

## GOVERNMENT'S STRATEGIES IN THE DEVELOPMENT OF THE CONSCIENCE OF SOCIETY BASED ON STUNTING REVOLUTION PROGRAM IN LAMPUNG PROVINCE

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### ***Abstract***

*The aim of this research is its significance in providing scientific and practical contributions to the government's strategy in developing public awareness for handling stunting in Lampung Province. This research method is a literature review which uses qualitative data and is described descriptively. The data sources for this research were obtained from references such as journals, books and other written sources, especially strategic data from the Ministry of Health for Lampung province for 2019-2024. Research results: The Lampung Provincial Government adopted various strategies to develop public awareness regarding stunting. This strategy includes an educational campaign involving relevant parties, such as health workers and teachers, to convey accurate information about the importance of nutrition and healthy feeding practices. Training and counseling are also carried out regularly to provide the public with a deeper understanding of stunting and how to prevent it. The use of effective communication media, such as social media, posters, brochures and educational videos, is an important means of conveying messages related to stunting to the public. Apart from that, active community participation in program planning and implementation is also emphasized, so as to create good cooperation between the government and the community in overcoming stunting in Lampung Province.*

***Keywords: Government Strategy, Development of Community Awareness, Stunting Prevention***

## **INTRODUCTION**

Stunting is a serious problem that affects the growth and development of children under the age of five. In order to understand the prevalence of stunting in the Lampung Province, data on the number of children who suffer from stunting must be collected both nationally and regionally. This data includes the percentage of children who experience stunting, the contributing risk factors, and the associated long-term impact. Previous research has shown that the prevalence of stunting in Lampung Province is still quite high, with the percentage of children experiencing stunting exceeding the national figure.

Contributing risk factors include poor nutrition, low socio-economic status, lack of access to health care, and inadequate feeding practices. The long-term impact of stunting is very significant, including intelligence problems and impaired cognitive development, reduced body endurance, and difficulties in reaching their full potential in the future.

Indicators used as a measure of the success of a nation in building SDM are the Human Development Index (IPM) or Human Development Indexes (HDI). Based on these IPMs, the development of SDM Indonesia has not shown a proud result, according to the 2010 UNDP report, IPM Indonesia is ranked 108th out of 169 countries<sup>1</sup>, And after 10 years of UNDP 2020 report, IPM Indonesia is still ranked 107th out of 189 countries<sup>2</sup>, Then the report obtained by researchers from UNDP 2022 Indonesia again suffered a decline by meeting 114th place out of 191 countries<sup>3</sup>, Indonesia's low IPM is one of the factors that affects the poor nutritional status, public health and lack of understanding of the dangers of stunting.

Stunting will occur in young children of the first 1,000 days of life (HPK) who have a growth failure resulting in chronic nutrition.<sup>4</sup> This leads to the emergence of various growth and developmental abnormalities of children because they are more susceptible or at risk of disease. It's not uncommon for children who have stunts to have problems in brain and body development. Children who belong to stunts can be seen at length or height lower than the national standards that can be found in the Mother and Child Health Book (KIA). Children who suffer from stunting are generally more susceptible to all kinds of diseases and have a higher risk of developing degenerative diseases (change in body cells that ultimately affect the functioning of entire organs) as adults. Growth delays not only affect the condition of the child, but can also affect the future of children, especially young children, because growth delays have long-term effects such as: For example, child reproduction is impaired due to decline in cognitive abilities, physical development, and poor health.<sup>5</sup>

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<sup>1</sup> Human Development Report 2010, "20th Anniversary Edition, The Real Wealth Of Nation: Pathways to Human Development, United Nations Development Programme" (New York, 2010).

<sup>2</sup> Human Development Report 2020, "The Next Frontier Human Development and the Anthropocene, United Nations Development Programme" (New York, 2020).

<sup>3</sup> Human Development Report 2021/2022 overview, "Uncertain Times, Unsettled Lives: Shaping Our Future In a Transforming World" (New York, 2022).

