



**EVALUATION OF QUALITY FAMILY VILLAGE BEST PRACTICE PROGRAM IN STUNTING CONTROL EFFORTS IN BENGKULU PROVINCE**

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**ABSTRACT**

The West Ring Quality Family Village has families at risk of stunting, so efforts are needed to reduce this condition so that it does not lead to stunting. This study aims to determine the evaluation of the best practice Kampung KB program in efforts to control stunting. This research uses a qualitative method with thematic analysis. This research was conducted in October 2024 with informants consisting of cadres, stakeholders and PLKB. Data collection techniques are carried out through observation, in-depth interviews and documentation. Researchers conducted observations by going to the field to directly observe the implementation of activities and in-depth interviews are conducted using an interview guide containing several questions that form the basis for extracting information from informants. In addition, researchers conducted documentation to collect supporting data such as archives and pictures related to the activities. The collected data was then analyzed through the reduction stage to select relevant information, display to compile data in a systematic form and finally draw conclusions to identify successes and obstacles in the program. Overall, the program has succeeded in increasing understanding, commitment, role and real impact in stunting control, the combination of education, mentoring and cross-sector collaboration provides good results, creating sustainable positive changes in the community. The Best Practice Program in Quality Family Village shows positive results due to the involvement of all parties including cadres, stakeholders, PLKB and the community in preventing stunting and increasing community knowledge related to nutritious food. However, this activity still cannot be said to be effective because there are several obstacles such as toddlers who do not want to eat or only finish a small portion of the portion provided, economic differences between families and budget limitations. This study contributes to science by identifying and looking at the success of best practices in controlling stunting.

Keywords: best practice; quality family; stunting

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**INTRODUCTION**

Quality Family Village is a village-level area where there is an alignment of empowerment and strengthening of family institutions in all its dimensions in order to improve the quality of family and community human resources (BKKBN, 2022). Government program to increase the potential of the community in achieving development and welfare, and controlling population growth (Firdaus, 2021). Bengkulu Province, especially Bengkulu City, is one of the areas selected to implement the Best Practice. In Bengkulu city, there are 67 quality family villages, in this application only one family planning village was selected, namely the west ring quality family village where this village has made program efforts but there are still families at risk of stunting. Therefore, the Quality Family Village is expected to be a potential in empowering communities and families in an effort to reduce stunting (Sari, Nurmala, 2024).

Stunting is a problem of unmet nutritional needs over a long period of time and disrupts child growth so that children experience stunted growth compared to other children (WHO et al.,

2023). In order to reduce stunting rates, the community needs to understand the factors that cause stunting, besides that the level of maternal knowledge needs to be increased regarding how to prevent stunting (Fitria et al., 2024). The causes of stunting are very diverse, namely complementary feeding, duration of exclusive breastfeeding, feeding with food diversity, and feeding methods found to be associated with stunting (Asefa et al., 2024). Factors that influence stunting are micronutrients and macronutrients, feeding patterns, parenting roles, socioeconomic factors, infectious diseases, psychosocial factors such as emotions and temperament of children, maternal depression (Pratiwi Yunus et al., 2021). Stunting can affect the level of intelligence of children in later life which tends to be lower than normal children of the same age (Aurora et al., 2021). The incidence of stunting in toddlers is caused by maternal parenting and the level of nutritional adequacy of toddlers who are less (Angraini et al., 2023). Good nutritional intake, especially at 1000 HPK, prevents stunting. Mothers who have good knowledge about stunting are more likely to be able to prevent this condition through improved diet (Qurata et al., 2024).

