



DEVELOPMENT OF THE PERMATA POMAA MODEL TO IMPROVE APPETITE AND REDUCE STUNTING IN TODDLERS TOWARDS A STUNTING-FREE ACEH

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Abstract

Stunting is a health problem that occurs due to chronic malnutrition in toddlers so that the child's weight and height do not match their age. Efforts to overcome stunting can be done by developing the "Permata Poma" stunting alleviation model. This community service aims to develop the "Permata Poma" stunting handling model to increase appetite and stunting alleviation in toddlers towards a Stunting-Free Aceh in Jambo Mesjid and Blang Teue Villages, Blang Mangat District, Lhokseumawe City. The activity method is carried out using counseling and training methods on introducing how to provide local-based additional food, child's diet management, toddler food menu and how to cook and serve it, Introduction to baby massage and Tuina massage for stunted toddlers' appetite, community assistance on baby massage and Tuina massage and UMKM assistance. The results of community service show there is an increase in the average knowledge of participants before and after counseling, the average value of participant knowledge before counseling was 6.97, and after counseling the average knowledge became 11.77. In addition, there is an increase in the weight and height of toddlers, where the average value of toddler weight before the Permata Poma community service activity was 10.605 and after the Permata Poma community service activity was 10.807, while the average height of toddlers before the activity was 85.964 and after the Permata Poma model community service activity was 86.695. There is a difference in the average value between weight before and after the community service activity of 202 grams, while the height difference in mean value is 0.731 cm.

Keywords: *Poma Gems, Stunting Eradication, Appetite*

INTRODUCTION

The nutritional status of children under five is an important health indicator because toddlers are a group that is vulnerable to nutritional problems and diseases. Stunting is a condition of growth failure in toddlers due to chronic malnutrition so that children are too short for their age. The United Nations The International Children's Emergency Fund (UNICEF) in 2020 estimated that the number of children with stunting under the age of five was 149.2 million. Meanwhile, based on the results of the 2021 Indonesian Nutrition Study (SSGI), the prevalence of stunting in Indonesia was at 24.4% and Aceh province was ranked third nationally with a stunting prevalence of 33.2% and was ranked in the top 10 regions with the highest stunting rates in Indonesia. Based on data from the Aceh Provincial Health Office, the number of stunted children in January to March 2023 was 2,535 stunted children. Meanwhile, based on data from the Lhokseumawe City Health Office, the number of stunted toddlers in 2023 was 1,276 out of 21,618 toddlers in Lhokseumawe City and the Blang Mangat sub-district was one of the areas with the highest number of stunting, namely 178 stunted toddlers. One of the causes of stunting in children is food intake. Children who consume a variety of foods have better nutritional status. However, this is an obstacle for children with eating difficulties. Children with eating difficulties are characterized by loss of appetite and inadequate complementary food intake, so that children do not get enough quality food and important nutrients which causes stunting. Handling of stunting has been carried out by health workers and health centers in the Lhokseumawe City Area, but has not been able to reduce the incidence of stunting significantly, so there needs to be a touch from the world of education and

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universities in terms of modifying the handling of stunting that is right on target and community independence in improving the nutritional status of toddlers for handling stunting quickly, namely the Stunting Handling Development Model "Permata Pomaa". The form of modification in this service can be described:



LITERATURE REVIEW

Stunting is a chronic malnutrition problem caused by a lack of nutritional intake for a long time, this causes disorders in the future, namely experiencing difficulties in achieving optimal physical and cognitive development. Stunting children have a lower Intelligence Quotient (IQ) than the average IQ of normal children (Ministry of Health of the Republic of Indonesia, 2018). Nutritional disorders that occur during the 1000 HPK period in children will have long-term impacts in adulthood, including impaired brain growth and development, impaired bone and muscle growth and development, and impaired growth and development of body organs such as the heart, kidneys, pancreas and others (Achadi, 2023).

Therefore, efforts are needed to reduce the prevalence of stunting, including:

1. Supplementary feeding (PMT)

The provision of additional food is aimed at the target group of nutritionally vulnerable groups including thin toddlers aged 6-59 months and elementary school children/MI with the thin category, namely toddlers and school children who are based on the results of body weight measurements according to Body Length/Height less than minus two Standard Deviations (<-2 SD), and pregnant women at risk of Chronic Energy Deficiency (KEK), namely pregnant women with Upper Arm Circumference (LiLA) measurements less than 23.5 cm (Ministry of Health, 2017). The provision of additional food (PMT) for toddlers has benefits including increasing optimal growth, increasing immunity, brain development, preventing chronic diseases, restoring nutritional and health conditions (Par'i, 2017).

