



## THE EFFECT OF FAMILY EMPOWERMENT IN PREVENTING STUNTING : SYSTEMATIC LITERATURE REVIEW

Suprihatin\*, Runjati, Arwani

Poltekkes Kemenkes Semarang, Jl. Tirto Agung, Pedalangan, Banyumanik Semarang, Central Java 50268,  
Indonesia

\*[mtrsuprihatin@gmail.com](mailto:mtrsuprihatin@gmail.com)

### ABSTRACT

Stunting is chronic malnutrition which is based on an index of body length compared to age (PB/U) or height compared to age (TB/U) with a limit (z-score) of less than -2 SD (Standard Deviation). Stunting problems need to be detected early, so that the interventions given can reduce long-term effects. Detection and management of stunting is carried out through empowerment efforts. Family empowerment as an effective step to reduce stunting cases through prevention and management efforts. The role of parents is very important in preventing stunting through detection and management. Anthropometric-based instruments that are easy to use are needed for the detection and management of stunting. Objective to analyze the variety of health promotion strategies to prevent stunting. The research design is a Systematic Literature Review of articles or journals published in 2018-2023, accessed on Google Scholar, PubMed and Scopus with the Prisma Flow technique. Research with different designs ranging from descriptive studies to quasi-experimental and participatory studies shows that an integrated and family-based approach can significantly improve knowledge, skills and awareness about stunting prevention. Programs involving education on exclusive breastfeeding, healthy food processing for toddlers, and maternal reproductive health have proven effective in reducing the prevalence of stunting. Health promotion strategies found in the literature review were mostly conceptual rather than operational and did not show when these strategies successfully reduced stunting.

Keywords: detection and management; family empowerment; stunting

### How to cite (in APA style)

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## INTRODUCTION

Stunting is a problem because it is associated with an increased risk of morbidity and mortality. Stunting cases in Indonesia are the sixth highest in the Southeast Asia region. The results of the 2022 Indonesian Nutritional Status Survey (SSGI) show a downward trend in stunting cases (2.8%), namely 2021 as much as 24.4% to 21.6% in 2022. This figure is still above the WHO standard cut-off point of 20%. The prevalence of stunting in Central Java province is 20.8%. Monitoring the growth of toddlers aged 6-23 months is the first issue of 11 (eleven) specific stunting interventions. The progress of stunting is divided into early onset (stunting at age 1-6 months but not stunted at 60 months), persistent early onset (stunting at age 1-6 months and persisting at 60 months), persistent late onset (stunting at age 7-24 months and persisting at 60 months), late onset (stunting at age 7-24 months and not stunted at 60 months), and non-stunting (never stunted). Early age stunting (0-2 years) has a 27 times greater chance of remaining short compared to normal children. Short children aged 4-6 years have a 14 times greater chance of growing short before puberty. Anomaly alertness is needed in the golden period, namely 0-24 months. (Novi Yulianti, Ulpawati, and Susanti 2022) .

Handling stunting determines policies in overcoming the problem of stunting. Stunting prevention has not been optimal due to obstacles in the field. The need for community empowerment by creating easy, fast and accurate anthropometric measuring instruments as

stunting detection. The role of parents through empowerment affects the growth and development of toddlers. Research states that empowerment increases the active role of the community as an effective step in reducing stunting cases through prevention and management. Development of easy and fast instruments for effective measurement in stunting detection programs. Previous research stated that stunting assessment using the Anthropometric Nutrition Circle-Suprihatin (LIGA-SPH) instrument is faster, more precise and more efficient than the PB-TB/U Graph group of the 2020 KIA book. (Suprihatin 2022).

Handling stunting is done through empowerment programs. Empowerment movements at the family level with independence in assessing the safe limits of children's height standards according to age. The role of parents is very important in preventing stunting through detection and management. Most stunting assessment instruments are limited to health workers. The phenomenon at the Japah Blora Health Center found that stunting detection was carried out by cadres during the integrated health post, then reported by village policy makers. In addition, the PPGM (Community-Based Reporting Recording) data managed by the Health Center takes a long time to provide data. The results of interviews with village midwives found that midwives tended not to be proactive in assessing stunting. Village midwives wait for the results of the PPGM data processing managed by nutrition officers which on average takes 2 months after the integrated health post, thus prolonging the convergence process for further interventions. This triggers a passive, waiting, and less proactive paradigm from health workers. Therefore, this literature review aims to evaluate the current stunting intervention strategies, identify factors that hinder effective stunting prevention, assess the role of community empowerment and parental involvement in early detection and management of stunting.