Globally, in 2020 there were 149.2 million children under the age of 5 who were stunted. In 2000, around 33.1% of the world's population or equivalent to 199.5 million children were stunted. In the 20-year period from 2000-2020 there was a decrease of 11.1%. Globally, the average decrease in the number of stunted children is 0.55% every year (Vaivada et al., 2020). The Ministry of Health reported the results of the Indonesian Nutrition Status Survey (SSGI) at the BKKBN National Working Meeting, where the prevalence of stunting in Indonesia decreased from 24.4% in 2021 to 21.6% in 2022 (BKKBN, 2023). The prevalence of stunting in 2023 in Bengkulu Province is highest in Rejang Lebong Regency at 28.6% and the lowest in Bengkulu City at 6.7%, there are four districts/cities that have decreased (North Bengkulu, Lebong, Kepahiang and Bengkulu City), as well as six districts that have increased, namely South Bengkulu Regency, Rejang Lebong, Kaur, Seluma, Mukomuko and Central Bengkulu (Laporan SKI, 2023).

The problem of stunting is a serious challenge that threatens the quality of life, productivity, and competitiveness in human resource development. This occurs due to disruption of brain growth and long-term metabolic development of the body. In addition, stunting can affect children's learning abilities, potentially cause mental retardation, and increase the risk of chronic diseases later in life. In this context, Quality Family Villages are expected to be at the forefront of overcoming this stunting problem (Aditiya & Helmarida, 2024). Quality family village best practice activities are carried out for three months and every two weeks. by involving stakeholders, cadres and PLKB. Activities carried out every week are monitoring children's growth and development, hand washing habits, active play, active feeding, education, and providing nutritional provisions (BKKBN, 2023). Monitoring and Growth has a strong link with stunting in toddlers. Children who do not follow advanced growth monitoring have a higher likelihood of stunting compared to children who follow advanced growth monitoring (Benti Muse et al., 2019).

Based on information in the field in the implementation of this best practice, there are various obstacles, such as there are toddlers who do not want to eat or only consume a small portion of the portion provided, one of the reasons is because the child has eaten at home before receiving additional food and often the mother is the one who actually eats the food, the economic difference of each family is also an obstacle in providing nutritious food, budget limitations where there is no budget from the village, and the budget obtained is proposed such as BAZNAS and from the Health Office. However, overall activities in stunting control

in this area show positive results. The commitment of all parties, including support from the government and health workers, has played a significant role in the success of this program.

Previous research in 2023 conducted by Aninda Nidhomil Hima on the Effectiveness of the Quality Family Village Program (Quality Family Village) in Overcoming the Incidence of Stunting (Case Study in Talun District, Blitar Regency) with the results of the study concluded that, 1) The existence of a quality family village in Jabung Village, Talun District, Blitar Regency has succeeded in reducing the prevalence of stunted children. 2) The supporting factors are in the form of support from the government, the implementation of KIE, support from community leaders, facilities and infrastructure. The inhibiting factor is the lack of community participation in quality family village activities. 3) The community shows their awareness of the importance of posyandu and a high level of participation, especially related to the problem of stunting (Aninda et al., 2023).

The research entitled "Implementation of the Quality Family Village Program in Pangkajene Regency and the Islands" by Hasriani Hasanuddin University of Makassar/2021" (Hasriani et al., 2021) shows the results of the research that the availability of the budget is an obstacle for some family planning villages, especially those that lack qualified human resources. The low creativity and innovation of extension workers causes activities to become monotonous, so that people are reluctant to participate. As a result, family planning village activities are less attractive and the results of program evaluation are not optimal. A different study was put forward by (Alfano, E., Hasyim, H., Syakurah, 2023) that the management of KB Villages in the context of stunting prevention in Pangkalpinang City has been running well, but still experiencing several obstacles such as the Dahsat program has not run as expected and is only limited to disseminating information about menus for families at risk of stunting, the absence of funds from the APBD, which hinders the activities of KB Villages.

Based on the results of the implementation of the activity, the researcher wants to see how the evaluation of the KB Village in Bengkulu Province where there is one pilot village, by using an approach to changing the behavior of the target group, the KB Village Program, government support related to the budget and participation in activities and the impact of the implementation of the program implemented. The aim of this research is to evaluate the Quality Family Village Best Practice Program in Controlling Stunting and provide recommendations for improving the program in the future.