2. Dietary Pattern Management

Diet is a way for someone to meet their nutritional needs, which is manifested in the form of consuming various types of food, meal times, meal frequency and eating habits (Tobelo, et al., 2021). A balanced diet refers to a concept of regulating the amount of food and types of food from various foods consumed daily and containing nutrients consisting of different food groups such as carbohydrates, fats, proteins, vitamins, minerals and water in sufficient quantities and according to needs. Consumption of a balanced diet refers to the pole of regulating the amount of food consumed to ensure nutritional balance in the body. Balanced



foods contained in staple foods, animal protein and vegetable protein, fruits and vegetables are foods that contain a lot of nutrients in them and include essential nutritional needs (Sulistyoningsih, 2021).

3. Massage Therapy

Baby massage is a massage that is done more closely to gentle strokes or tactile stimulation carried out on the surface of the skin, manipulation of body tissues or organs that aim to produce effects on the muscles, nerves, and respiratory system and improve blood circulation. Baby massage has the effect of increasing the number and cytotoxicity of the immune system (natural killer cells), changing brain waves positively, improving blood circulation and respiration, stimulating digestive and excretory functions, increasing weight gain, reducing depression and tension, increasing alertness, making sleep sound, reducing pain, reducing bloating and colic, and improving the spiritual connection between parents and their babies. Baby massage should start from the feet, stomach, chest, hands, face and end on the back which is done in the morning and evening before going to bed (Roesli, 2020).

4. Tui Na Massage

Tui Na is a form of massage therapy and has been used in China for over 5,000 years. where Tui Na Massage is defined as "the ancient art of finger healing and power" has gained international attention for its safe and effective treatment for a variety of conditions (Munidah, et al., 2020). This Tui na massage is done with a gliding massage technique, kneading, tapping, friction, pulling, rotating, shaking and moving certain points so that it will affect the body's energy flow by holding and pressing on certain parts of the body. This Tuina massage is a more specific action to overcome eating difficulties in toddlers by improving blood circulation in the lymph and digestion will increase, so that they eat heartily. In addition, there will also be an increase in the production of digestive enzymes that will help the absorption of nutrients. The nutrients that are absorbed will enter the bloodstream which also increases due to stimulation from the sympathetic nerves. Through a modification of needle-free acupuncture, this technique uses a technique of pressing on the body's meridian points or energy flow lines so that it is relatively easier to do compared to acupuncture. Increased appetite and weight gain in toddlers are due to Tuina massage. This is because giving Tuina Massage helps smooth blood circulation and can maximize organ function, one of the organs that can be maximized is the digestive organ. Where with massage, intestinal motility will increase and will improve the absorption of nutrients by the body and increase the child's appetite and weight (Yanti, et al., 2021)

METHOD

This Community Service activity was carried out in Blang Teue Village and Jambo Mesjid Village, Blang Mangat District from August 16 to October 25, 2024. The activity methods used in this service were in the form of socialization of providing local-based additional food, regulating eating patterns for toddlers, training in making additional food (MP-ASI) from local ingredients, massage therapy training and Tui Na massage to increase the appetite of stunted toddlers, Tui Na massage therapy assistance for mothers who have stunted toddlers and assistance for MSMEs to improve the economy of the community in Jambo Mesjid Village and Blang Teu Village, Blang Mangat District, Lhokseumawe City.

The following are five stages of implementing community service activities, namely:

1. Pre-Preparation Stage

Community service activities begin with conducting a location survey to determine the location for implementing community service activities, analyzing and formulating problems that arise from partners related to stunting, and compiling activity materials/subjects that will be delivered during mentoring activities.