<sup>4</sup> Kementerian PPN/ Bappenas, "Pedoman Pelaksanaan Intervensi Penurunan Stunting Terintegrasi Di Kabupaten/Kota," 2018

<sup>5</sup> Shafira Azahra, Hana Hana, and Ninuk Arifiyani, "Strategi Komunikasi Pemerintah Dalam Upaya Pencegahan Stunting," *JRP : Jurnal Relasi Publik* 1, no. 1 (2023): 5.hal.3

Furthermore, in the Presidential Decree No. 72 of 2021 on the Acceleration of the Decrease in Stunting, it is explained that stunting is a disorder of child growth and development caused by chronic malnutrition and the occurrence of recurrent infections<sup>6</sup>, which can be seen in the absence of an abnormality in height or length of body less than the standard established by the Minister of Health. The government has taken measures to prevent stunting in women before and after childbirth. Blood Supplement Tablet (TTD) distribution program to teenage daughters for prenatal prevention; program to increase the nutritional intake of pregnant mothers suffering from chronic malnutrition. Current post-natal programmes include assistance to ensure that babies get enough animal protein, improved referral processes from hospital to puskesmas for stunting babies as well as improvements in digitization equipment and the procurement of measuring instruments and measuring devices across posyandu in various regions of Indonesia.<sup>7</sup>

The acceleration of stunting decline is one of the main targets of Regional Development that is included in the Regional Development Plan document in the Province of Lampung both medium-term (RPJMD) 2019-2024 and annual (RKPD). It is included in the Working Agenda of the Governor and Deputy Governor of Lampung that is Lampung Healthy by implementing the Convergence Action Accelerating Stunting Decrease. In line with the National Target, the Province of Lampung also has a target of reducing the prevalence of stunting to 14% by 2024. Based on achieving the reduction in stunting prevalence against national access and the year target that has been set in the document of the Regional Medium-Term Development Plan (RPJMD) of the province of Lampung for 2019-2024. It seems that the Province of Lampung significantly continues to show a decline and in 2022 it will be in the 3 (three) major provinces with the lowest prevalence rate nationally (15.2%). Nevertheless, there are some districts where the pre-release rate is still high.

Below is a graph showing the declining trend of stunting prevalence in the Province of Lampung from 2013 to 2022 based on Riskesdas and SSGI results.

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<sup>6</sup> “Peraturan Presiden Republik Indonesia Nomor 72 Tahun 2021 Tentang Percepatan Penurunan Stunting” (2021).

<sup>7</sup> Dinda Fitria Nurfauzi, Siti Nuraini, and M Sandi Marta, “Strategi Penanggulangan Stunting Pada Anak Usia 6-59 Bulan Di Desa Pangarengan Kecamatan Legonkulon Kabupaten Subang,” *Proceedings UIN Sunan Gunung Djati Bandung* Vol 3, No. (2023).

### STUNTING PROVINCES OF LAMPUNG



However, if SSGI data for 2022 compared with e-PPGBM data for May 2023 shows a very significant deviation. The prevalence of stunting in Lampung Province based on SSGI 2022 averages 15.2%, whereas based on e-PPGBM in May 2023, it is only 5.1%. As for the case prevalence data based on SSGI for 2022 and the e-PBGM data for the status of May 2022 and per district/city can be described in the table and graph below.

#### Preliminary licensing of stunts based on SSGI 2022 and e-PPGBM by May 2023

NO	KABUPATEN/KOTA	SSGI 2022	e-PPGBM Mei 2023
1	KAB LAMPUNG BARAT	16.6%	5.5%
2	KAB TANGGAMUS	20.4%	4.4%
3	KAB LAMPUNG SELATAN	9.9%	17.2%
4	KAB LAMPUNG TIMUR	18.1%	1.7%
5	KAB LAMPUNG TENGAH	8.7%	13.8%
6	KAB LAMPUNG UTARA	24.7%	7.4%
7	KAB WAY KANAN	18.4%	12.9%
8	KAB TULANGBAWANG	10.2%	9.1%
9	KAB PESAWARAN	25.1%	3.4%
10	KAB PRINGSEWU	16.2%	10.5%
11	KAB MESUJI	22.5%	7.2%
12	KAB TULANG BAWANG BARAT	16.4%	4.7%
13	KAB PESISIR BARAT	16.7%	0.8%
14	KOTA BANDAR LAMPUNG	11.1%	1.9%
15	KOTA METRO	10.4%	6.6%
	<b>PROVINSI</b>	<b>15.2%</b>	<b>5.1%</b>

