

The Role of Family Welfare Empowerment (FWE) Cadre on Stunting Reduction in Ende Sub-District

Gratiana Sama¹, Yuliana Maria D'Karmel Kara², Fransiskus Maria Separ³

^{1, 2, 3}Universitas Flores, Ende, Indonesia

*Corresponding Author: samagratiانا@gmail.com

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Abstract. Stunting is still one of the nutritional problems that occur in Indonesia, characterised by physical stunting. Children with developmental delays are more susceptible to diseases that can affect their level of intelligence. Developmental delays can be overcome by starting with pre-pregnancy preparation for adolescents, brides-to-be, followed by pregnant women, breastfeeding mothers and young children. Community empowerment is a key strategy in stunting reduction programs. The role of family assistance by family planning cadres, midwives and FWE cadres is important through counselling activities, referral service facilities, social assistance facilities for families at risk of stunting and surveillance of target groups at the village level. The approach to implementing this program is made with a service Learning Program Approach System. The training method in the mini workshop used was to facilitate and educate FWE cadres about the role of the FWE Team in the process of accelerating stunting reduction in the Ende District area, Ende Regency, East Nusa Tenggara Province. The population in this activity was 10 FWE cadres consisting of representatives of FWE cadres from all of Ende District. This activity was carried out in the office environment of the Ende District Family Planning Extension Office on 27 June 2023. It can be concluded that the support and cooperation from the FWE team is still lacking due to the lack of knowledge about the role and duties of the family welfare cadre as a family companion. Therefore, it is hoped that through deepening knowledge and empowerment motivation, the role of family welfare activist cadres will be able to collaborate and synergize with family planning extension cadres and midwives more optimally for the realization of reducing stunting rates in Ende District, more specifically in the 9 affected villages.

Keywords: Family Welfare Empowerment, Stunting

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Introduction

Realizing superior and competitive Human Resources (HR) is one of the National development priorities as stated in the 2019-2024 National Development Plan. HR as an integrated expertise which comes from the thinking and physical power carried out by each person. In order for expertise to achieve work performance, it needs to be motivated by a desire to achieve it. (Hasibuan, 2003). Human resources are the capital of a nation to create equitable national development. In connection with the creation of quality human resources, one of the success factors is the fulfilment of goals and targets in the health sector, including the decline in the prevalence of stunting in Indonesia.

The World Health Organization (WHO) defines stunting as a condition of children under the age of five who have a height ratio that is not proportional to their age. In other words, stunting is a condition of growth failure in children under five years old due to chronic malnutrition in the first 1,000 days of life (HPK) which causes children to be shorter than their peers. This condition is a condition of growth failure experienced by children over a long period of time. As a result, the child's physical and mental growth is inhibited, causing a negative impact on the child's future.

Children who are stunted are more susceptible to disease. Nutritional status in children under five is one of the health indicators in the SDG's programme. Monitoring nutritional status in children under five is measured based on age, body weight (BW) and height (H). The impact of stunting is short-term and long-term. The impact of stunting can hamper economic growth and reduce labor market productivity. This is due to the poor quality of

human resources which will further affect the development of the nation's potential.

The President of Indonesia pays special attention to the handling of stunting issues through the establishment of the National Strategy for Accelerating Stunting Reduction. The implementation of this strategy involves various parties, namely the government, the private sector, academics, the community, and the mass media, and is under the coordination of the Vice President. The target set by the president is that by 2024, the stunting prevalence rate can be reduced to 14%.

Based on data from the Indonesian Toddler Nutrition Status Survey in 2022, the incidence of stunting in Indonesia was 21.6%. Furthermore, the prevalence of stunting (height-for-age) by province, with the highest stunting rate is East Nusa Tenggara province. The Head of Representative of the National Population and Family Planning Agency of NTT Province, Marianus Mau Kuru, explained that the stunting prevalence rate in NTT in 2022 was 17.71 per cent or around 7000 more children suffering from stunting. This was also conveyed by the Deputy Regent of Ende Erikos Emanuel Rede that currently the stunting prevalence rate of Ende Regency has reached 8.9 per cent, a decrease from the previous 14.3 per cent in 2022. "The target is that in 2023 it will drop to 5.9 per cent and in 2024 there will be zero stunting. (Kompas.com, 18/11/2022).