## **METHOD**

This study uses a type of qualitative research with thematic analysis. The research has been carried out in the Quality Family Village in the western ring of Bengkulu City in October 2024. The informants in this study are Cadres, Stakeholders and PLKB. The data collection techniques carried out in this study include; Observation by going to the field to directly observe the implementation of activities, as well as in-depth interviews were conducted using an interview guide that contained several questions, which became the basis for digging up information from informants. In addition, the researcher conducts documentation to collect supporting data such as archives and images related to the activities and Best Practice Program of the Quality Family Village. To ensure the correctness of the information, source triangulation is carried out. The collected data is analyzed by the stages of reduction, display and conclusion.

## RESULT

In this section, Knowledge, Skills and Abilities, Program Implementation, Impact of Program Implementation and Cadre Obstacles after participating in Best Practice activities will be discussed.

### **Cadre Knowledge about Stunting: "Stunting is a failure to grow physically and develop".**

From several perceptions related to stunting knowledge, cadres have a good understanding of stunting as well as the causes and ways to prevent stunting. As the following excerpt from the interview results "... *Stunting is a failure to grow and develop, in the form of physical which will have an impact on the development of the brain, the cause is malnutrition, there are genetic, economic and PHBS factors, follow the briefing from the health center, yes, the posyandu every month and the most important thing is to take care of the child's food, give healthy and nutritious food, it is one way to prevent the risk of stunting*"

### **Skills and Abilities of Stunting Program Implementation Cadres.**

Based on the results of data analysis, cadres received training from BKKBN in the form of stunting education and the division of tasks to implement best practice activities such as weighing and measuring child growth. Seen in the following interview excerpt "... *For this program, all Posyandu cadres get along well and are called to the Provincial BKKBN, then given knowledge or insight into what activities will be carried out, then what the material is, what the duties are, all are told at that time, for example, to weigh, measure weight, education to prevent stunting so that at the time of implementation everyone already understands what their duties are.*"

### **Program Implementation: "Routine activities with 30 participants from families who are indicated to be stunted as well as children with normal development".**

Based on the results of the interviews, the cadre said that the implementation of the program was carried out routinely for 3 months with 6 meetings. In this activity, all cadres participated from the beginning to the end, Infroman stated that "... *Routine activities for 3 months with 6 meetings with a total of 30 participants, we choose from families who are indicated to be stunted. But there are also healthy ones, which is normal which means that the growth and development is indeed good, every activity we participate in from the beginning of the activity to the end, the activities we do are hand washing with soap, monitoring children's weight, education, Toddler Family Development (BKB), active feeding and children's educational games, we also get a positive response from the community regarding best practice activities.*"

### **Impact of Program Implementation: "Better provision of food and childcare".**

Several conditions illustrate that this activity has a positive impact on the community where with this activity mothers understand the importance of nutritious food, healthy hygiene patterns as well as environmental cleanliness for children. This is known from the nutrition menu consumption report card and the form for each activity. According to an informant "... *Yes, from the form of growth and development, because every month to the posyandu is weighed, who usually has never been given vegetables, slowly given vegetables, who do not eat fruit, so eat fruit, then not just eat. This means that their lifestyle is also regular. Motivated, latrines, hygiene problems at home, then the problem of dressing, how to dress, then how to communicate between families because there is a role for fathers. So that's how the mother involves the father in the development of his toddler, how the father is directly involved with the development and growth of his toddler, including they are motivated like*

*that, For the reduction of stunting, there is, but the condition of the toddler goes up and down due to illness, every month there are people who are sick, but after that the developmental condition is active again."*

**Obstacles to program implementation: "there are toddlers who do not want to eat or only consume a small portion of the portion provided".**

From the existing perception, cadres found obstacles in Best Practice activities such as aak who did not eat food during the activity because they had eaten from home and often mothers actually finished the food, As quoted from the following interview results "*... If the obstacle is that the child is difficult to feed, he does not want to eat and only eats a little, some are half of the portion because the child has eaten at home and the one who eats during the activity is the mother."*

In response to other obstacles, the cadres revealed that each family has different economic conditions that have an impact on the family's ability to provide nutritious and varied food for their children. According to one respondent "*... It can be side dishes and vegetables, sometimes vegetables but the fruit is not there, from an economic point of view. Because for mothers with toddlers and children, the nutrition is considered, the child is taken to each posyandu, to find out whether his weight is increasing or decreasing."*

In this section, we will discuss the Understanding, Commitment, Role and Impact felt by Stakeholders and PLKB after participating in Best Practice activities.

