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### Overview of stunting conditions in Dusun Bolodog Tasikmalaya Regency

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#### ABSTRACT

Stunting has become a national problem in almost all regions of Indonesia. Tasikmalaya Regency is one of the areas with a high percentage of stunting in West Java Province. Thematic KKN Si Penting is a community service program implemented by universities as an implementation of the Tri Dharma of Higher Education. This activity is an effort by universities to contribute to preventing stunting in the community. This community service aims to provide knowledge related to stunting to the community and analyze the conditions in the Bolodog Hamlet area of Tasikmalaya Regency. Socialization is a method used in distributing materials, and observations and surveys are carried out to analyze the conditions of mothers and children, namely by distributing questionnaires. The questionnaire was distributed to 15 mothers as respondents, and directions were given by students as facilitators. The survey results showed that overall, the stunting conditions in the Bolodog hamlet area were relatively low through an analysis of the results of each question from the questionnaire, with the majority of participants having maintained or improved conditions for children and their environment to create an anti-stunting environment.

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#### ABSTRAK

Stunting telah menjadi masalah nasional yang terjadi di hampir seluruh wilayah di Indonesia. Kab. Tasikmalaya menjadi salah satu daerah yang memiliki persentase stunting yang tinggi di Provinsi Jawa Barat. KKN Tematik Si Penting adalah program pengabdian yang dilaksanakan oleh perguruan tinggi sebagai implementasi dari Tri Dharma Perguruan Tinggi. Kegiatan ini menjadi upaya perguruan tinggi untuk berkontribusi dalam turut serta melakukan pencegahan stunting di masyarakat. Pengabdian ini bertujuan untuk memberikan pengetahuan terkait stunting kepada masyarakat serta menganalisis kondisi yang ada di daerah Dusun Bolodog Kab. Tasikmalaya. Sosialisasi menjadi cara yang dilakukan dalam pembagian materi, dan observasi serta survei dilakukan untuk analisis kondisi ibu dan anak yakni melalui pembagian angket. Angket dibagikan kepada 15 ibu sebagai responden disertai dengan arahan dari mahasiswa selaku fasilitator. Hasil survei menunjukkan bahwa secara keseluruhan, kondisi stunting di daerah dusun Bolodog sudah relatif rendah, melalui analisis hasil masing-masing pertanyaan dari angket dengan mayoritas partisipan telah menjaga atau memperbaiki kondisi bagi anak dan lingkungannya agar menciptakan lingkungan yang anti stunting.

**Kata Kunci:** anak usia dini; perkembangan motorik; sosialisasi; stunting

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## INTRODUCTION

According to Peraturan Presiden Republik Indonesia Nomor 72 Tahun 2021 tentang Percepatan Penurunan Stunting, stunting is defined as impaired growth and development in children caused by chronic malnutrition and recurrent infections, characterized by a child's height or length being below the standard set by the Minister of Health. The Indonesian Ministry of Health (Kemenkes) further defines stunting as a condition in children under five whose z-score for height for age is less than -2.00 SD/standard deviations (stunted), and less than -3.00 SD (severely stunted). In summary, stunting is a growth disorder experienced by young children that leads to developmental delays inconsistent with age-appropriate growth standards, resulting in both short-term and long-term consequences (Harjanti et al., 2023).

Stunting has become a highly relevant public health issue in Indonesia today. According to the Jabar Dashboard website (see: <https://dashboard.jabarprov.go.id/id/topic/kesehatan/kasus-stunting-jawa-barat>), the number of stunted children under five in West Java Province reached 132.625 in 2023. This issue is of particular concern in Tasikmalaya Regency, which recorded 18,952 stunted children, representing 8.27% of the under five population, one of the highest percentages among cities and regencies in West Java Province. Therefore, greater attention and intensive efforts are needed to prevent and reduce the rising stunting rates in West Java Province.

The directive of the President of the Republic of Indonesia regarding the acceleration of stunting reduction is outlined in Peraturan Presiden Nomor 72 Tahun 2021 tentang Percepatan Penurunan Stunting. This issue has become a key focus for the President due to the increasing number of stunting cases occurring in Indonesia. Stunting is primarily caused by inadequate nutritional intake received by children during the critical early stages of life, starting from pregnancy (9 months and 10 days) through the age of two. Stunting typically becomes apparent when a child reaches two years old, as their height is significantly below the average for their age group (Dewi et al., 2023). One contributing factor to stunting is poor motor development from an early age. Several studies have indicated a correlation between stunting and delayed motor development in children. Children affected by stunting tend to exhibit deficiencies in both gross and fine motor skills, primarily due to insufficient nutritional intake. Stunting continues to be a significant public health issue affecting many children across Indonesia. As a result, the problem has gained considerable attention from both the government and broader society, particularly in terms of prevention and intervention. If left unaddressed, stunting can have long-term consequences on a child's physical and cognitive development.