## **METHOD**

The research method used is Systematic Literature Review, with data sources in the form of journals, articles or research results in electronic databases published on the Google Scholar portal and Open Access Journal (PubMed). The inclusion criteria for the study include journal articles that are in accordance with the research topic, using Indonesian or English, published in the last 5 years (2018-2023), and can be accessed in full text. While articles or journals that cannot be accessed in full text will be executed from the study. Sampling was carried out by the first author, then reviewed by the two authors using the PRISMA diagram to select articles or journals that meet the research inclusion criteria. In addition, the selection process also considers the research questions set. If it does not answer one of the research questions, then the two authors agree to exclude the article.

## **RESULTS**

Family empowerment plays an important role in stunting prevention, as seen from various studies conducted. Research shows that family empowerment through education and health promotion has a direct effect on stunting prevention, although the direct effect is stronger than the indirect effect. In addition, nutrition education and rehabilitation through training and workshops have been shown to be effective in increasing community empowerment related to stunting prevention, as shown by the participation of volunteers in this program. In Ethiopia, women's empowerment had a significant impact on the nutritional status of children, indicating that the role of women in the family is very important in reducing the prevalence of stunting. Another study showed that increasing the knowledge of pregnant women and mothers with toddlers about nutrition has an impact on their attitudes and behaviors in choosing healthier foods, thus helping to prevent stunting. Family empowerment programs that focus on increasing knowledge about balanced nutrition, good parenting patterns, and clean and healthy living behaviors can also improve the ability of families to care for children with stunting.

Family empowerment through group discussions and education on the importance of exclusive breastfeeding and processing of MP-ASI from local resources also contributed to reducing the

prevalence of stunting in several areas. Another study showed that comprehensive education on infant and young child feeding practices to families increased parental understanding, which is very important for preventing stunting. Counseling and socialization programs through practical activities such as cooking classes and providing additional food also improved community skills in preparing healthy food for children, which ultimately helped reduce the number of stunting cases. At the community level, integrated health promotion that includes increasing awareness of the importance of exclusive breastfeeding, nutritious diets, and early stimulation has proven effective in increasing community knowledge regarding stunting prevention. Overall, family empowerment through education and active participation in efforts to prevent malnutrition is one of the main strategies in reducing the prevalence of stunting in various areas.

Table 1.  
Characteristics of literature findings articles (n= 10)

Title and Researcher	Research Design	Sample	Result
“Family Empowerment Model in Stunting Prevention Based on Family Centered Nursing “Luluk Fauziah Januarti,Alvin Abdillah,Agus Priyanto.(Januarti, Abdillah, and Priyanto 2020)	Study Descriptive cross sectional	Family with toddlers aged (1-5 years) in 18 subdistricts in Bangkalan Regency with cluster sampling	Family empowerment affects the family's stunting precautions. The results of this study showed that the indirect influence in the family empowerment on the prevention of stunting is not stronger than the direct influence.
“Effectivness of Health Education and Nutrition Rehabilitation Toward Community Empowerment for Children Aged Less than 5 Years with Stunting” Eli Amaliyah, Mulyati.(Amaliyah and Mulyati 2020)	Quasy Experimental Design with the reversed-treatment non-equivalent control group design with pre-test and post-test	200 people cadre and other volunteers were age over 18 years old	Education and nutrition rehabilitation through workshop and training in two sessions for two weeks was effective to increase community empowerment for stunting reduction.
“Women’s Empowerment and child growth faltering in Ethiopia : Evidence from the Demographic and Helath Survey” Alemayehu Gonie Mekonnen, Daniel Bogale Odo, Dabere Nigatu, Adem Sav, and Kiya Kedir Abagero.(Mekonnen et al. 2021)	Cluster Sampling technique	Collect representative samples from Ethiopia’s nine geographical regions and two administrative cities (urban and rural areas) with target population for the survey included ; children aged 0-5 years, women aged 15-49 years, men aged 15-59 years	The results of this study indicate that women's empowerment has a significant impact on children's nutritional status in Ethiopia, particularly related to stunting and underweight.
“The Effect Of Family-Based Nutrition Education On The Intention Of Changes In Knowledge Attitude, Behavior Of Pregnant Women And Mothers With Toddlers In Preventing Stunting In Puskesmas Batakte, Kupang Regency, East Nusa Tenggara, Indonesia Working Area” Agustina Setia, Indhira	Quantitative research design used Quasy experimental pre-post test.	Pregnant women and mothers with toddlers.	The level of a person's nutritional knowledge affects their attitude and behavior in choosing food, which determines whether a person can easily understand the benefits of the nutritional content of the food consumed.

