

STRATEGY IN MANAGING STUNTING THROUGH MONITORING OF CONSUMPTION PATTERNS OF PREGNANT WOMEN IN GAMPONG TEUPIN PANAH, KAWAY XVI DISTRICT, WEST ACEH

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Abstract

Stunting is a nutritional disputed point accompanying to the aggrandizement and exploitation of toddlers. The determination of this contemplate is to supply a resolution for the agreement in tackling stunting nailed down monitoring the consumption archetypes of heavy with child women in Teupin Panah Village, Kaway XVI District. This evaluation was conducted victimisation descriptive qualitative evaluation in marchland 2022 at the Posyandu Gampong Teupin Arrow, Kaway XVI District, westbound Aceh Regency. fountain-heads of collections in this contemplate victimisation influential collections and less important collections with the character of heavy with child women as severals as 10 people. The consequences of press conference conducted in Teupin Panah Village, Kaway XVI District, explicit that thither were all the more heavy with child women in the community who did not distinguish the grandness of consumption archetypes during pregnancy, As it is recognized that consumption life-giving chop chop during gestation conspicuously lay hold of the aggrandizement and exploitation of the descendant in the womb. The determination is that a heavy with child womanhood be in want of to remuneration consideration to the aspiration of nutrients that participate her dead end for that it grips a diversification of nutritional aspiration to accommodate the nutrients contained in the chop chop exhausted by heavy with child women.

Keywords: pregnant women, nutritional status, consumption patterns, stunting

1. INTRODUCTION

nutritional predicaments are extremely heterogeneous and far-reaching emanations to be addressed at the moment in Indonesia. exceptionally thanks to Indonesia is individual of the nations that has the virtually imperforate nutritional problems. many studies chalk up explicit that nutritional predicaments in Indonesia demonstrate a tendency to increase, not much the same to many over-the-counter association nations much as Malaysia, Singapore, and Thailand. individual of the nutritional predicaments in Indonesia that is all the more problematical until at the moment is stunting¹.

Stunting is a disputed point that is continuance discussed by the universal where the disputed point is extremely all the more in fashion exceptionally in Indonesia. Stunting is a nutritional disputed point accompanying to the aggrandizement and exploitation of toddlers. Stunting is furthermore a long-standing nutritional disputed point caused by alimentation that is not in conformation with nutritional needs. Stunting containers in children underneath five-spot in Indonesia are all the more to some degree high-pitched and chalk up not shown substantial improvement¹.

The heavenly body wellness administration (WHO) locations Indonesia as the thirdly sovereign state with the highest stunting proportion in Asia. The 2018 introductory wellness evaluation (Riskesdas) state of affairs that the stunting proportion in Indonesia reaches out

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Noni Amelia, Tengku Nih Farisni

hold out 30.8%, patch the WHO justification for the stunting proportion should not be more 20.

Indonesia consists of 34 provinces, individual of which is the responsibility of Aceh. Aceh is the responsibility that furnishes the virtually stunting and all the more Aceh is stratified 3rd with the highest stunting rate. If we consider the apportionment of stunting ubiquitousness by territory in Aceh, it demonstrates that virtually each territories chalk up a high-pitched ubiquitousness (> 30%). supported on the 2013 Riskesdas data, available stunting collections per territory demonstrates that thither is a extremely high-pitched discrepancy and many territories in Aceh that the ubiquitousness of stunting be superior to the regional average. Of the 21 districts/cities, 4 (four) territories chalk up a extremely high-pitched ubiquitousness of stunting, videlicet southeasterly Aceh (66.9%), Simeulue (63.9%), southwesterly Aceh (60.9%) and Gayo syphilis (59.5%).²

on the authority of collections obtained from Riskesdas (2018), the ubiquitousness of stunting in Aceh occupies the thirdly highest commensurate of stunting ubiquitousness in children underneath five, which is 37.3% compared to the governmental intermediate of 30. supported on the westbound Aceh territory accommodation composition in Farisni and Zakiyuddin (2020), stunting predicaments were according at 36.3% (in 2016), 33.2 (in 2017), and 43.2 (in 2018).³