The stunting awareness campaign conducted in Simpang Pullo Rambung Village has provided an opportunity for the community to gain a deeper understanding of the long-term impact of stunting on children's future development. The local Posyandu (Integrated Health Post) was also found to be beneficial in educating mothers about child growth and development (Fauziah et al., 2024; Ikrimah et al., 2024; Priyadi et al., 2024). As a recommendation, a program, Posyandu Keliling (POSLING), should be established to reach mothers who face difficulties accessing existing Posyandu services. Educational efforts and interventions aimed at improving public knowledge about stunting and its prevention remain essential (Waliulu et al., 2018; Zufriady et al., 2023).

The high percentage of stunting cases in West Java highlights the urgent need for more intensive measures to address stunting issues across each regency and municipality. As a representative of the Si Penting Thematic KKN in Linggawangi Village, Tasikmalaya Regency, the author actively contributed by conducting awareness campaigns, as well as carrying out observations and surveys to assess the condition of mothers and children related to stunting in the area.

## LITERATURE REVIEW

### Stunting

Stunting is one of the major health issues that specifically affects early childhood. More precisely, stunting is a form of chronic malnutrition in children caused by inadequate nutritional intake over a prolonged period, which leads to impaired growth and development (Ekayanthi & Suryani, 2019; Nasriyah & Ediyono, 2023; Nurwahyuni et al., 2023). Stunting continues to pose a significant threat to child development in Indonesia. Addressing stunting is crucial, as it has the potential to hinder human resource potential and is closely linked to overall health outcomes, even child mortality.

Stunting can be caused by a variety of factors, not solely due to nutritional deficiencies experienced by children and pregnant mothers. It may also be influenced by parental education levels and breastfeeding practices, both of which play vital roles in a child's growth and health (Darnis, 2022). Therefore, the issue of stunting cannot be viewed from a single perspective; rather, it requires a more in-depth analysis due to its complex and structural causes. Other contributing factors that should be highlighted include suboptimal parenting, socioeconomic conditions, limited access to nutritious food, and exclusive breastfeeding, as well as a lack of knowledge regarding proper food preparation (Perbrianty et al., 2023).

In preventing stunting, parents play a crucial and primary role, bearing full responsibility for childcare and ensuring adequate nutritional intake for their children. However, in practice, stunting prevention cannot rely solely on the role of parents. It also requires the involvement of multiple stakeholders, including the central government, local governments, the private sector, the general public, and other relevant parties (Saputri, 2019).

### Motor Development

In his book "Pendidikan Anak Pra Sekolah" (Preschool Education), Patmonodewo writes that the first five years of life represent a period of rapid motor development in children. Motor skills refer to all movements that can be performed by the entire body. Meanwhile, motor development can be defined as the maturation and control of bodily movements. This development is closely related to the growth of the brain's motor center and progresses alongside the maturation of nerves and muscles (Honrubia-Montesinos et al., 2021). Therefore, even the simplest movements performed by a child are actually the result of complex interactions among various body parts and systems regulated by the brain. It can thus be concluded that the brain functions as the central component of the nervous system that regulates and controls all physical and mental activities of an individual.

Children's motor development is closely linked to issues of stunting (growth failure) and overall child health. This connection includes physical limitations that may hinder a child's ability to participate in physical activities and sports. It also affects nutritional intake, as difficulties with gross motor skills, such as chewing and controlling hand movements, can interfere with eating. Furthermore, a lack of understanding about the importance of nutrition and a balanced diet may lead to the consumption of unhealthy and inadequate food (Utario & Sutriyanti, 2020).

Motor development in children is divided into two types: fine motor skills and gross motor skills. Fine motor skills refer to the ability to control small, precise, and coordinated movements, particularly those involving small muscles and the wrists. The development of fine motor skills in children is closely related to skills such as drawing, writing, cutting, and performing activities that require refined hand-eye coordination (Andari & Anadhi, 2023; Yanti & Fridalni, 2020).