The above table shows that the highest prevalence of stunting is in the district of Pesawaran, which is 25.1% but only 3.4% based on e-PPGBM, while the lowest rate of prevalence is in Lampung Tengah district (8.7%), which is 13.8%. The highest rate of stunting based on e-PPGBM May 2023 is in Lampung South district, but according to the 2022 SSGI only 9.9%. While the lowest rate is in the West Coast district of May 2023, which is 0.8%, but based on SSGI 2022 it is 16.7%. Despite the decline, there are some

districts whose prevalence is still high.<sup>8</sup> For that reason, the government continues to try to lower the prevalence rate that has already been stressed.

The province of Lampung is one of the provinces that is active in combating and concentrating in the stunting problem during the period of governor 2014-2019 Ridho Ficardo has made the governor's regulation number 19 in 2019 concerning enforcement, accelerating the decline of stunting in the province.<sup>9</sup> This was then continued in the priority program of Governor Arinal Junaidi which is summarized in the vision of the People of Lampung Succeeded and issued the Governor's Regulation Number G.295/VI.01/HK/2020 Year 2019 on the formation of the Panel Assessment Team Review of the Performance of the District/City in Implementation of the Stunting Convergence Action of the Lampung Province Year 2020 as well as the implementation rules of the Decision of the governor Lampung Number 6/314/VI.01/HK/2020, on the establishment of the Coordination Team of the Action Plan of the Area of Food and Nutrition (RAD-PG) of the Province Lampung Year 2020-2024.<sup>10</sup>

On this policy, the Government of the Province of Lampung has a number of things about the progress of the policy action plan including on Riskesdas in 2018, the prevalence of stunting in Lampung Province was 27.3 percent or a 15.3 percent decrease when compared with the prevalency in 2013 of 42.6 percent. in 2018, stunting intervention was prioritized in 3 districts namely Lampung South, Lampung Central and Lampung East, in 2019 priority was given in Tanggamus district and in 2020 priority would be given in North Lampung District and Pesawaran.<sup>11</sup>

The follow-up plan on the policy was carried out in a comprehensive manner coordination of the work of the OPD in Lampung Province, in particular implementation at the Health Ministry of Lampung province, including a meeting of FGD stunting with the Bappeda Stunting and the entire team of evaluators of the action of convergence stunting, an FGD meeting with the Department of PMD in the Lampung Province, the staff of the

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<sup>8</sup> Pemerintah Provinsi Lampung, "Laporan Semester 1 Penyelenggaraan Percepatan Penurunan Stunting Provinsi Lampung Tahun 2023," 2023.

<sup>9</sup> Gubernur Lampung, "Peraturan Gubernur Lampung Nomor 19 Tahun 2019 Tentang Pelaksanaan Percepatan Penurunan Stunting Di Provinsi Lampung" (2019), <https://jdih.lampungprov.go.id/product-hukum/provinsi/6706/pelaksanaan-percepatan-penurunan-stunting-di-provinsi-lampung>.

<sup>10</sup> Biroadpim, "Gubernur Arinal Sampaikan Keberhasilan Pemprov Lampung Turunkan Angka Stunting Di Depan Tim Spesifik Komisi IX DPR RI," 2020, <https://biroadpim.lampungprov.go.id/detail-post/gubernur-arinal-sampaikan-keberhasilan-pemprov-lampung-turunkan-angka-stunting-di-depan-tim-spesifik-komisi-ix-dpr-ri>.