Title and Researcher	Research Design	Sample	Result
Shagti, Regina Maria Boroa, Agung Mirah Adi, Asmulyati Saleh, Putu Amryta Sanjiwany.(Setia et al. 2020)	Edukasi dengan promosi kesehatan	Kegiatan dilakukan selama 3 minggu dengan melibatkan 35 keluarga yang memiliki anak dengan kondisi stunting	Dengan adanya pemberdayaan yang berpusat pada keluarga dapat meningkatkan kapasitas pengetahuan serta kemampuan keluarga dalam merawat anak dengan kondisi stunting. Keluarga mampu melakukan pencegahan serta penanganan stunting. Mampu mempersiapkan MP-ASI dengan gizi seimbang, memberikan pola asuh yang baik, serta dapat menerapkan perilaku hidup bersih dan sehat (PHBS).
“Pemberdayaan Keluarga Dalam Meningkatkan Kemampuan Meraawat Anak Stunting Di Desa Bukek Pamekasan” Ade Susanty <sup>1</sup> , Ira Purnamasari <sup>1</sup> , Firman Firman <sup>2</sup> , Dede Nasrullah.(Susanty et al. 2024)	Participatory action yang di dukung dengan presentasi dan Forum Group Discussion (FGD)	101 balita	Meningkatnya pemahaman masyarakat terhadap penyebab stunting, dampak stunting, tahapan pertumbuhan dan perkembangan anak serta langkah yang harus dilakukan orang tua dan keluarga dalam mendukung optimalisasi tumbuh kembang anak, serta pentingnya ASI eksklusif serta meningkatnya keterampilan kemandirian masyarakat dalam mengolah ASI perah serta dalam pembuatan MP-ASI sujaka dari sumberdaya yang tersedia di sekitar lingkungan tempat tinggal
“Pemberdayaan Keluarga Untuk Mendukung Optimalisasi Tumbuh Kembang Anak Bebas Stunting” Dinni Randayani Lubis <sup>1</sup> , Royani Chairiyah <sup>2</sup> , Mella Yuria R.A3).(Randayani Lubis, Chairiyah, and Yuria 2024)	Berbasis pendidikan berupa pemberian informasi terkait peran keluarga dalam mencegah stunting	45 orang yang terdiri dari ibu hamil, ibu menyusui, ibu yang mempunyai bayi dan balita serta kader kesehatan.	Pemberian edukasi tentang stunting merupakan salah satu upaya yang efektif untuk meningkatkan pengetahuan peserta tentang stunting. Keluarga yang memiliki pengetahuan yang baik tentang stunting dapat meningkatkan kesadaran tentang pentingnya pencegahan stunting, sehingga dapat mengurangi prevalensi stunting di Indonesia.
“Menyelamatkan Anak Dari Stunting Dengan Pemberdayaan Keluarga Komprehensif” Listia Dwi Febriati, Muflih, Tri Mei Khasana, Rahayu Widaryanti, Vivien Lin, Carolina Alya.(Febriati et al. 2024) <sup>1</sup>	Edukasi pencegahan stunting	29 ibu yang memiliki balita dengan status gizi underweight dan wasting	Terdapat peningkatan pengetahuan mengenai pemberdayaan keluarga secara komprehensif untuk mencegah stunting sebanyak 22,75point. Perlu memberikan pengetahuan kepada orang tua mengenai peran keluarga secara komprehensif khususnya mengenai praktik pemberian makan bayi dan anak agar dapat mencegah terjadinya stunting
“Penanggulangan Stunting Melalui Pemberdayaan Masyarakat Dalam Hal Gizi, Perilaku Sehat Dan	Penyuluhan dan sosialisasi gizi dan perilaku sehat melalui kegiatan	91 anak dengan stunting	Melalui kegiatan ini memberikan keterampilan kepada masyarakat Desa Sumbersuko mengenai budidaya dan pengolahan jamur