Gross motor skills refer to the ability to perform large movements involving major muscle groups. These movements include actions that require balance, coordination, and physical strength (Novitasari et al., 2019; Rismayanthi, 2013). The development of gross motor skills in children is related to their ability to participate in sports, play, engage in physical activities, and explore their surroundings. Gross motor skills often develop earlier in children, allowing them to interact with their environment and build abilities such as walking and running (Yuliani & Hanif, 2024). The main difference between fine and gross motor skills lies in the type of movement involved and the size of the muscles used. Fine motor skills involve small, controlled movements using small muscles, while gross motor skills involve larger, dynamic movements using large muscle groups (Sujiono et al., 2014).

### **Growth and Development Patterns**

Growth patterns refer to the increase in body size in children, such as weight gain, height growth, and head circumference. This growth occurs gradually and systematically, and is influenced by genetic factors, nutrition, and the environment (Batubara, 2016; Jumiatusun, 2019). Development patterns refer to the progression of a child's motor abilities. This development aligns with the maturation of the nervous system and muscles, occurring gradually and at different rates for each child (Hasanah, 2016; Paramitha & Sutapa, 2019). The difference between growth and development patterns is that growth relates to physical size increase, while development focuses on motor abilities and the maturation of nerves and muscles. Growth can be measured using growth charts, while development can be observed through a child's motor skill abilities (Budiawan et al., 2018).

### **Growth Monitoring**

Monitoring a child's growth is an activity aimed at assessing the child's physical growth and developmental progress, as well as detecting early signs of growth and developmental disorders so that prompt interventions can be made for better outcomes. The purpose of growth monitoring is to track the child's physical development and to identify early any deviations in growth, developmental delays, or emotional and mental disturbances (Ramadhanty, 2019; Rochmawati et al., 2023). During the growth monitoring process, several key areas require attention. These include physical growth indicators such as weight, height, and head circumference measurements. Motor development is observed through the child's physical abilities, such as crawling, walking, and jumping. Cognitive development is also monitored, focusing on the child's ability to think, learn, and communicate. Lastly, mental and emotional health is assessed by observing behaviors related to anxiety, depression, and behavioral disorders.

### **Motor Development in the First Five Years of a Child's Life**

Children are said to be experiencing the "Golden Age" of motor development during the first five years of life. This is because their nerves and muscles develop rapidly between ages 0–5, environmental stimulation significantly enhances motor skills, and both learning processes and cognitive development begin to progress well (Ayuni & Watini, 2022). According to Peraturan Menteri Pendidikan dan Kebudayaan Republik Indonesia Nomor 137 tahun 2014 tentang Standar Nasional Pendidikan Anak Usia Dini, child development is categorized into several age groups. Motor development begins in infancy (0–12 months). Between 0–3 months, infants start moving their hands and feet reflexively. At 4–6 months, they begin to reach for and grasp objects. Between 7–9 months, they begin to crawl and stand with assistance. At 10–12 months, children start walking with support. Rapid motor development continues between the ages of 1 and 2. From 12–18 months, children begin walking independently and throwing

objects. Between 19–24 months, they begin walking backward, climbing stairs, and throwing balls. By age 2, children can jump and kick a ball.

Final Stage of Rapid Motor Development (Ages 3–5) Children experience their final stage of rapid motor development between the ages of 3 and 5. This does not mean that motor development ceases after age 5, but rather that the pace of development begins to slow down. At age 3, children typically start running, catching a ball, and cutting with scissors. By age 4, they can hop on one foot, begin writing, and draw basic shapes. At age 5, children are usually able to ride a bicycle, perform long jumps, and dance (Kamelia, 2019; Sulistyono et al., 2021).

## METHODS

As part of the community service activities conducted during the Si Penting Thematic KKN program, a survey was carried out to assess field conditions. Specifically, the survey aimed to examine the state of children's motor development and parents' knowledge regarding the matter. Data was collected by distributing questionnaires to mothers who visited the Posyandu in Dusun Bolodog, Linggawangi Village, Tasikmalaya Regency. The sample consisted of mothers with children aged 0–5 years who were attending the Posyandu.

