

EFFECTIVENESS OF NUTRITION AND PSYCHOSOCIAL STIMULATION MODULES ON KNOWLEDGE, ATTITUDE, AND ABILITIES OF STUNTING PREVENTION ASSISTANCE

Sri Mulyanti^{1*}, Yulia Lanti Retno Dewi², Eti Poncorini Pamungkasari³

¹Public Health Study Program, Doctoral Program, Universitas Sebelas Maret, Jl. Ir Sutami No. 36, Kentingan, Jebres, Surakarta, Central Java 57126, Indonesia

²Department of Nutrition, Faculty of Medicine, Universitas Sebelas Maret, Jl. Ir Sutami No. 36, Kentingan, Jebres, Surakarta, Central Java 57126, Indonesia

³Head of Undergraduate Study Program, Medical Study Program, Universitas Sebelas Maret, Jl. Ir Sutami No. 36, Kentingan, Jebres, Surakarta, Central Java 57126, Indonesia

*yantidion96@gmail.com

ABSTRACT

The prevalence of stunting in Indonesia until 2022 is still 24.4% (UNICEF Indonesia, 2022), still way below standard WHO is a maximum of 20% (WHO, 2018). Stunting is the failure of growth and development of children due to chronic lack of nutrition, recurrent infectious diseases, and inadequate psychosocial stimulation (WHO, 2018). Stunting causes barriers to cognitive development and the risk of metabolic disorders (Malhotra et al., 2014). Efforts to reduce stunting through community empowerment innovations need to be continuously developed, including the use of modules in assistant training to prevent stunting. Quasy experiment research with pre post design to find out the effectiveness of the nutrition & psychosocial stimulation module on the knowledge, attitudes, and skills of assistants to prevent stunting. The research subjects were 30 assistants to prevent stunting, taken by purposive sampling. The research instruments are knowledge tests, attitude questionnaires, and skill checklists. Data were analyzed with the Dependent Paired T-Test. Media training The Nutrition & Psychosocial Stimulation Module is effective increase knowledge ($p=0.00$; mean: 82.50 ± 9.45 ; CI: 95%), attitude towards giving complementary foods ($p=0.000$; mean: 76.87 ± 9.76 ; CI: 95%), positive attitude towards giving psychosocial stimulation ($p=0.000$; mean: 72.66 ± 7.24 ; CI: 90%), and mentoring skills ($p=0.000$; mean: 77.93 ± 4.8 ; CI: 95%). Assistance Prevent Stunting Training (Pecis) using the Psychosocial Nutrition & Stimulation Module is effective for increasing knowledge, attitudes, and skills of Assistance for Preventing Stunting in providing assistance to mothers or caregivers of toddlers at risk of stunting.

Keywords: assistance to prevent stunting; modules; stunting; training

INTRODUCTION

Stunting is a child's growth disorder in the form of less length or height (more or equal to minus two standard deviations from the WHO standard) when compared to age. Stunting occurs due to chronic malnutrition so that in addition to being short the child also increases the risk of non-communicable diseases such as diabetes mellitus, hypertension, coronary heart disease and stroke in adulthood (Ministry of National Development Planning/Bappenas, 2019). The 2018 Riskesdas results show that the prevalence of stunting in Indonesia has decreased but still reaches 30.8%, this figure is still far from the WHO tolerance limit, namely 20% (Ministry of Health of the Republic of Indonesia, 2018). The 2016 Global Nutrition Report also noted that the prevalence of stunting in Indonesia is still very high and is ranked 108 out of 132 countries. The percentage of very short and short toddlers aged 0-23 months in Indonesia in 2018 was 12.8% and 17.1%, an increase from the previous year where the percentage of very short toddlers was 6.9% and short toddlers were 13.2%.

2018, Central Java Province ranks 8th from the bottom, namely 13.9% for short babies and 19.4% for very short babies, for these two groups it still exceeds the national average. (Ministry of Health of the Republic of Indonesia, 2020). Stunting data in Central Java Province published in the 2019 Central Java Province Health Profile, based on the 2018 Riskesdas by the Ministry of Health, the percentage of very short toddlers in toddlers aged 0-59 months in Central Java Province is 31.15%, while the percentage of toddlers is short is 20.06%. Based on district/city health profile data, it was reported that the percentage of short toddlers in 2019 was 7.4%. In 2018 the stunting rate in Klaten Regency reached 4,563 children or 5.6%, the number of visits by toddlers to posyandu only reached 82.3%, there were still 1.05% of toddlers who were under the red line (BGM), malnutrition was still 18 case (Klaten District Health Profile, 2018).