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The preparation activities began with the management of the activity implementation permit to the Institution and the place of implementation of the activity, namely Blang Teue Village and Jambo Mesjid. After obtaining the permit, the next step was to collect data on the activity participants through the assistance of the Posyandu cadres and midwives of Blang Teue Village and Jambo Mesjid. Furthermore, the Community Service Team held a committee meeting to divide tasks and prepare activity equipment including banners, powerpoints, leaflets, participant souvenirs and equipment loans (LCD and Projector Screens)

3. Implementation Stage**a. Lectures and discussions/Q&A during the delivery of material**

The implementation stage begins with a pretest on Providing additional food to children, regulating eating patterns, Baby massage and Tui Na massage, this pretest is carried out by distributing a questionnaire consisting of 15 questions, consisting of true and false choices, and measuring the weight and height of stunted toddlers. Furthermore, it is carried out by delivering socialization materials on the introduction of how to provide local-based additional food such as the Utilization of Moringa leavesto increase nutrition in children, regulating children's diet, food menus for toddlers and how to cook and serve them, Introduction to baby massage and Tuina Massage for Appetite in stunted toddlers starting from the benefits, toddler massage movements and Tui Massage and nutritional status in babies that have an impact on stunting incidents, as well as how to promote and market community MSME products. The activity was carried out in Jambo Mesjid Village and Blang Teue Village which was attended by mothers who have stunted toddlers and Posyandu Cadres, with a total of 31 participants. After the delivery of the material, all participants and servants held discussions and Q&A sessions regarding the material that had been delivered.

b. Demonstration/Exercise/Practice**1) Practice of Making MP-ASI**

The practice of making MP-ASI was carried out in Blang Teue and Jambo Mesjid villages by introducing how to process additional food (MP-ASI) from local ingredients that are high in nutritional value, such as making shredded tuna, Moringa leaf pudding, Moringa leaf dimsum, Mini Moringa leaf martabak, Bhoi Moringa leaves and rice balls filled with moringa vegetables, carrots, eggs, and celery leaves, as well as introducing how to serve them so that stunted children are interested in consuming these foods.

2) Baby Massage and Tui Na Massage Training

Baby Massage and Tuina Massage training activities are carried out by training mothers who have stunted toddlers to massage babies and Tui Na Massage, demonstration activities are carried out by practicing directly on stunted toddlers, which are followed by other stunted mothers. The training activity begins by training mothers to massage babies and then training mothers to do Tui Na massage, this training activity is also equipped with a guide to baby massage and Tui Na Massage which is distributed before the mother practices the massage.

3) Training in making local Acehnese food supplement products "Bhoi" and training in marketing processed dried fish products and attractive packaging to revive MSMEs in the village.**4. Mentoring Stage****a. Baby Massage Assistance and Tui Na Massage**

This massage assistance activity is carried out by assisting stunted mothers to perform baby massage and Tui Na Massage on stunted toddlers for 2 weeks by visiting the homes of stunted toddlers and teaching stunted mothers to massage their children. Baby massage assistance is carried out once a week, while Tui Na massage assistance is carried out for 2 consecutive weeks.

b. Assistance for UMKM community in Jambo Mesjid

This activity is carried out by assisting the community's MSMEs in Jambo Mesjid to market the results of the community's MSMEs to social media such as mats, Acehese embroidered cloth, Tissue Boxes from Mats, Acehese Dry Cakes, and others, so that the products of the Jambo Mesjid community's MSMEs can be known by the wider community and can improve the economy of the Jambo Mesjid community, as well as assisting the community on how to package MSME products and label MSME products.

5. Evaluation Stage

At this stage, the implementer conducted a posttest again by distributing questionnaires about Providing additional food to children, regulating eating patterns, Baby massage and Tui Na massage, and measuring the child's height and weight after this activity was carried out. Where the results of this evaluation are used to find out and analyze how the participants responded after this community service activity so that it is expected to be able to run a better program in the future with similar activity programs according to the needs of the PKM target partners.