**Stakeholder and PLKB Understanding of Stunting: "Short is not necessarily stunting".**

The results of the study indicate that some informants including Stakeholders and PLKB have a lack of understanding of stunting, this can be seen from some answers that state a wrong understanding of stunting. Here are the expressions of the informant "*... Stunting is an imbalance in the condition of the baby due to chronic malnutrition. So stunting is short, but short is not necessarily stunting. indicators ensure stunting is seen from body length and weight for the cause due to malnutrition."*

**Commitment of Stakeholders and PLKB: "Acceleration steps to maximize all potential".**

Based on the analysis of the interview, the informant said that although there was no budget from the village, they took the initiative to provide assistance to BAZNAS as well as the Health Office, it was a form of their commitment to overcome the risk of stunting, as seen in the following quote "*... We are taking steps to accelerate by maximizing all potentials, including collaborating with various parties to overcome the risk of stunting. I always convey in RT/RW meetings, don't be ashamed to report if there are children with nutritional problems, so that they can be dealt with immediately, reminding the government also wants the reduction and also the cadres who are the main in posyandu activities in the implementation of stunting reduction, the budget from the village is not there, the budget is from the health office and the proposal fund to Baznas."*

**The Role of Stakeholders and PLKB: "the involvement of all parties cares and plays an active role in encouraging Quality Family Village Best Practice activities".**

The results of the interview revealed that all parties were involved in best practice activities, both Stakeholders, PLKB, Government and Cadres, which made this activity run as expected. as in the following quote "*... The involvement of all parties cares and plays an active role in encouraging best practice activities in the family village or then directly involved in reducing stunting, Coordination with the Health Center we also partner with Baznas, related to food*

*for toddlers such as the availability of soy milk, Family Planning Cadres play an important role in reaching families who cannot attend the Posyandu to ensure that interventions are still carried out."*

### **Impact of Best Practice activities: "Impact on behavior change"**

Some conditions illustrate that activities have an impact on the behavior of the mother, for example, when feeding the child, if the child does not want to be in a state, for example, glued to the dinner table, the mother invites him to walk to show how to behave towards the child *"... The impact of behavior changes, for example, when feeding a child, if the child does not want to be in a state such as being formally glued to the dinner table, the mother takes him for a walk, the mother understands the menu that is the same age as her child, at the end of yesterday's activity there was a reward for successfully increasing the weight of the child in these 3 months, it is a form of appreciation for the mother because she has succeeded in achieving the desired target, The participants enthusiastically supported and were active in this activity"*. Overall, this program has succeeded in increasing understanding, commitment, role and real impact in stunting control, the combination of education, mentoring and cross-sector collaboration has given good results, creating sustainable positive change in society.

## **DISCUSSION**

In this section, Knowledge, Skills and Abilities, Program Implementation, Impact of Program Implementation and Cadre Obstacles after participating in Best Practice activities will be discussed.

### **Cadre Knowledge about Stunting: "Stunting is a failure to grow physically and develop".**

Cadres show a good understanding of stunting, which has an impact on children's brain development with several factors, both from nutrition, genetic factors, economics and clean and healthy living behavior (PHBS), with this knowledge, they are able to identify growth problems early and implement appropriate interventions. This research is in accordance with research conducted by Pratiwi in 2021 stating that stunting is a growth problem caused by lack of nutrition, genetic factors, hygiene behavior, and parenting (Pratiwi Yunus et al., 2021).