The heavenly body wellness administration (WHO) state of affairs that 20% of stunting take place when the descendant is all the more in the uterus and is by oneself seen when the descendant is cardinal second childhood old. This consideration is caused by down-and-out superiority maternalistic nutritional aspiration during pregnancy, so that the foetus receives inconsiderable nutrition (Sukmawati, et al 2018). gestation is a sitting duck amplitude that testament influence the examination foetus to be a conventional descendant or chalk up abnormalities. The consideration of the mother's wellness previously or subsequently gestation conspicuously arbitrates the wellness of heavy with child women so that for a extraordinary gestation the mother's nutritional prominence is fulfilled and in first-class condition, and during gestation she be required to appropriate adequate energy, protein, vitamins and minerals.⁴

heavy with child women are individual of the congregations who are sitting duck to nutritional problems. This is related the cognitive semantics of vertebrate aggrandizement and the aggrandizement of indefinite instruments of the consistence as a aficionado of the gestation process. heavy with child women pauperization supplementary energy, protein, vitamins, and minerals to facilitate vertebrate aggrandizement and the body's metabolous processes(Ernawati et al..⁵

Gampong Teupin Panah, Kaway XVI sub-district is individual of the gampongs situated in the territory of westbound Aceh. This gampong is included in the 3T community accumulation (frontier, remote, and underdeveloped). The general public therein environment chalk up employments as agriculturists and as working man at PT. In their day-after-day high spirits the intermediate masculine inhabitant drudgeries as PT working man any feminine residents furthermore elbow grease in PT and any by oneself elbow grease as housewives (ART).

Teupin Panah community is individual of the situations that are lying down to stunting, this community has a extremely across-the-board environment of + 4000 HA. Gampong Teupin Panah has quadruplet hamlets, namely; TGK Hamlet. crib Gampong, Pemuda, T. Bentara, and Ujong Blang with a totality inhabitant of 474 people. therein area, the agreement has extremely borderline consciousness of health, consciousness of heavy with

child women approximately wellness is all the more extremely low. Mother's consciousness is extremely authoritative on consumption archetypes of toddlers. With borderline consciousness of formal progenitrix and chop chop archetypes that are not in conformation with nutritionary be in want of babe in arms natural chalk up little consistence weight. The consumption representation of heavy with child women is intimately related the jeopardy of stunting, thanks to this consumption representation amuses oneself an far-reaching impersonation in vertebrate growth. If the consumption representation of heavy with child women is not achieved properly, it testament be extremely speculative for the aggrandizement of the baby.

2. RESEARCH METHOD

This evaluation was conducted victimisation descriptive qualitative research. Qualitative evaluation is a disposition euphemistic pre-owned to reply evaluation predicaments related collections in the configuration of descriptions sourced from press conference observations, and extracting documents. The classification of collections therein contemplate is qualitative data, this classification of collections is self-collected nailed down observation, press conference and furthermore conducting focus groups, videlicet semi-structured press conference according to antecedently mean business topics. The qualitative disposition was elect supported on the evaluation objectives to influence the proportion of the disputed point as advantageously as anticipation procedures that hurting for exertions to inquire into in-depth responses by conducting in-depth press conference with heavy with child women. This evaluation was conducted in marchland 2022 at the Posyandu Gampong Teupin Arrow, Kaway XVI District, westbound Aceh Regency. fountain-heads of collections in this contemplate victimisation influential collections and less important collections which testament so be clarified into enlightenment as needed. influential collections therein contemplate were obtained from orchestrate press conference with prime mover patch less important collections is collections obtained from posyandu and keuchik organizations in the configuration of the character of heavy with child women who acquaintance malnutrition. The exemplification of this contemplate focused on heavy with child women in Teupin Panah community with a totality of 10 heavy with child women. The evaluation cognitive semantics was carried elsewhere by orchestrate press conference with participators victimisation a 24-hour chop chop commemoration instrumentate consisting of 3 chop chop groups, with the classifications of chop chop that chalk up been modified to the classifications of anesthetic people's food.

3. RESULTS AND DISCUSSION

3.1. Consumption patterns of pregnant women

The consequences of press conference conducted in Teupin Panah Village, Kaway XVI District, it buoy be explicit that thither are all the more heavy with child women in the community who do not distinguish the grandness of consumption archetypes during pregnancy, as it buoy be seen that overwhelming life-giving chop chop during gestation conspicuously lay hold of the baby's aggrandizement and development. in the womb. If the nutritionary be in want of of the descendant buoy be met appropriately so the baby's aggrandizement and exploitation testament be optimal, and vise versa if the nutritionary be in want of cannot be met, the baby's aggrandizement and exploitation testament not be optimal.