The achievement of the stunting reduction target in Klaten Regency has not shown satisfactory results. Evidence based on the results of the Indonesian Nutritional Status Survey (SSGI) the incidence of stunting in Klaten Regency, Central Java, increased by 2.4% from 15.8% in 2021 to 18.2% in 2022. This condition certainly deserves special attention. The inability of families to provide proper complementary food for breastfeeding for babies aged 6 to 24 months is suspected to be a problem faced by health workers in the Klaten Regency area so that the stunting rate is still high. Stakeholders for stunting prevention in Klaten Regency provided information that the MCH Handbook which was used as a guide in assessing children's growth and development could not be used optimally, so an appropriate method or method was needed in elaborating the maternal and child health book so that it could be more effective by developing it into a module form. nutrition & psychosocial stimulation with an Inter Professional Collaboration (IPC) approach through the empowerment of Facilitators to Prevent Stunting (Pecis). Required collaboration with health workers so that they are able to effectively deal with the problem of stunting. Through inter professional collaboration, health can improve the quality of health services, because it has several advantages (Education Management Solutions, 2019).

In the early stages of the collaboration carried out by health workers was to produce stunting prevention volunteers through training for Stunting Prevent Companions (PCS) called Pecis. Pecis is then tasked with providing assistance to families with children aged 6 to 24 months who are at risk of stunting. This study seeks to identify the effect of stunting officer training on knowledge, attitudes, and abilities to assist mothers with children at risk of stunting.

METHOD

This type of research is a Quasy Experiment with a pre post design approach. The research subjects were 30 stunting prevention assistant respondents who were taken by purposive sampling. The interventions provided were training on stunting prevention and stimulation of growth and development. The training media uses the Nutrition & Psychosocial Stimulation module. The training was carried out for 2 days with an Inter Professional Collaboration approach The research instrument used knowledge tests, attitude questionnaires towards giving complementary foods, attitude questionnaires towards psychosocial stimulation, and a checklist of the ability to provide assistance. The research instrument was tested for validity with the Pearson correlation and reliability using the Cronbach alpha coefficient. Data were analyzed using the Dependent T-Test

RESULTS AND DISCUSSION

Table 1.

Demographic Data/Characteristics of Assistance to Prevent Stunting (Pecis) (n=30)		
Variable	f	%
Age (34.36±12.51)		
10 - 22	10	33,33
23 - 40	8	26,67
41- 54	12	40.00
Gender		
Man	0	0.00
Woman	30	100.00
Education		
Base	0	0.00
Intermediate	25	83,33
Tall	5	16,67
Work		
Health Cadre	20	66,67
Student / Student	10	33,33
Religion		
Islam	28	93.33
Christian	2	6,67

Table 1 shows demographic data/characteristics of Companion to Prevent Stuning (Pecis), namely the average age is 34.36 years, with the highest category being in the age range 41-54, namely 40.00 percent. The number of teenagers who are willing to become companions is 10 teenagers (33.33). The level of secondary education at the junior and senior high school levels is 83.33 percent and higher education at the Diploma III level and above is 16.67 percent. Based on work, there are 10 students or university students, and the rest are health cadres.

Table 2.

Results of the Normality Test on the Effectiveness of the Training Module on Nutrition & Psychosocial Stimulation of Pecis (n=30)

Variable	P (2-tailed)	
	Pre	Post
Stunting Knowledge Test, failed	0.200	0,003
Questionnaire of Attitudes towards MPASI	<0.001	<0.001
Attitude Questionnaire Against Psychosocial Stimulation	0.004	<0.001
Behavior Checklist (Pecis Assistance Ability)	<0.001	<0.001

This type of research is *quasy experiment to determine the effectiveness of an intervention by comparing the average value before and after the intervention in 1 group that is interdependent or related pre and post* (Maciejewski, 2020). The statistical test used is the independent T-Test which requires the data to be normally distributed (Harris et al., 2006) The data normality test that researchers use is the Shapiro Wilk test with consideration of a sample < 50. Data is said to be normal if the p value is > 0.05 (Mishra et al., 2019). Based on table 3. it can be seen that the p-