Posyandu plays a vital role in educating the community about stunting. One of the key activities is a public awareness campaign targeting mothers, aimed at increasing the community's understanding of stunting. Through these campaigns, it is expected that the stunting rate in the area can be reduced. This awareness campaign is carried out in practice through collaboration between Posyandu and university students. Expert speakers and Posyandu health cadres deliver the materials, while students act as facilitators. As a result of the survey conducted, data on the general condition in Dusun Bolodog was obtained, which can be used by Posyandu as a recommendation for improving the implementation of future awareness activities.

## RESULTS AND DISCUSSION

Stunting remains a national issue affecting nearly all regions of Indonesia. According to the 2023 Indonesia Health Status Report, which cites data from the Survei Status Gizi Indonesia (SSGI), the stunting prevalence has decreased from 24.4% to 20.7%. However, this figure is still above the standard set by the World Health Organization (WHO), which recommends that stunting prevalence should be below 20%. In response to this issue, one effort that can be undertaken is through community service activities.

This community service activity is part of the implementation of the Tri Dharma of Higher Education. It reflects the real contribution of university students to selected regions that still require improved welfare. One form of contribution in the KKN Thematic Si Penting program in Dusun Bolodog, Linggawangi Village, Leuwisari Subdistrict, Tasikmalaya Regency, was assisting the implementation of local Posyandu (integrated health post) activities as facilitators during a stunting prevention outreach campaign.



**Figure 1.** Presentation of Material by the Speaker  
Source: Author's Documentation 2023

As part of the KKN Thematic Si Penting community service program conducted in Dusun Bolodog, Tasikmalaya Regency, a stunting awareness session was carried out as one of the service activities. The session was held in collaboration between university students and the local Posyandu. It included a presentation on stunting delivered by a health expert invited by the Posyandu, followed by a complementary session conducted by the community service students as facilitators. The session was attended by 15 mothers with children under five years old.



**Figure 2.** Presentation of Material by the Facilitator  
Source: Writer's Documentation 2023

In addition to delivering supplementary material, the student team also conducted a survey by distributing questionnaires to the mothers in attendance. The mothers were guided by the students in completing the forms. This survey aimed to directly assess the conditions of parents and their children in the area.

Through the thematic KKN activity Si Penting, observations were also conducted on the field conditions in Bolodog Hamlet, especially regarding stunting in children. The survey results, conducted with mothers who have children aged 0-5 years, were then compared with the standards stated in the Peraturan Menteri Pendidikan dan Kebudayaan Republik Indonesia Nomor 137 tahun 2014 tentang Standar Nasional Pendidikan Anak Usia Dini.

Based on the survey results, it was found that the gross motor development of children was balanced. Most children were able to walk between the ages of 9–18 months, while the rest were not yet able to walk. Further observation revealed that the children who had not yet started walking were under 6 months old. Referring to the applicable regulations, the standard indicators of gross motor development state that children aged 9–12 months should be able to walk with assistance. In addition, data shows that the average age at which Indonesian children begin walking is around 14 months (Rosidi et al., 2023; Safrudin et al., 2023). In other words, the gross motor development of children in the walking aspect in Dusun Bolodog falls within the normal category.

The next survey result concerns the domain of fine motor development, particularly hand use in toddlers, which showed that most children were already skilled at grasping objects and holding small items between the ages of 6–9 months. According to the regulations, children are expected to begin using their fingers to hold, reach for, and manipulate objects starting at 3 months of age, with development continuing up to 9 months. Therefore, the development of children's fine motor skills in this area can be categorized as usual.

Furthermore, in the aspect of speech ability, respondents showed varied results. Children began to speak within different age ranges, including 6–18 months, 6–9 months, and 9–12 months. According to the regulations, early childhood, especially toddlers, begin to babble (babbling) between the ages of 3–6 months. This then develops into the ability to imitate one to two syllables and respond to sentences spoken by parents between the ages of 6–9 months. Based on these findings, it can be identified that some children exhibit normal developmental progress, while others show signs of delay. Delayed speech development, particularly in terms of the first appearance of verbal communication, can generally be identified between the ages of 12–18 months (Pratiwi et al., 2022).

Another finding obtained from the survey relates to the development of children's social-emotional skills, as observed through their behavior during play and interaction with peers. The results indicate that most early childhood children in Dusun Bolodog are active, curious about their surroundings, and easily engage with their peers. This active nature reflects a high level of curiosity and positive developmental progress. However, on the other hand, there are still some children who face difficulties in interacting with their peers. Based on observations, these difficulties are influenced by behavioral patterns passed down from their parents, which hinder optimal social-emotional development. Parents play a crucial role in fostering children's social-emotional growth, particularly by applying appropriate parenting styles and engaging actively in early childhood education (Dewi et al., 2020).