Title and Researcher	Research Design	Sample	Result
Kemandirian Di Desa Sumbersuko Kabupaten Probolinggo” Siska Arifah Fauziah , Sumainah Fauziah(Fauziah and Fauziah 2023)	cooking class dan pemberian makanan tambahn (PMT)		sebagai bahan pemenuhan gizi anak dan dapat digunakan sebagai ide bisnis yang membantu perekonomian. Hasil dari kegiatan ini menunjukkan adanya perubahan pada kasus stunting di Desa Sumbersuko. Dimana sebelumnya terdapat 91 kasus stunting menurun menjadi 66 kasus stunting yang terbagi menjadi tiga dusun, yaitu dusun kraja, dusun sekolahan, dusun kalianyar.
“Community Empowerment to prevent stunting through integrated health promotion in cilayung village, jatinangor sub-district” Mamat Lukman , Ahmad Yamin , Raini Diah Susanti.(Kurniadi, Muhamad Hasbi 2023)	Observing and interviewing	Seluruh ibu yang memiliki bayi di bawah 5 tahun	Sebagian besar peningkatan pengetahuan dan kesadaran masyarakat terkait dengan pentingnya ASI eksklusif untuk bayi dalam mencegah stunting pemrosesan makanan untuk balita usia 2-5 tahun dalam mencegah stunting, kesehatan reproduksi ibu dan pola makanan bergizi pada anak dalam mencegah stunting, stimulasi dini pada anak dalam pencegahan stunting.

## DISCUSSION

Stunted is a condition experienced by toddlers when they have a length or height that is less than their age. This condition is measured by a length or height that is more than minus two standard deviations of the median of the WHO child growth standards.<sup>26</sup> Teja in his research stated Stunting as a chronic malnutrition problem caused by insufficient nutritional intake for a long time due to the provision of food that does not meet nutritional needs.<sup>27</sup> Stunting (short) is malnutrition characterized by height according to age measured by standard deviation with WHO reference. (Mulyati, S., Triwinarto, A., Budiman 2018)

Stunting describes chronic nutritional problems, influenced by the condition of the mother/prospective mother, the fetal period and the infant/toddler period, including diseases suffered during the toddler period.<sup>29</sup> The fetus in the womb will grow and develop through weight gain and body length, brain development and other organs.<sup>28</sup> Malnutrition that occurs in the womb and early life causes the fetus to make adjustment reactions.<sup>30</sup> In parallel, these adjustments include slowing growth with a reduction in the number and development of body cells including brain cells and other organs. The results of the adjustment reaction due to malnutrition are expressed in adulthood in the form of a short body. (Kemenkes RI 2023)

Health promotion strategy is a way to achieve or realize the vision and mission of health promotion effectively and efficiently, in the form of advocacy, atmosphere building, empowerment movements and partnerships. The ultimate goal of health promotion is community empowerment so that the community is willing and able to implement clean and healthy living behaviors.

From the literature findings, empowerment is grouped into community empowerment, family empowerment, cadres and pregnant women. Before empowerment is carried out, advocacy is needed to related parties who have the power to support the program to be implemented. Overall research shows that family and community empowerment plays a crucial role in stunting prevention. Research with different designs ranging from descriptive studies to quasi-

experimental and participatory studies shows that an integrated and family-based approach can significantly improve knowledge, skills and awareness about stunting prevention. Programs involving education on exclusive breastfeeding, healthy food processing for toddlers, and maternal reproductive health have proven effective in reducing the prevalence of stunting. For example, family empowerment in Bukek Village and educational efforts at the Batakte Health Center have shown an increase in family capacity in caring for children and understanding the importance of nutrition. In addition, programs involving communities, such as in Summersuko and Cilayung Villages, have shown that active community involvement and practical training in food processing and health promotion can significantly reduce stunting rates. The results of these various studies show that a holistic approach involving family and community empowerment is an effective strategy to address the problem of stunting in Indonesia.

## CONCLUSION

Health promotion strategies found in the literature review were mostly conceptual rather than operational and did not show when these strategies successfully reduced stunting.

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