<sup>11</sup> Pemerintah Provinsi Lampung, "Laporan Semester 1 Penyelenggaraan Percepatan Penurunan Stunting Provinsi Lampung Tahun 2023."

village escort, the district/city district and the responsibility for the nutritional program of the Health Department of the districts/cities (KIA).<sup>12</sup>

More than that, the implementation of follow-up to the head of the Health Ministry of Lampung Province during the period 2019-2023 is pursuing the target of Open Defecation Free (ODF) of the district/city until 2024, as well as supplementary food (PMT) for pregnant mothers with chronic energy deficiency (KEK) and PMT for thin news, the Government has a container called the Lampung Stunting Agency (LSA) as a recipient that can also collect CSR from companies that will help to reduce stunting.<sup>13</sup>

In Dina Nursodik's research<sup>14</sup>, That empowerment of the community in the attempt to combat stunting in the village of Podosari Prefecture Pringsewu through three stages: First, Stage of Awareness. It was marked by the discovery of problems and the implementation of the identification of problems in cooperation with the village councillors, village cadres, and health cadres and the preparation of facilities for empowerment efforts. Second, skill level. This is done on community empowerment activities on socialization, counseling, training, observation of prospective brides, PMT education (supplementary feeding), high protein food/drink assistance, and environmental hygiene. Third, the Stage of Independence.

As for the road map in this study is how to provide in-depth insight into the factors that contribute to the high prevalence of stunting in the Province of Lampung. Identifying such risk factors is key to designing more focused and effective prevention programmes. With a better understanding of the local context, governments and stakeholders can take more appropriate steps to address the problem of stunting. Secondly, the evaluation of government strategies in stunting control also has a significant impact. This research can measure the effectiveness of various programmes that have been implemented by the government in an effort to counter stunting. These evaluations can be the basis for identifying the successes and weaknesses of such programmes, so that necessary improvements can be made. Furthermore, this research can make a significant contribution to understanding public awareness of stunting. By understanding the extent to which information about stunting has spread in the Lampung community, this research can help

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<sup>12</sup> Dinas Kesehatan Provinsi Lampung, "Rencana Strategis (Renstra) PD Dinas Kesehatan Provinsi Lampung 2019-2024" (Bandar Lampung, 2019).

<sup>13</sup> Data rapat koordinasi Dinas Kesehatan Provinis Lampung <https://biroadpim.lampungprov.go.id/detail-post/gubernur-arinal-sampaikan-keberhasilan-pemprov-lampung-turunkan-angka-stunting-di-depan-tim-spesifik-komisi-ix-dpr-ri>

<sup>14</sup> Dina Nursodik, "Pemberdayaan Masyarakat Dalam Upaya Penanggulangan Stunting Di Desa Podosari Kecamatan Pringsewu" (UIN Raden Intan Lampung, 2023).

design more effective communication strategies to increase public awareness and understanding of this issue. Increased awareness can be an early step towards changing behaviors and lifestyles that support stunting prevention.

In addition to the direct impact on health, the research also has broader implications related to social and economic aspects. Stunting can affect community productivity and economic development at the local level. Therefore, this research can provide a knowledge base for policy planning that supports sustainable growth and development in the Province of Lampung.

Based on what has been stated above so the question is how significant it is in providing the scientific and practical contribution of government strategies in the development of public awareness for the treatment of stunting in the community. Through a better understanding of causal factors, program evaluation, and raising public awareness, this research is expected to provide valuable guidance for policymakers, health practitioners, and researchers to improve the well-being of the Lampung community and reduce the prevalence of stunts sustainably.

## **RESEARCH METHODS**

The research method used is a qualitative descriptive method with a type of library research study, which uses qualitational data and is described descriptively. This research data source is derived from references such as journals, books and other written sources. The data collection technique in this study is the use of documentary investigation techniques carried out by researchers to collect, investigate and gather factual, complete and relevant information related to the topic of the problem, the subject being studied. Data analysis techniques use document research analysis techniques, where this research is done by reading library sources to obtain the required data gradually.

