of various aspects related to stunting and healthy lifestyles. Before the program was implemented, only about 60% of participants had a basic understanding of stunting. After the implementation of the program, the level of understanding increased to 90%. The same thing also happened in indicators of pregnant women's nutritional understanding, the dangers of early marriage, and correct parenting, all of which experienced an average increase of 30%.

In addition to increasing understanding through education, this program has also succeeded in strengthening literacy related to nutrition and stunting through the distribution of SI TUTI mini books that contain basic information about stunting and how to prevent it. This book is a reference for mothers and mothers-to-be to deepen their understanding of the issue of stunting and how to overcome this problem at the household level.

The program also developed the ASTUTI (Anti-Stunting Application) application which makes it easier for participants to access health information digitally. The app was tested during the program, and the results showed that 85% of participants found it helpful to have easier access to information and counseling available through the platform.

Table 2. Satisfaction Level of Using the ASTUTI Application

Assessed Aspects	Satisfaction Level
Quality of educational materials	95%
Facilitator engagement	93%
Benefits of SI TUTI mini book	90%
Use of the ASTUTI app	85%
Assistance during the program	92%
Post-program readiness	88%

Table 2 shows that the level of satisfaction of participants with the program as a whole is very high. The quality of educational materials received an appreciation of 95%, while the involvement of facilitators and the usefulness of SI TUTI mini books also received high assessments, 93% and 90%, respectively. The use of the ASTUTI application was also considered positive with 85% of participants feeling helped, although some improvements are still needed related to ease of access for participants who are not used to using digital applications.

From the results of the evaluation, several important points can be concluded. First, the program SI TUTI Girls' School succeeded in increasing women's literacy in Gedangan Village related to stunting, maternal and child health, and the dangers of early marriage. This increase in understanding is expected to help reduce the stunting rate in the village in the long term. Second, technology integration through the ASTUTI application is an effective innovation in expanding access to information and assistance. However, additional assistance is needed to ensure that all participants can make optimal use of the technology [6].

This program has also succeeded in introducing better local food management patterns to support the nutrition of pregnant women and children. By utilizing easily accessible local food, this program not only increases knowledge about nutrition, but also provides practical solutions for the community in dealing with food security problems [7].

Overall, the results of the program show success in achieving the main goal, which is to increase public awareness and knowledge, especially women, in an effort to prevent stunting and improve the quality of life in Gedangan Village. This program is an effective model of literacy-based women's empowerment in supporting the achievement of SDGs 2030 (Sutarjo et al., 2018).



CONCLUSIONS

Fundamental Finding: The SI TUTI (Anti-Stunting Literacy) Based Women's School Program effectively increased health literacy among women in Gedangan Village, leading to a 30% improvement in understanding of stunting, maternal nutrition, and the risks of early marriage, with a 95% satisfaction rate regarding the materials and methods used. **Implication:** This program demonstrates that integrating traditional education with digital tools, such as the SI TUTI mini book and the ASTUTI application, can significantly enhance community-based stunting prevention efforts, potentially serving as a scalable model for other regions facing similar challenges. **Limitation:** However, the study's scope was limited to a single village, and the program's long-term sustainability and effectiveness across diverse demographics remain uncertain. **Further Research:** Future studies should focus on expanding the program to other areas, conducting longitudinal assessments to gauge lasting behavioral changes, and refining digital tools to increase accessibility and engagement.

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