RESULTS AND DISCUSSION

PKM Program Development of Permata Pomaa Model to Increase Appetite and Alleviate Stunting On Toddlers Towards Stunting-Free Aceh implemented from August to October 2024 in an effort to support efforts to reduce the incidence of stunting at the Blang Cut Health Center, namely the Blang Teu and Jambo Mesjid village communities. In the initial observation supported by community leaders, Blang Teu and Jambo Mesjid village officials, the head of the PKK movement team, health cadres and mothers of stunted toddlers in Blang Teu and Jambo Mesjid villages who work together to reduce and eradicate the incidence of stunting. The strengthening of this program is due to the background of the situation analysis of the high data on the incidence of stunting in the villages of Blang Teu and Jambo Mesjid. This PKM is implemented in various programs including:

1. The implementation activities are carried out using the Lecture and discussion/question and answer method by conducting socialization or counseling on how to provide local-based additional food, regulating children's eating patterns, toddler food menus and how to cook and serve them, introducing massage to babies and Tuina massage to increase appetite in children starting from the benefits, the right time for massage, and massage movements for babies and TuiNa massage. and nutritional status in infants that impact stunting incidents. and how to promote and market community MSME products. The activity was carried out in Jambo Mesjid Village and Blang Teue Village which was attended by mothers who have stunted toddlers and Posyandu Cadres, with a total of 31 participants. Before the material is given, the presenter will conduct a pretest on the participants by filling out a questionnaire for approximately 15 minutes. Next delivery of material, discussion and Q&A regarding the material that has been delivered and ends with a posttest activity.



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Figure 1. Stunting Eradication Training "Permata Pomaa" through providing additional food based on local ingredients available in the community, regulating eating patterns for toddlers, Baby Massage for toddler growth and development and Tui Na Massage Based on the results of the provision of material, it was found that there was an increase in the average knowledge of mothers before and after being given counseling about provision of additional food based on local ingredients available in the community, regulation of eating patterns in toddlers, Baby Massage for toddler growth and development and Tui Na Massage. The results of increased knowledge can be seen in the following picture:

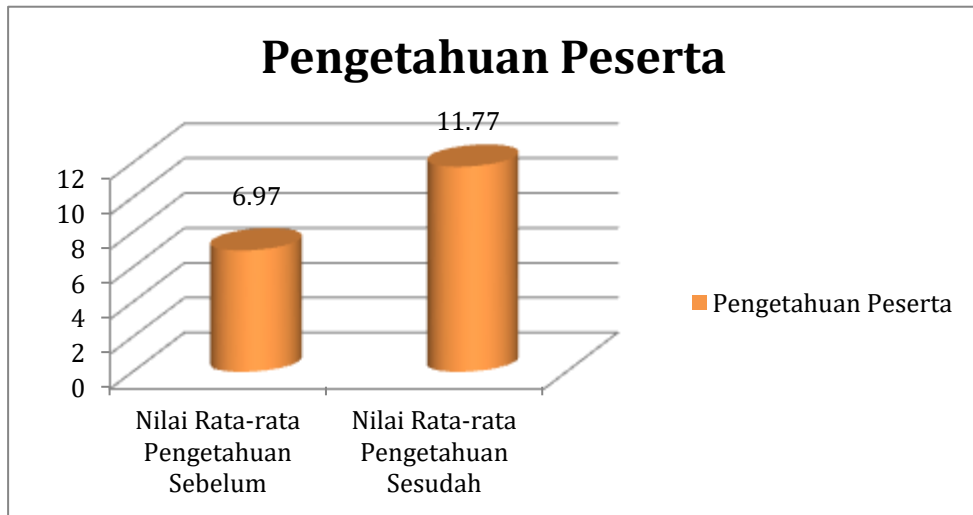


Figure 1. Average Knowledge Score Before and After Counseling

Based on Figure 1, it can be seen that the participants' knowledge before the counseling session had an average score of 6.97, and after the counseling session the average knowledge score became 11.77. This proves that socialization, counseling and training activities can increase knowledge about nutrition for stunted toddlers, providing locally based additional food such as the use of Moringa leaves to increase nutrition in children, food menus for toddlers and how to cook and serve them, regulating eating patterns in children. The counseling method is carried out through lectures, questions and answers and demonstrations. The results of the study obtained a *p* value of 0.000, thus it can be concluded that there is a difference in knowledge value before and after and there is an increase in knowledge value after receiving the "Permata Pomaa" Stunting Alleviation training through the provision of additional food based on local ingredients available in the community, regulating eating patterns in toddlers, Baby Massage for toddler growth and development and Tui Na Massage to increase the Appetite of Stunting Toddlers in Blang Teu and Jambo Mesjid Villages. This is in accordance with previous opinions that in providing health education, health promoters must create, manage, monitor, select media and promotional methods (Stellefson, Paige, Chaney, & Chaney, 2020). Educators and health workers must use creative media and methods in providing appropriate education to target groups (Apriliani, Purba, Dewanti, Herawati, & Faizal, 2021). Activities counseling can increase the knowledge of mothers of toddlers regarding balanced nutrition to prevent stunting (Tadale, Ramadhan, & Nurfatimah, 2021). The results of observations during the community service activities showed that there was an increase in community knowledge in providing locally based additional food such as the use of Moringa leaves to increase nutrition in children, food menus for toddlers and their presentation, regulating eating patterns in children making additional food with local food ingredients, as well as baby massage and Tuina massage. During the activity, the participants were very enthusiastic and excited.