## **RESULTS AND DISCUSSION**

In order to the vision of the “Successful People of the Light”, it will be achieved through six (six) missions, in which the Department of Health contributes to the third Mission, namely “Improving the Quality of Health Care, Development of Child Protection, Empowerment of Women, and Disabled Persons” with the fourth objective, “Improvement of Quality of Human Resources”, with the objective “Elevation of Public Health Degrees (Healthy Plains) with the target indicator of increasing life expectancy (AHH) to 71.50 by

2024. Based on the objectives and targets of the RPJMD, the goals and objectives that will be attained by the PD of the Ministry of Health of the Province of Lampung in 2020-2024 are formulated as follows:

- 1) A decrease in mother's deaths
- 2) A decrease in infant deaths
- 3) Improving the nutritional status of the community
- 4) Decreased cases of pain ; which are marked with the following Key Performance Indicators :
  - a. Mother's deaths are expected to fall to 95 cases
  - b. Infant deaths are expected to fall to 520 cases
  - c. Stunting prevalence is expected to fall to 14%
  - d. Success rate of treatment of pulmonary tuberculosis (success rate) 90%

In addition to the Main Performance Indicators, the Ministry of Health of Lampung supports the implementation of the Provincial Health Level SPM which has been mandated in Government Regulations No. 2 Year 2018 On Minimum Service Standards and Permenkes No. 4 Year 2019 On Technical Standards for Compliance with the Quality of Basic Service on the Minimum Health Service Standard, namely :

1. Health Services for Populations Affected by Health Crisis as a result of disaster and/or potential disaster in the province
2. Health Services for the Population in the State of the Provincial Emergency

The Lampung Provincial Health Service also contributes to the achievement of the SDGs indicators on goals 3 that's healthy and prosperous living and goals 6 - clean water and decent sanitation.<sup>15</sup> With regard to indicators and targets and medium-term targets of services of the district of the Department of Health of the Province of Lampung as set out in the table below:

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<sup>15</sup> Dinas Kesehatan Provinsi Lampung, "Rencana Strategis (Renstra) PD Dinas Kesehatan Provinsi Lampung 2019-2024."



## Objectives and medium-term targets of the Health Ministry's Regional Equipment Services

NO	TUJUAN	SASARAN	INDIKATOR TUJUAN /SASARAN	TARGET KINERJA TUJUAN / SASARAN PADA TAHUN KE-				
				2020	2021	2022	2023	2024
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Meningkatkan Kualitas SDM	Menurunnya kasus kematian Ibu	Jumlah kasus kematian Ibu	130 kasus	170 kasus	150 kasus	130 kasus	110 kasus
		Menurunnya kasus kematian Bayi	Jumlah kasus Kematian Bayi	600 kasus	590 kasus	570 kasus	550 kasus	520 kasus
		Meningkatnya status gizi masyarakat	Prevalensi stunting	25,18 %	23,08 %	18,4 %	16%	14%
		Menurunnya kasus kesakitan	Angka Keberhasilan pengobatan TB paru (success rate)	90%	90%	90%	90%	90%

In the table above we can see the goals and medium-term targets of the department of health, to improve the quality of the SDM of the Ministry of Health of the Province of Lampung has set a target reduction of mother deaths by 2020 130 cases, 2021 170 cases, 2022 150 cases, 2023 130 case, 2024 110 cases. Next, the target decrease of infant deaths in 2020 600 cases, in 2021 590 cases, 2022, 570 cases, 2025 550 cases and 2024 520 cases. Then the target increase of the nutritional status of the stunting prevalence community in 2020 25.18%, in 2021 23.08%, in 2023 16%, and in 2024 14%. The last target of reduction in cases of pain by making the target from 2020 to 2024 is 90%.

### Lampung Province Government's Strategy to Overcome Stunts

The government has an important role to play in the fight against stunting in Lampung Province. The government of Lampung Province has launched policies and programmes aimed at reducing the prevalence of stunting. It involves investing in child nutrition, empowering communities, health education, and cross-sectoral collaboration. The government is working with various stakeholders, including health institutions, education, and community organizations to the goal of stunting. Programmes launched include improved access to health care, nutrition education, nutritional feeding, and increased public awareness and sensitization of stunts.<sup>16</sup>

<sup>16</sup> Gesit Yudha Yudha, "Islam Dan Konstruksi Politik Identitas Etnis Di Lampung Barat," *Politea* 6, no. 1 (2023): 136, <https://doi.org/10.21043/politea.v6i1.20819>.