supported on the consequences of evaluation that has been obtained nailed down orchestrate press conference with heavy with child women in Teupin Panah community victimisation a chop chop commemoration instrumentate for 24 hours, it is recognized that thither are all the more severals heavy with child women who do not consternation approximately their consumption archetypes during pregnancy, this buoy influence the nutritionary prominence of heavy with child women and buoy be at risk. long-standing get-up-and-go insufficiency (CED) during pregnancy. long-standing get-up-and-go insufficiency (CED) in heavy with child women is caused by a deprivation of nutrition

STRATEGY IN MANAGING STUNTING THROUGH MONITORING OF CONSUMPTION PATTERNS OF PREGNANT WOMEN IN GAMPONG TEUPIN PANAH, KAWAY XVI DISTRICT, WEST ACEH

Noni Amelia, Tengku Nih Farisni

and protein aspiration for a far-reaching amplitude of continuance during pregnancy. This buoy influence the confinement of babe in arms with little confinement dialect heft (LBW).

on the authority of (Anggraini and Anjani 2021), state of affairs that heavy with child women in reality pauperization first-class nutrition for the aggrandizement and exploitation of their fetus, for that it grips a diversification of nutritional intakes to accommodate the nutrients contained in the chop chop exhausted by heavy with child women.

supported on the consequences of evaluation conducted by (Bustan et al. 2021) states that a heavy with child womanhood be in want of to remuneration consideration to the aspiration of nutrients that participate her dead end each chapter of gestation is an far-reaching stagecoach and conspicuously pressures the wellness of the forthcoming descendant and the wellness of the father herself, this condition put together the nutritional be in want of of heavy with child women contradistinctive in each phase, . The nutritional be in want of of heavy with child women every day after day be required to be added according to their gestational generation thanks to thither is a foetus that is ontogenesis and underdeveloped in the mother's womb, nutritional be in want of during gestation testament be contradistinctive from nutritional be in want of when not pregnant. During pregnancy, a father be in want of an supplementary 300 calories

individual of the parameters that influence the nutritional prominence of heavy with child women in Indonesia is the anthropometrical pointer of more elevated armrest circumference (LiLA) in the mother, where when the aspiration of nutrition and protein is inadequate in heavy with child women, it buoy consideration long-standing get-up-and-go insufficiency (KEK). heavy with child women who are at jeopardy for CED chalk up an more elevated armrest circumference of few than 23.5 cm. heavy with child women who acquaintance SEZ are at jeopardy of gift confinement to babe in arms with little consistence weight. If it is not handled properly, it testament be extremely speculative to acquaintance stunting. long-standing deprivation of get-up-and-go is a consideration caused by an instability in nutritional aspiration with get-up-and-go and protein so that the nutrients requisite by heavy with child women are not fulfilled.⁹

3.2.Evaluation of Maternal Nutrition Knowledge

From the consequences of evaluation conducted in the village, thither are all the more severals heavy with child women who are not knowledgeable of the grandness of consumption archetypes during pregnancy, all the more though they chalk up been precondition counseling with reference to the grandness of overwhelming life-giving chop chop during pregnancy. This buoy be caused by the little consciousness of heavy with child women approximately counterbalanced nutrition during gestation and the deprivation of aggrandizement to wellness enlightenment that pass into the village, resulting in a deprivation of universal consciousness of consumption archetypes in heavy with child women.

The emergence of a person's deportment is supported on consciousness and consciousness extremely as a cocksureness mental state from the individual. The higher the compassionate of heavy with child women, the more appropriate they testament reciprocate to their pregnancy. According to (Wayan et al. 2019) A father who has down-and-out consciousness and dispositions approximately nutrition testament conspicuously influence her nutritional status, thanks to first-class consciousness is related providing that provided that a counterbalanced refreshment selection. The orchestrate occasions of stunting are related deprivation of chop chop aspiration and transmissible diseases. over-the-counter occasions accommodate down-and-out consciousness of formal progenitrix counterfactual of children rearing down-and-out sanitation and hygiene, and little wellness services. moreover, the agreement furthermore does not comprehend that abbreviated children are a disputed point thanks to abbreviated children in sovereign state are seen as children with conventional activities, not according to anorexic children who be required to be activated immediately. Similarly, maternalistic nutrition during pregnancy,

consciousness of nutrition is individual of the occasions of nutritional predicaments in heavy with child women, this is in occupation with evaluation by Masturoh (2013) which state of

affairs that nutritional predicaments are influenced by maternalistic consciousness approximately nutrition during pregnancy. consciousness of nutrition testament consequence the survival of the hold together chop chop variety, and does not consideration transmissible afflictions that influence the foetus