Furthermore, regarding children's physical growth, the survey on weight and height indicated that the majority of children from respondent mothers had normal growth patterns in accordance with the growth chart. However, a small portion showed slight growth delays. Observations revealed that this was due to irregular eating patterns and an imbalanced nutritional intake. Therefore, a follow-up survey was conducted on children's eating habits. The results showed that most children had a good appetite and did not have issues with various types of food. A smaller group of children had an appetite but were selective eaters, while others were reported to have poor appetite, resulting in highly limited dietary patterns.

In addition, the nutritional content of food intake is a crucial factor to consider. The survey also identified the intake of zinc, commonly found in milk and meat, as well as iron, which is typically present in eggs, tofu, and tempeh. The results indicated that the majority of children were regularly given foods containing zinc and iron, while a smaller portion received such foods occasionally. Providing zinc-rich foods is

important for early childhood as it plays a role in optimal growth and development, enzyme formation, and nervous system development (Dewi & Adhi, 2016). Meanwhile, iron intake is essential for the formation of hemoglobin in red blood cells, supporting optimal growth and development, energy and vitality, and optimizing the child's metabolism (Yuliasari et al., 2020).

Furthermore, parental awareness, particularly among mothers, regarding the breastfeeding phase was also examined. The results showed that the majority of mothers provided exclusive breastfeeding from birth until six months of age. Breast milk is beneficial for infant growth and development due to its optimal nutritional content, its ability to protect against infections by strengthening the immune system, and its role in reducing the risk of allergies and obesity (Sari & Farida, 2020). Therefore, it can be concluded that the motor development of the participating children proceeded normally, as exclusive breastfeeding (0–6 months) had been provided consistently from birth.

In addition, the survey also assessed the condition of parents in Dusun Bolodog. The results indicated that most mothers demonstrated a high level of sensitivity toward their children, as reflected in their ability to understand their children's needs easily. Parental sensitivity to a child's behavior and desires is essential for emotional growth, the development of social skills, the prevention of negative behaviors, and the child's mental well-being. Furthermore, most parents in this area were found to be actively engaged in providing stimulation for their children, such as by giving toys and playing with them. Providing frequent stimulation supports the development of children's creativity and imagination, fine and gross motor skills, as well as cognitive development (Primayana, 2020; Slamet, 2020).

Furthermore, the survey data revealed that the majority of parents have paid increased attention to monitoring their children's health. This is reflected in their regular visits to the local *posyandu* (integrated health service post). Attending *posyandu* sessions is beneficial for tracking a child's growth and development, protecting them from diseases through immunization programs, and providing access to health consultations that help parents gain valuable information on proper child care (Giranza et al., 2024; Quthrotunnada, 2024).

This is supported by data on parental knowledge in child-rearing, which showed that the majority of mothers reported being actively engaged in seeking information about parenting methods. Meanwhile, a smaller proportion indicated that their knowledge remained at a basic level and still required improvement. Parental knowledge in child-rearing is essential for supporting a child's development, understanding developmental challenges, and fostering the formation of values and ethics in children (Sunaengsih et al., 2020).

## **CONCLUSION**

Based on the study's results, it can be concluded that stunting, a condition characterized by impaired physical and cognitive growth due to malnutrition or poor nutrient intake, is closely related to motor development in children, particularly during the golden age (0–5 years). From the survey conducted at the Posyandu in Dusun Bolodog, Linggawangi Village, Leuwisari Subdistrict, Tasikmalaya Regency, it was found that, overall, the prevalence of stunting in this area is relatively low. The analysis of each questionnaire item showed that the majority of participants had taken measures to maintain and improve the conditions for their children and their environment, thereby fostering a setting that supports child development. On the other hand, a small portion of respondents exhibited results that did not meet the standard; however, these findings only represented a minor share of the total participants. These cases were mainly attributed to irregular eating patterns or unsupportive environmental conditions. Therefore, overall, Posyandu Dusun Bolodog, as the location for data collection, can be categorized as an area with a low prevalence of stunting.

## AUTHOR'S NOTE

The author declares that there is no conflict of interest related to the publication of this article. The author also affirms that the data and content of the article are free from plagiarism.

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