In seeking to reduce the prevalence to 14%, the Government of the Province of Lampung continues to develop strategies in support of the implementation of the Convergence Action in the District/City and to establish coordination, synergy and convergence between the related multisectoral, regional and district/city governments. As for the target acceleration of the decline of stunting in the Province of Lampung per district/city from 2023-2024 is as follows:

No	Kabupaten/Kota	SSGI 2022	Target 2023	Target 2024
1	Lampung Barat	16.6	16.08	12.97
2	Tanggamus	20.4	17.68	14.25
3	Lampung Selatan	9.9	11.53	9.30
4	Lampung Timur	18.1	10.87	8.79
5	Lampung Tengah	8.7	14.78	11.94
6	Lampung Utara	24.7	14.44	11.71
7	Way Kanan	18.4	14.64	11.81
8	Tulangbawang	9.9	7.86	7.00
9	Pesawaran	25.1	12.45	10.04
10	Pringsewu	16.2	13.50	10.91
11	Mesuji	22.5	15.57	12.60
12	Tulang Bawang Barat	16.4	15.72	12.71
13	Pesisir Barat	16.7	16.18	13.06
14	Kota Bandar Lampung	11.1	13.48	10.77
15	Kota Metro	10.4	13.84	11.11
	<b>Lampung</b>	<b>15.2</b>	<b>13.45</b>	<b>10.88</b>

To support the acceleration of the decline in stunting in Lampung Province several policies and strategies have been published and implemented by the Government of the Province of Lampung including:

- a. Governor's Decree No. 19 of 2019 on the Implementation of the Acceleration of Stunting Decrease in the Province of Lampung.
- b. Lampung Governor's Decree No. G/103/VI.01/HK/2022 on the Establishment of the Stunting Falling Speed Team (TPPS) in 2022-2024. In connection with this, the Stunting Downward Acceleration Team (TPPS) from the provincial level, district/city, districts and villages/cities has all been formed.
- c. Lampung Governor's Letter No. 045-2/4683-1/VI-01/2022 concerning the Implementation of Stunting Rembuk in Lampung Province. In connection with this, the entire village of 2,649 villages of all 229 districts have 100% organized Stunting Rembuk. While from 15 districts/cities until 15 July 2023 there are still 2 district has not

implemented Stunting Rembuk namely the district of West Bone of Garlic and East Lampung. Targeted in July 2023 the entire district/city has implemented stunting.

d. The purpose of this priority stunting village locus is to prioritize the resource of the area to target the target in an effort to accelerate the decline of district/town stunting every year.

### **Public Awareness As a Primary Strategy**

Public awareness is the main strategy in the fight against stunting in the province of Lampung. Public awareness is vital because society needs to understand the importance of good nutrition and healthy feeding practices for children's growth and development. A stunting-based approach that involves active public participation is very effective in identifying, preventing, and tackling stunts. Society needs to be empowered with knowledge, attitudes, and healthy behaviour related to child nutrition.<sup>17</sup> Educational campaigns, training, dissemination, effective use of communication media, and public participation in the planning and implementation of programmes are some of the strategies adopted by the government of Lampung Province in developing public awareness related to stunting.

Public awareness and active participation in stunting defeat. By improving public knowledge, attitudes, and behaviour related to healthy nutrition and feeding practices, it can play an important role in changing public thinking and behavior related to stunting. It helps identify effective strategies in developing public awareness and ensuring their participation in stunting combat efforts.