The government has tried to prevent and overcome the problem of stunting in children under five through various nutrition programs, both specific and sensitive, such as the provision of blood supplement tablets to pregnant women, promotion of exclusive breastfeeding, provision of macro and micro nutrition supplements to the provision of non-cash food assistance. However, the results have not been able to overcome the problem of stunting. (Sumarni, Oktavianisya, and Suprayitno 2020). Therefore, accelerating stunting reduction requires a more collaborative and sustainable strategy from upstream to downstream.

One of the renewed strategies to accelerate stunting reduction is the family approach through assisting families at risk of stunting to reach the target targets, namely prospective brides/prospective couples of childbearing age, pregnant women and breastfeeding mothers until post-coital, and children aged 0-59 months. The implementation of family assistance at risk of stunting requires collaboration at the field level consisting of midwives, FWE (FWE) and family planning cadres. FWE team cadres work with health cadres, and family planning cadres to spearhead the acceleration of stunting reduction from upstream.

Implementation Method

The approach to the implementation of this programme is made with a service learning programme or Community Service approach system. The training method in the mini workshop used was to facilitate and educate FWE cadres about the role of the FWE Team in the process of accelerating stunting reduction in the Ende District area, Ende Regency, East Nusa Tenggara Province. The population in this activity was 10 FWE cadres consisting of representatives of FWE cadres from all of Ende Sub-District. This activity was carried out in the Ende District Family Planning Extension Office on 27 June 2023. This mini-workshop began with filling in the attendance list of participants and an opening session by the moderator. The next stage was a session of delivering material to FWE cadres using the lecture method, followed

by discussion, in the form of questions and answers and ended with a follow-up plan and closing the mini workshop event. The material was delivered by the Chairperson of the Ende Sub-District FWE Team, who in this case works as a Lecturer at the University of Flores as an activity partner.

The materials presented at this mini workshop were the roles and duties of village FWE cadres in the stunting prevention programme in the first thousand days of life, community-based total sanitation, and growth and development monitoring. The location of the community service is shown below. The Family Planning Counselling Centre is located just behind the Ende Sub-District Office, on the Ende-Bajawa road.

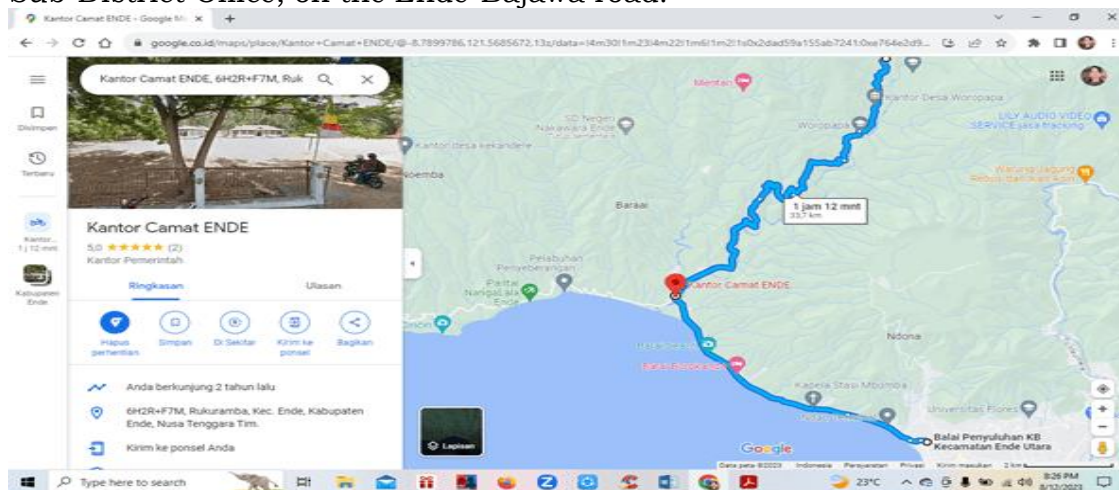


Figure 1. Location of Community Service.