### **Skills and Abilities of Stunting Program Implementation Cadres.**

cadres received training from BKKBN in the form of stunting education and the division of tasks to implement best practice activities such as weighing and measuring child growth, Cadres participated in participatory training that made cadres understand the concept of implementation well according to what they expected, the experience of posyandu activities also contributed to their ability to adapt and carry out tasks well such as weighing and measuring children's bodies. This research is in line with the results of a study conducted by Irma Afifa & Novianti in 2024 showing that the empowerment of posyandu cadres not only focuses on increasing knowledge, but also encourages them to be more skilled in detecting stunting from an early age, This includes measuring the height or length of toddlers, providing special nutritional interventions to prevent stunting, and carrying out early treatment for toddlers who experience stunting (Irma Afifa & Novianti, 2024)

### **Program Implementation: "Routine activities with 30 participants from families who are indicated to be stunted as well as children with normal development".**

In this activity, all cadres participate from the beginning to the end. Cadre involvement that is personal with direct interaction with participants allows cadres to build closer relationships with the community, making it easier for them to convey relevant information and education. The positive response from the community to this activity shows that they play an active role

in every best practice activity in an effort to prevent stunting. The success of this program lies not only in the implementation of activities, but also in the ability of cadres to establish effective communication and build trust with the community. In line with Helmyati's 2024 research which states that community participation in the Kampung KB program reflects the active involvement of the community in various activities held in Kampung KB. These activities include monitoring children's growth and development, washing hands, playing actively, breastfeeding, education, and providing nutritional provisions. Community involvement starts from the planning of activities, followed by implementation, enjoying the results, and evaluating the activities that have been carried out. (Helmyati, 2024)

**Impact of Program Implementation: "Better provision of food and childcare".**

Cadres know about changes in participants' behavior through monitoring carried out at the posyandu such as weighing and filling out a report form for the consumption of nutritional menus for toddlers, where participants understand nutritious food for toddlers. In addition, parenting from the family also affects the growth and development of toddlers because during the educational activities provided are not only nutritious food but also how to make children's cognitive development through the role of fathers. From research conducted by Hasriani in 2021, it was stated that there were mothers who reported increased knowledge and changes in the habit of giving nutritious food to their children and good parenting (Hasriani et al., 2021). In line with research conducted by Gabriella Haria in 2023 which explains that the family has an important role in creating a healthy eating environment at home. They need to provide a nutritious and balanced diet, with a variety of different food groups, such as vegetables, fruits, proteins, carbohydrates, and healthy fats. The family plays a very important role in handling stunting in children to ensure that children get adequate nutrition and appropriate stimulation for their growth and development (Gabriella Haria et al., 2023).

**Obstacles to program implementation: "there are toddlers who do not want to eat or only consume a small portion of the portion provided".**

The cadres' view of these obstacles is based on direct observation of the socio-economic conditions of the community and the diet in their environment. Cadres think that the interaction between eating habits at home and activities at the posyandu has a great influence on children's nutritional intake. Cadres understand that not all families are able to provide enough side dishes, vegetables, and fruits, so this contributes to low nutritional intake of children. By understanding these barriers, cadres hope to design more effective strategies to address nutrition problems and increase community participation in stunting programs. In line with research conducted by Hasriani in 2021, it shows that economic limitations are one of the main obstacles in the implementation of stunting prevention programs in KB Village. Many families have difficulty accessing nutritious food due to low incomes, so they are unable to meet the nutritional needs of their children. The direct impact of this situation is the declining nutritional status of children, which has the potential to cause stunting. In addition, economic limitations also affect parents' participation in stunting prevention programs, as they are often too busy working to meet their daily needs and do not have time to participate in counseling activities (Hasriani et al., 2021). In this section, we will discuss the Understanding, Commitment, Role and Impact felt by Stakeholders and PLKB after participating in Best Practice activities.

**Stakeholder and PLKB Understanding of Stunting: "Short is not necessarily stunting".**

Understanding stunting is still lacking because it often only focuses on nutritional factors, while social, economic, and psychological factors also play an important role. In addition, stunting is often considered an indicator of a child's health that does not fully reflect the

overall condition, so better interventions are needed to increase awareness and knowledge about stunting. Different research conducted by (Marta, A., Purba, C. G., Putri, M. C., Saulina et al., 2022) Stunting prevention is not only about improving nutrition, but also about the environment, parenting and developing a healthy lifestyle from an early age. An unhealthy environment can interfere with children's nutrition and health.