### **Government Strategy in Development of Public Awareness**

The government of Lampung Province has adopted various strategies in the development of public awareness related to stunting. The strategy includes educational campaigns involving stakeholders, such as health workers and teachers, to convey accurate information about the importance of nutrition and healthy eating practices. Training and counseling are also conducted on a regular basis to give the public a deeper understanding of stunting and how to prevent it. The use of effective communication media, such as social

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<sup>17</sup> Arsyad Sobby Kesuma, Gesit Yudha, and Mezan El-Khaeri Kesuma, "INFLUENCE OF AL-ASY'ARI THEOLOGICAL METHODOLOGY AND ITS IMPLEMENTATION FOR THE DEVELOPMENT OF MODERATE POLITICAL THOUGHT IN INDONESIA," *Jurnal of Data Acquisition and Processing* 38, no. 1 (2023): 382–93, <https://doi.org/10.5281/zenodo.7642842>.

media, posters, brochures, and educational videos, became an important means of conveying stunting-related messages to the public.<sup>18</sup> In addition, the active participation of the public in the planning and implementation of programmes is also emphasized, thus creating good cooperation between the government and the community in the fight against stunting in the Province of Lampung.<sup>19</sup> The government is educating the public through the Lampung Provincial Health Service along with stakeholders involved in providing and reminding information related to stunting prevention to pregnant, nursing mothers, and mothers with young children. With the awareness and participation of the community, create an environment that supports the optimum growth of children in the Province of Lampung.

### **Stunting Prevention Prevention with ABCDE :**

(A) Active Drinking Blood Supplement Tablet -> 1 tablet once a week for teenage daughters, and 1 tablet every day for pregnant mothers.

(B) Regular pregnancy checks at least 6 times -> pregnancies checks minimum 6 (six) times, 2 (two) times by a doctor using ultrasound.

(C) Sufficient consumption of animal protein -> daily for babies aged over 6 months.

(D) Come to Posyandu every month -> monitor growth and development and immunize young people in posyandu each month.

(E) Exclusive breastfeeding 6 months -> extended until the age of two.

### **Prevention with The Contents of My Plate**

One effective way to prevent stunting is to meet balanced nutritional requirements in accordance with the “My Dish Dish” guidelines recommended by the Ministry of Health of RI. The guideline consists of the main components, namely Tree Food, Animal Meat, Fats (Oils/Oils), Vegetables, and Fruits.

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<sup>18</sup> Gesit Yudha, Agus Hermanto, and Andi Hermawan, “Ontologi Manusia Perspektif Seyyed Huseen Nasr Dan Relevansinya Dengan Pembentukan Moralitas Kepemimpinan Bangsa,” *Jurnal IKLILA: Jurnal Studi Islam Dan Sosial* 6, no. 2 (2023): 15–30.

<sup>19</sup> Gesit Yudha Abdul Aziz, “Pemikiran Abu Al- a’la Al -Mawdudi Dan Relevansi Bagi Etika Kepemimpinan” 19, no. 1 (2023): 108–23.

## **Prevention with PHBS**

One of the key factors that is often overlooked in preventing stunting is the implementation of Clean and Healthy Behavior (PHBS). To ensure effective stunting prevention, Friends of Kao should follow the following PHBS steps:

- Shower using soap at least 2 times a day
- Washing hands with soap before and after meals, after using the toilet, after holding animals, after cleaning up the environment, and after doing outdoor activities
- Washing clothes with detergent.

## **CONCLUSION**

The Lampung Provincial Government's strategy has adopted various strategies to develop public awareness related to stunting. Educational campaigns involving various stakeholders, training, dissemination, and the use of effective communication media become concrete steps in delivering the message about stunting. Public participation in the planning and implementation of programmes is a real manifestation of collaboration between government and society in tackling stunting at the local level. Overall, public awareness and active participation, supported by a guided government strategy, formed an important foundation in stunting efforts in Lampung Province. By continuously raising awareness, increasing public participation, and perfecting government strategies, this research and effort is expected to have a significant positive impact on the health and well-being of children in Lampung Province.

Public awareness in Lampung Province shows a key role as a key strategy in stunting defeat. The importance of good nutrition and healthy feeding practices for the growth and development of children is at the centre of attention, requiring a deep understanding of the entire society. Within this framework, a rejection-based approach involving active public participation has proven to be very effective in identifying, preventing, and tackling stunts. Public awareness and active participation are recognized as crucial elements in stunting efforts. Improving knowledge, attitudes, and behaviour related to child nutrition can have a positive impact in changing stunting-related mindsets and behaviors. Therefore, the role of the public in identifying effective strategies and their participation in stunting resistance efforts cannot be ignored.

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