Results and Discussion

Ende Sub-district is one of the sub-districts in Ende Regency, East Nusa Tenggara Province. Based on data from the Central Bureau of Statistics of Ende district, Ende sub-district has an area of 179.50 Km², covering 32 villages and 83 hamlets. The total population in 2018 was 16,370 people. Of the 32 villages in the Ende District area, the Service Team only obtained data from 21 villages and there were 9 villages with stunting percentages ranging from 6.3 to 13.3 which became the locus of stunting.

The February 2023 weighing data (Table 1) shows that stunting remains high in the nine villages in yellow highlighted. Various strategies are used by the government and the community to prevent stunting. Efforts to improve the nutritional status of the community, including reducing the prevalence of stunting, are one of the national development priorities.

Stunting is currently still a strategic issue that is a priority for the government in human development. Stunting is a condition where there is growth failure caused by a prolonged lack of nutritional intake and the presence of certain infectious diseases during the first 1000 days of life. Stunting in children under five needs special attention because it can hamper the physical and mental development of children. In addition to reducing intelligence or intellectual ability, stunting can also have a risk of decreased intellectual ability, productivity and increased risk of non-communicable diseases and degenerative diseases in the future.

Table 1. *Stunting Data for the Month of February 2023*

No	Village	Targeted Number	Attend	Input	Stunting		Total	Percentage (%)
					short	very short		
1.	Wologai	41	41	41	0	1	1	2.4
2.	Mbotutenda	35	35	35	1	0	1	2.9
3.	Jamokeasa	45	45	45	6	0	6	13.3
4.	Emburia	43	43	43	0	0	0	0.0
5.	Riaraja	50	50	50	0	1	1	2.0
6.	Wolokaro	41	41	41	2	0	2	4.9
7.	Rukuramba	54	54	54	4	1	5	9.3
8.	Nakuramba	31	31	31	3	0	3	9.7
9.	Tonggopapa	49	49	49	2	0	2	4.1
10.	Uzuramba	30	30	30	2	1	3	10.0
11.	Wologai 2	39	39	39	2	0	2	5.1
12.	Woropapa	32	32	32	2	0	2	6.3
13.	Nuaja	31	31	31	2	0	2	6.5
14.	Embunggena	29	29	29	1	0	1	3.4
15.	Wawonato	34	34	34	3	0	3	8.8
16.	Jejaraja	19	19	19	1	1	2	10.5
17.	Wajakeajaya	43	43	43	1	1	2	4.7
18.	Nemboramba	13	13	13	0	0	0	0.0
19.	Ranoramba	25	25	25	1	0	1	4.0
20.	Peozakaramba	30	30	30	1	1	2	6.7
21.	Uzuramba Barat	30	30	30	0	1	1	3.3
Total		744	744	744	34	8	42	5.6

Based on the results of weighing in February 2023 conducted by the Ria Raja Health Centre health cadres, Ende sub-district indicated that the incidence of stunting is still high in the Ende sub-district area. This has become the focus of the Ende sub-district stunting reduction acceleration team's work to explore what are the factors that cause stunting in these 9 villages. The stunting analysis data from the stunting reduction acceleration team shows that the cause of the high stunting prevalence rate is due to poor parenting, lack of nutritious food intake, limited health services, lack of access to clean water and poor sanitation. Family planning cadres and midwives also complained that there were limited mobilisers in encouraging the community to attend weighing and supplementary feeding for children under five at the integrated service post schedule in each village. The community is less aware of the importance of immunization and supplementary feeding for children under five, and the health of pregnant women and postpartum mothers. Therefore, a solid team is needed to carry out the task of assisting families affected by stunting by involving FWE cadres in the village. FWE in the village is chaired by the wife of the Village Head. The Village Head has a FWE team. FWE in the village is chaired by the wife of the Village Head. The Village Head has a FWE team. The Village Head, together with the Village FWE Team, mobilize and accompany the community to the integrated service post together with the Family Planning cadre and the midwife. This requires holistic work from the family companion team, namely family planning cadres, cadres of