**Commitment of Stakeholders and PLKB: "Acceleration steps to maximize all potential".**

The acceleration of stunting reduction must involve cross-sector cooperation therefore all potentials must be carried out optimally, even though there are no budget limitations from the village, the commitment to seek alternative assistance from the health office and BAZNAS shows perseverance to find solutions, this reflects that stakeholders do not only depend on the existing budget, but also strive to optimize available resources for the benefit of children who are at risk of stunting. In line with research conducted by Humaira in 2024 Collaboration with relevant partners to ensure that program targets receive the assistance they need (Humaira et al., 2024).

**The Role of Stakeholders and PLKB: "the involvement of all parties cares and plays an active role in encouraging Quality Family Village Best Practice activities".**

all parties are involved in best practice activities, including stakeholders, PLKB, government and cadres, which makes this activity run as expected. This research is in line with research conducted by Azizah & Wardhani in 2020 that the active role of health cadres in helping the community to prevent stunting in children and collaborating with health centers and related agencies to carry out reporting, contributing to the realization of improving the degree of public health. stunted children or at risk of stunting, as well as children at risk of irregularities or growth and development disorders can immediately get treatment quickly and appropriately (Azizah & Wardhani, 2020).

**Impact of Best Practice activities: "Impact on behavior change"**

activities have an impact on the mother's behavior, for example when feeding the child, if the child does not want to be in a formal situation, for example, being fixed at the dining table, the mother takes him for a walk to show how to behave towards the child. The impact of this activity reflects the success in changing parental behavior and raising awareness of the importance of nutrition for children. As a form of appreciation, at the end of the activity, the participants were rewarded for their success in increasing their children's weight. As in Norsanti's 2021 research entitled The Effectiveness of the Stunting Reduction Acceleration Program in Batumandi District, Balangan Regency (Case Study in Mampari Village and Banua Hanyar Village). Journal of Public Administration and Development, this is with his research that the results of the program as the level of realization of the goals that show the extent of the achievement of the program goals that have been set previously, the government's efforts to overcome the stunting problem are carried out by efforts to improve community nutrition, one of which is through the Feeding program to improve the nutritional status of children (Norsanti, 2021).

**CONCLUSION**

The Best Practice Program in Quality Family Villages in its implementation has shown positive results due to the involvement of Cadres, Stakeholders, PLKB and the community in preventing stunting, from the knowledge, skills, and abilities of cadres in implementing appropriate interventions through training and observation in the field. The implementation of the program, which includes routine activities and nutrition education, has succeeded in



increasing public awareness about the importance of nutrition for children. from the understanding, commitment and role of stakeholders and PLKB in best practice activities show that sector collaboration is very important in tackling the problem of stunting, with joint efforts to provide the necessary environment and resources.

However, this activity still cannot be said to be effective because there are several obstacles. First, there are toddlers who do not want to eat or only consume a small portion of the portion provided, one of the reasons is because the child has eaten at home before receiving additional food and often the mother actually finishes the food, from these obstacles efforts can be made for cadres and the implementation of the program to take an intense approach with the family, namely communication with parents before the activity, to ensure that the child is not fed first before the activity. In addition, creating a fun atmosphere during activities such as games that involve children can increase their interest in eating. Second, the economic differences of each family are also an obstacle in providing nutritious food, from this to an inclusive approach to providing training or workshops for families on how to utilize local resources to create nutritious food at an affordable cost. third, budget limitations where there is no budget from the village, and the budget obtained is proposed such as BAZNAS and from the Health Office, in this case innovation is needed in budget management and finding alternative sources of funds to maintain the smooth running of the program, especially in overcoming budget limitations from the local government. Evaluation of the use of funds and increasing accountability in financial management are also aspects that should not be ignored. However, overall activities in stunting control in this area show positive results. The commitment of all parties, including support from the government and health workers, has played a significant role in the success of this program. The study contributes to science by identifying and looking at the success of best practices in controlling stunting.

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