value for all instruments is <0.05 so it can be assumed that the data is not normally distributed. Because the data is not normally distributed, the statistical test that the researcher uses is the Wilcoxon test as an alternative Dependent T-Test, if the data is not normally distributed (Kim, 2014) (Liang et al., 2019). The results of the statistical test on the Effectiveness of the Pecis Preventing Companion Training (Pecis) with the nutrition & psychosocial stimulation module on Pecis knowledge, attitudes, and abilities or skills obtained the results shown in the table. Based on table 3. showed that the training with the IPC approach provided to Facilitators to Prevent Stunting (Pecis) could significantly increase Pecis' knowledge about stunting and childcare practices ($p=0.00$; mean: 82.50 ± 9.45 ; CI: 95%), increased Pecis' attitude towards complementary feeding or complementary feeding ($p=0.000$; mean: 76.87 ± 9.76 ; CI: 95%), increased positive attitude towards providing psychosocial stimulation ($p=0.000$; mean : 72.66 ± 7.24 ; CI: 90%), as well as influencing Pecis's ability to provide assistance through microteaching practices ($p = 0.000$; mean: 77.93 ± 4.81 ; CI: 95%).

Table 3.
 Wilcoxon Test Results Effect of Training on Pecis Knowledge, Attitudes, and Abilities in Assisting Mothers/Caregivers of Baduta

Group	Knowledge		P_Value	Z
	Pre Mean±SD	Post Mean±SD		
Stunting Knowledge	57.83±9.88	82.50±9.45	<0.001	-4,725
Attitudes Towards MPASI	74.10±9.36	76.87±9.76	<0.001	-4,968
Attitudes Towards Psychosocial Stimulation	66.97±5.80	72.66±7.24	<0.001	-3,527
Pecis Assistance Capability	50.93±4.59	77.93±4.81	<0.001	-4,828

Stunting is a health problem that occurs in infants or children during the golden period of child growth and development, namely at the age of 1-2 years. Even stunting can also occur as a result of problems before pregnancy, during the fetus in the womb, and after birth. Therefore the focus on stunting prevention starts from the first 1000 days of life, starting from the 270 days (9 months) in the womb and 730 days (first 2 years) after birth. (Yekti, 2020) (Secretariat of the Vice President of the Republic of Indonesia, 2017). Based on this definition, every pregnant woman anytime and anywhere will have the potential to give birth to a stunted child if proper efforts are not made to eliminate the risk factors for stunting. For this reason, health promotion efforts are needed in the context of stunting prevention based on community empowerment. Because if stunting prevention is only a top-down program made by the government, it will usually only be temporary.

Regarding efforts to handle and prevent stunting, based on the results of interviews with health stakeholders, basically there are quite a lot. It's been formed the team to accelerate stunting reduction at the sub-district level which consists of several linsek, starting from this sub-district, from under the sub-district head, then there is a health center, there are cross-sectors, there are people from everywhere, we from the KUA also participate because the KUA is for the catin (bride-to-be) we involve. Then for the BKKBN, we also have Elsimil, later Elsimil will have a relationship with the catin where as soon as we find out there is a catin who is at risk we have to have education for the catin who is at risk earlier so that after she has a family the risks can be overcome, so that once she becomes pregnant she will in good health." The handling of stunting also refers to the Ministry of Health, the health team has attempted specific interventions to overcome stunting by providing additional food to pregnant women and underweight toddlers, blood-boosting tablets to

adolescents, women of childbearing age, as well as pregnant women.

Then carry out promotion and monitoring of toddler growth, intervention in cases of malnutrition, there is a special team, exclusive breastfeeding counseling, handling/preventing infection in infants, giving immunizations to infants and toddlers so that immunity increases, giving vitamin A. Then intervention from sanitarians, namely promotion clean and healthy living, survey of drinking water and clean water in households. The stunting reduction program that has been implemented is the IYCF (Infant Young Children Feeding) cadre refresh activity program (feeding infants and children), to remind again about the provision of the gold standard for baby food. Posyandu cadres were refreshed to convey information to the community. Classes for pregnant women and mothers of toddlers, to provide information on preparing the gold standard for baby food, are different, straight to the point. Posyandu routine activities every month. Tracking and confirming babies detected as stunting, measuring BB, TB and exploring eating habits. Program from KRR (Kesehatan Reproduksi Remaja), anemia or not. Preparing for marriage and pregnancy to avoid anemia. Almost all villages in Klaten have allocated funds for stunting, stunting counseling activities, monitoring body weight if it doesn't increase or even goes down, we have to keep evaluating it so that it doesn't drop to the red line which could later lead to stunting. Based on this description, it can be seen that the Klaten Regency program in efforts to reduce stunting is quite structured, massive and well organized. However, the evaluation results show that the stunting rate has not decreased, and even based on the report on the results of the 2022 nutrition survey, it tends to increase, so innovation with the IPC approach through community empowerment with a complementary program to prevent stunting needs to be tried.