FWE and midwives. In line with the Guidelines for the Implementation of Family Assistance in Efforts to Accelerate Stunting Reduction at the Village Level, the ideal composition of the Family Assistance Team consists of midwives, cadre of FWE and family planning cadres.

In the second session, before delivering the material, the service team asked a question, what are the duties of the cadres of FWE as one of the family companion team in the stunting reduction acceleration program? Of the ten cadres of FWE participants who attended, only 2 participants clearly answered the duties of a FWE cadre as a family companion team. The other eight participants answered hesitantly about the duties and work of FWE.



Figure 2. Mini-Workshop Participants

From the answers of the 2 mini-workshop participants, the presenter believe that the importance of knowledge about the duties and roles of the Family Support Team, in this case the duties of FWE cadres, is also needed to achieve the goal of accelerating stunting reduction. Knowledge is the result of someone sensing an object. People who have knowledge about something, then that person will tend to apply their knowledge in everyday life (Darsini, D, Fahrurrozi, F., and Cahyono, E. A. 2019). Every individual must have good knowledge, so that this can make a person behave positively. Cadres of FWE as a family companion team must have clear knowledge of their duties and roles in educating and assisting the community. In addition, FWE cadres must also have an understanding of the right way to socialize with the community, and the methods of socialization. The method of facilitating referral services and allocating social assistance to families at risk of stunting and those

experiencing stunting, as well as surveillance methods to target families at risk of stunting will help the Family companion Team in carrying out its duties and roles. In addition, cadres of FWE must also have digital technology skills to be able to provide information and education related to applications that must be owned by prospective brides.

The insufficient knowledge of the participants in this activity is possible considering that the Family Assistance Team program to accelerate early detection and control of stunting in children under five is a new program developed by the Ministry of Health through the City and District Governments. The Family Support Team is a member of the community who has a concern to help the government program in an effort to conduct early detection of the risk of stunting in children under five. The community must be willing to empower themselves to be able to solve the problems they face independently, before the government intervenes. (Candarmaweni and Rahayu, 2020).

The tasks of the Family Companion Team include conducting counselling, facilitating referral services and facilitating the provision of social assistance as well as conducting surveillance to target families at risk of stunting. A Family Facilitator Team at the beginning of the program tends not to understand their duties and role as a Family Facilitator Team). However, they have a concern and willingness to dedicate themselves to take part in the stunting prevention and handling program for children under five. To ensure that each Family Facilitator Team is able to carry out their functions, socialization or training activities must be conducted and given to each Family Facilitator Team. The implementation of the roles and tasks of the family assistance team cannot be separated from the program and monitoring from the government. Policy makers, especially in the government, should recommend measures that focus on prenatal and postnatal factors to prevent stunting in children.

Family Welfare Empowerment (FEW) is a community organization that empowers women to participate in the development of Indonesia. Within the FWE organization, there is a FWE driving team which is a partner with functions as a facilitator, planner, implementer, controller and activator at each level for the implementation of the 10 main FWE programs. In FWE, there are four working groups including working group 1, which is to provide counselling on Child and Adolescent Parenting; working group 2 is to increase the knowledge and skills of the ten houses group to carry out and develop the activities of the Toddler Family Development Program; working group 3 is to strive for family resilience in the food sector, fostering public awareness to consume food that is Diverse, Nutritious, Balanced Safe and based on local resources; Working Group 4 plays a role in improving the culture of Clean and Healthy Living Behavior, mobilizing targets to participate in Integrated service post activities, implementing the Integrated service post information system, recording pregnant women, giving birth, postpartum, birth and death records of infants and toddlers, maternal death records, and reporting the results of Integrated service post activities to the Village Head as the FWE coach.