supported on preceding research, it is explicit that consciousness of formal progenitrix previously gestation or previously decorous a bride (bride) is the virtually practicable strategical justification to accommodate leverage. A abbreviated progression previously matrimony be required to be a indispensable for obtaining a matrimony certificate. This interference buoy be a preparation for formal progenitrix previously gestation to preserve their gestation from an ahead of time age, where first-class vertebrate aggrandizement and exploitation testament be baccilar in the fundamental trimester of pregnancy. best nutritional prominence and wellness of heavy with child women testament come across confinement to in good health babies. babe in arms natural in good health and appropriately cared for nailed down incompatible breastfeeding, in good health of children rearing by providing that provided that imperforate immunizations, deed superiority complementary foods (MPASI) in adequate aggregate and the hold together amplitude¹⁵

According to (Goni, Laoh, and Pangemanan 2013) The consummation of nutritional be in want of in heavy with child women is intimately accompanying to the commensurate of maternalistic consciousness approximately nutrition. Mother's commensurate of consciousness is a mother's qualification to distinguish concepts and customaries as advantageously as enlightenment accompanying to nutrition. nutritional be in want of during gestation testament aggrandizement every day after day if heavy with child women buoy look after their nutritional intake. thither are severals asian general public who be acquainted the advantages of nutrition for heavy with child women, on the other hand until at the moment thither are all the more severals heavy with child women who acquaintance nutritional predicaments during gestation

This contemplate is in conformation with evaluation which state of affairs that the commensurate of consciousness of maternalistic nutrition with reference to consumption archetypes buoy influence the survival of the classification and oftenness of the classification of chop chop eaten¹⁷. Mother's consciousness approximately counterbalanced nutrition testament exhilarate formal progenitrix to select the hold together chop chop consumption during pregnancy. consciousness of counterbalanced nutrition be in want of to be finished to aggrandizement consciousness of formal progenitrix both nailed down wellness working man cadres, classes for heavy with child women and all the more nailed down multitude media that buoy be reached by each formal progenitrix thanks to consciousness testament helping hand formal progenitrix in choosing, processing and preparing chop chop according to their needs.

preceding evaluation conducted by Sunuwar revealed that it is all-important to contraception programs accompanying to nutritional consciousness of heavy with child women and chop chop menus that incorporate consignments of nutrients much as overwhelming bittersweet meat, fish, fruits products containing vitamin C, milk, eggs, and overwhelming half-form vegetables. Mother's consciousness of counterbalanced nutrition buoy exhilarate heavy with child women to determine chop chop consumption that accommodates their be in want of during gestation¹⁸.

4. STRATEGY

From the comprehensive consequences that chalk up been obtained in the community of Teupin Arrow, the researchers make-believe a procedure in the configuration of exertions to come around the nutrition of heavy with child women by providing that provided that PMT for heavy with child women so that the nutrition of heavy with child women during gestation buoy be fulfilled and heavy with child women buoy come across confinement to babe in arms who are not LBW. moreover to the preparation of PMT, the preparation of nutritional postscripts furthermore directs to come around the nutritional prominence of heavy with child women. This is in occupation with individual of the refreshments of the sacred calling of wellness of the commonwealth of Indonesia with reference to the procedure for transaction with stunting problems, exceptionally focused on

STRATEGY IN MANAGING STUNTING THROUGH MONITORING OF CONSUMPTION PATTERNS OF PREGNANT WOMEN IN GAMPONG TEUPIN PANAH, KAWAY XVI DISTRICT, WEST ACEH

Noni Amelia, Tengku Nih Farisni

monitoring consumption archetypes and nutritional intake, exceptionally heavy with child women by implementation orchestrate nutritional putting together in the configuration of complementary chop chop convalescence (PMT-P).

5.CONCLUSION

supported on the consequences that researchers chalk up finished in the environment with reference to procedures in Overcoming Stunting nailed down Monitoring of Consumption archetypes of heavy with child Women in Teupin Panah Village, Kaway XVI District, westbound Aceh Regency. It buoy be terminated that a heavy with child womanhood be in want of to remuneration consideration to the aspiration of nutrients that participate her dead end for that it grips a diversification of nutritional aspiration to accommodate the nutrients contained in the chop chop exhausted by heavy with child women.

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STRATEGY IN MANAGING STUNTING THROUGH MONITORING OF CONSUMPTION PATTERNS OF PREGNANT WOMEN IN GAMPONG TEUPIN PANAH, KAWAY XVI DISTRICT, WEST ACEH

Noni Amelia, Tengku Nih Farisni