Health promotion programs by empowering the community in accordance with the local wisdom that exists in the community will be relatively more sustainable. Policies or programs to reduce stunting rates that are not communicated properly to the public will result in a lack of active community participation, which will become an obstacle to achieving the goals set. (Wididiati et al., 2022). In this study, companions for preventing stunting were selected and proposed by local health cadres independently, with the main consideration being that residents voluntarily agree to become companions for families who have children under five who are at risk of stunting. Through this model, it is hoped that the principle of community empowerment, namely from, by, and for the community, can be fulfilled. The companion for Preventing Stunting (Pecis) proposed by the village and agreed upon with the researcher is 3 (three) months assistants, with a minimum composition of 1 (one) assistant who is still a teenager. Through good coordination with the Health Center and the Klaten District Health Office, 30 (thirty) Pecis were selected. In detail, the demographic data/characteristics of Pecis is the average age of 34.36 years, with the highest category in the age range 41-54, namely 40.00%. The number of teenagers who are willing to become companions is 10 young women (33.33). The level of secondary education at the level of junior high and high school is 83.33% and higher education at the level of Diploma III and above is 16.67%. Based on work, there were 10 students or university students, and the remaining 20 participants were health cadres. These 10 students or students, all young women.

The companion for preventing stunting is then given training by the IPC (Inter Professional Collaboration) team consisting of doctors, nurses, nutritionists and midwives. Each trainer or resource person provides training material in accordance with their respective professional fields. The training was carried out for 2 (two) days with the main training media being nutrition &

psychosocial stimulation modules that had been made by researchers by combining and harmonizing MCH books (Ministry of Health, 2021) & Nurturing Care theory (WHO, 2018). The training method is carried out with lectures, discussions, and role plays. Prior to the training, Pecis was given a pretest with questions and also a test of ability or skills in educating and mentoring mothers with under-fives.

The main media used for training is the module "Nutrition & Psychosocial Stimulation Training Module for Assistants to Prevent Stunting". This module was compiled and developed by researchers using an inter-professional collaboration approach as an effort to prevent stunting. The material in the module is a combination of theories from Nurturing Care (WHO, 2018) & the MCH Handbook (Ministry of Health RI, 2021) which explains material related to the growth and development of children under two years old, stunting, parenting patterns, nutritional status, & psychosocial stimulation. The module also adds material related to inter-professional collaboration, which is a form of collaboration with at least two professions so that collaboration occurs to solve problems together as an effort to reduce or prevent stunting. The main theme of this module is the statement by the Minister of Health of the Republic of Indonesia regarding the importance of providing animal protein to children, especially those under 2 years of age. "After a 6-month-old baby must be diligent in taking measurements, because apart from exclusive breastfeeding there is also additional food, if there is a lack of animal protein the child can be stunted. Animal protein such as milk, eggs, fish and chicken. The Nutrition & Psychosocial Stimulation Module developed by researchers clearly states complementary foods that suit the needs of under-fives.

What is the form of providing complementary food for breastfeeding according to the needs of the toddler, which must be understood by the parents or the main caregiver for the toddler, so that parents are able to provide care that is in accordance with the needs of the toddler. Given the effect of nutrition at an early age where stunting can interfere with growth and cognitive development which is lacking, the researchers are trying to prevent children under five who are at risk of stunting from experiencing stunting. If stunting at the age of five tends to persist throughout life. Failure to grow at an early age continues into adolescence and then grows into stunted adult women and directly affects health and productivity, thus increasing the chances of giving birth to Low Birth Weight Babies (LBW). Before being used this module was reviewed by experts and practitioners, namely the profession of a pediatrician and nutritionist or nutritionist. Pecis training can run smoothly without encountering significant obstacles. The training participants, namely Pecis, came and went home on time even though the distance between their house and the training place was very far. The place for the training was at the Klaten District Health Office which is in the middle of the district town, but the participants or Pecis came from 10 Community Health Centers spread across the region. There were 10 (ten) Community Health Centers which became the locus of research, and each Community Health Center represented 3 (three) Assistants for Preventing Stunting (Pecis), bringing the total number of participants to 30. During the training the participants seemed enthusiastic to pay attention and receive explanations from the resource person.