Based on Presidential Regulation No. 72 of 2021 concerning the Acceleration of Stunting Reduction, the Stunting Reduction Acceleration Team in the village consists of: Health workers including at least midwives, nutritionists, and environmental health workers; Family Planning Counsellors and/or Family Planning Field Officers; Family Welfare Empowerment Team; and Village Family Planning Helpers or other community elements.

The FWE Team has a general role as a mediator and family companion in efforts to accelerate stunting reduction. Other roles specifically are for prospective brides: informing and ensuring bride and groom perspectives register to be married at least three months before marriage; Connecting bride and groom perspectives to facilities and ensuring to get stunting prevention treatment facilitation to improve nutritional status in preparing for a healthy pregnancy; Informing and ensuring bride and groom perspectives get marriage guidance materials at their respective religious institutions; and conducting IEC and counselling to new couples of childbearing age who are not yet eligible for pregnancy. For pregnant women: Ensure and facilitate pregnant women to do Antenatal care six times and have a maternal and Child Health book; Ensure pregnant women's compliance with doctor's advice; Ensure pregnant women's nutritional intake; Conduct Informing, Educating and Communication (IEC) and interpersonal communication on nutrition and reproductive health; Ensure pregnant women at risk receive stunting social assistance program. For postnatal mothers: IEC and counselling on exclusive breastfeeding; IEC and counselling on 1000 first day of life; Ensuring stunting social assistance programs are on target; IEC and counselling on family planning programs. The role of cadres of FEW for newborns up to 5 years is to conduct parenting for child development; ensure that babies get exclusive breastfeeding; ensure that babies over 6 months get complementary foods for breastfeeding with adequate nutrition; ensure that babies get complete basic immunization according to schedule; ensure that the stunting social assistance program is right on target; coordinate with Integrated service post cadres and family planning cadres.

In terms of the various tasks and work of the Family Welfare Empowerment Team in accelerating the reduction of stunting, the role of the village FWE team is very important. Through their program, such as raising public awareness about stunting, encouraging exclusive breastfeeding and nutritious food, and improving access to health services, sub-district and village FWE teams can play an important role in addressing stunting issues. However, keep in mind that this task is not easy. It takes hard work and collaboration from various parties to achieve this goal. Therefore, let us join hands together to fight stunting and provide a better future for the next generation.

Conclusion and Suggestion

Community Service activities at the Ende District Family Planning Extension Centre carried out by Lecturers of the Faculty of Language and Literature, University of Flores in an effort to accelerate the reduction of stunting and its prevention in the form of training (mini workshop) communication, information and education on the role and duties of FWE Cadres as a family assistance team through lectures and discussions.

Stunting prevention program must continue to be implemented, so that Indonesia does not suffer from generation loss in the future. The economic impact that can be seen directly is the number of unemployed people in the village who cannot have business opportunities, so that income decreases, so that purchasing power decreases and then causes nutritional intake for the family to also decrease. In order to prevent stunting, there are several activities that have a direct impact, namely supplementary feeding and nutritional monitoring at integrated service post. By maximizing community

empowerment through the 4 working groups above, it is hoped that the stunting prevalence rate can continue to be reduced. If community empowerment is optimal in these program, stunting prevention will get positive results.

The knowledge aspect and skills of the participants still needed to be further improved, especially on the use of the Elsimil application for the 3-month premarital, bride and groom perspective screening solution. Meanwhile, in general, the obstacles faced by the family assistance team in carrying out their duties are related to non-technical obstacles such as problems related to communication, socialization, and advocacy. The prevalence of stunting has decreased significantly over the past 3 years. Suggestions for this service, there is regular monitoring or monitoring of the improvement of cadres' skills in carrying out their duties and roles as a family assistance team, so that existing problems can be resolved immediately.

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