The results of the training showed that training using the IPC approach provided to Facilitators to Prevent Stunting (Pecis) could significantly increase Pecis' knowledge about stunting and caring for under-fives ($p=0.00$; mean: 82.50 ± 9.45 ; CI: 95%), increased Pecis' attitude towards giving complementary foods ($p=0.000$; mean: 76.87 ± 9.76 ; CI: 95%), increased positive attitude towards giving stimulation to growth and development ($p=0.000$; mean: $72, 66 \pm 7.24$; CI: 90%), increased

the positive attitude of stunting prevention assistants towards providing psychosocial stimulation ($p = 0.000$; mean: 72.66 ± 7.24 ; CI: 95%), and had an effect on Pecis's ability to perform assistance through the practice of microteaching ($p=0.000$; mean: 77.93 ± 4.81 ; CI: 95%).

Training can be interpreted as a planned process to modify attitudes or behavior knowledge, skills through learning experiences. Training refers to the planned efforts of an organization or institution to facilitate employee learning in order to improve employees' job-related competencies, knowledge, skills, and behaviors. The training aims to enable employees to master the knowledge, skills and behaviors emphasized in the training and apply them in their daily activities (Masadeh, 2013). According to (Pareek, 1984) training is training and development defined as the practice of human paths whose focus is identifying, assessing and through planned learning assisting the development of key competencies that enable people to perform current or future jobs. (Qomariah, 2020).

Based on this concept, before the Facilitator for Preventing Stunting is in charge of directly assisting mothers/caregivers for toddlers, they are given training on stunting prevention. Training is different from education. Education in general related to preparing prospective workers needed by an agency or organization, mean while training more related to the improvement or skills of employees or trainees on a more specific knowledge or skill. In this training, participants were given material to increase knowledge related to stunting prevention, trained to increase the positive attitude of mothers/caregivers towards complementary foods and positive attitudes towards providing psychosocial stimulation. In addition to training skills, the training participants were trained in assisting techniques for mothers/caregivers of toddlers. Training has an important role in increasing the knowledge and skills of participants so that participants will be able to take appropriate actions (Arianto, 2022) (Gustiana et al., 2022)

This study provides empirical evidence about the effect of training on the knowledge of trainees on a particular topic, namely stunting and stunting prevention. The method of delivering training material is carried out by giving modules before the training is carried out. This module allows participants to read and understand before participating in the training. If there are things that are not understood, the participants can then ask questions and discuss them with the resource persons. Supported by the majority of participants' education levels, namely secondary education, for teenagers who are still in school or college, it can be seen that empirically the training is able to increase the knowledge of the trainees well as indicated by an increase in the average value of knowledge before training 57.83 ± 9.88 to 82.50 ± 9.45 ($p=0.000$; CI:95%).

During the training the participants also actively discussed with resource persons and research facilitators in the field. On the other hand, the resource persons also provided real examples in the field, so that it really helped increase participants' understanding of what stunting really is, which is commonly found in Klaten Regency. Coupled with the participants who also came from areas with high rates and risks of stunting, they were able to change the positive attitude of the training participants towards parenting patterns for children under two, especially related to complementary feeding (MPASI) and also about providing psychosocial stimulation. at the clown. These results are proven by empirical data on the increase in the average value of attitudes towards the pattern of giving complementary foods from the initial condition (pre) 74.10 ± 9.36 increased to 76.87 ± 9.76 with the results of the Wilcoxon test $p = 0.000$ (there is a difference). Likewise, the average value of attitudes towards patterns of providing psychosocial stimulation also showed an increase

from 66.97 ± 5.80 to 72.66 ± 7.24 with the Wilcoxon test result $p = 0.000$.

The most significant increase in value was in the component of the participant's ability (Companion to Prevent Stunting/Pecis) in providing assistance to mothers/caregivers of toddlers. In this section, participants are trained on how to provide counseling, how to provide education, how to stimulate growth and development, and how to check the growth of toddlers. At the end of the training, each participant was tested or assessed in terms of these abilities in the form of roleplay or microteaching, and an increase in the average score was obtained from 50.93 ± 4.59 to 77.93 ± 4.81 or the difference in the highest score, namely 27 point. This also proves that training based on participant needs and skills or psychomotor materials is relatively easier for trainees to accept (Herwina, 2021). Hard skills can easily be taught to someone. He just needs to follow the training and keep trying until he can. Mean while, soft skills are not easy to learn. This skill is an ability that grows with experience and maturity (Manara, 2014).

CONCLUSION

Training for Companion to Prevent Stunting (Pecis) using the Nutrition & Psychosocial Stimulation Module through the IPC (Inter Professional Collaboration) approach is effective for increasing knowledge of Companion for Preventing Stunting about parenting practices for two year old babies, effectively increasing attitudes towards giving complementary foods and psychosocial stimulation, and can improve the ability of Facilitators to Prevent Stunting in providing assistance to mothers or babysitters

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