2. Conducting practice/training in making MP-ASI.

The practice of making MP-ASI was carried out in Blang Teue and Jambo Mesjid villages by introducing how to process additional food (MP-ASI) from local ingredients that are high in nutritional value such as making tuna fish floss, Moringa leaf pudding, Moringa leaf dimsum, Moringa leaf mini martabak, Bhoi Moringa leaves and rice balls filled with moringa vegetables, carrots, eggs, and celery leaves, as well as introducing how to serve them so that stunted children are interested in consuming the food. In this activity, food demonstrations were carried out by the team to cadres and mothers of toddlers, then cadres demonstrated again with assistance to mothers of toddlers.

Empowerment and training of cadres and mothers of stunted toddlers is one alternative to solving the problem of stunting incidence. Cadres have a very important role, the role of cadres greatly influences the success of monitoring toddler growth and development and eradicating stunted toddlers. Cadres need to be empowered to be more professional in monitoring child growth and development and reducing the incidence of stunting in Jambo Mesjid and Blang Teu villages, Blang Mangat District. Cadres play a role in increasing knowledge and awareness of nutrition in children and the Making of MP-ASI from local ingredients that are high in nutritional value for health cadres and families of stunted toddlers. carried out by practicing and giving examples of how to make MP-ASI for toddlers so that their nutritional value is met, as well as their presentation) in Jambo Mesjid village. This training can improve the skills of cadres and mothers of stunted toddlers in Making MP-ASI from local ingredients that are high in nutritional value for health cadres and families of stunted toddlers. In addition, improving skills in making additional food for children using local food ingredients is important to improve public understanding and awareness of the importance of healthy and balanced nutritious food. Thus, this community service activity has succeeded in providing positive encouragement in developing community skills in utilizing local food ingredients to improve the quality of daily menus.



Figure 3. Practical training on making complementary breast milk food (MP-ASI) using Moringa leaves in Blang Teue and Jambo Mesjid Villages

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3. Conducting Baby Massage and Tui Na Massage training

This training can improve community skills and empowerment in performing child massage and tui na massage to increase appetite in toddlers, so that it can overcome eating difficulties in toddlers and nutritional needs in toddlers can be met. In this activity, mothers of stunted toddlers are equipped with baby massage leaflets and tui na massage are trained directly by the community service team using demonstration methods to carry out child massage and Tuina massage. Approximately 31 participants attended the socialization and mentoring, the problem that became a problem in this activity was that half of the total number of mothers of toddlers were still less active in practicing on their toddlers. Based on the results of interviews with participants, most of them had just heard about massage to increase appetite for the first time. Tui Na massage is done on massage at the meridian points of the body, namely the hands, feet, stomach and back. The Tui Na massage technique includes 1 set of therapy consisting of 8 movements, namely movements 1-4 are massaged on the palms and fingers, movements 5-6 are done on the chest and stomach, movement 7 is in the area that the knees and movement 8 is done on the back. Massage is done once a day, for 6 consecutive days, if necessary repeat the therapy, give a break of 1-2 days (Roesli, 2020). Based on the research results of Maulida and Sutrisna (2024), it shows that there is an effect of giving Tui Na Massage on increasing the appetite and weight of Stunting toddlers.



Figure 5. Massage training for children and Tui Na massage

4. Training in making locally based food additives with high nutritional value and economically and product packaging training

Training on making Acehnese specialty food product “Bhoi” made from moringa leaves conducted in the community of Gampong Jambo Mesjid and Blang Teue, this activity was conducted in the Village Hall of Gampong Jambo Mesjid, this activity was attended by 31 participants. In addition to making Acehnese specialty food product “Bhoi”, training was also conducted on how to package the product which aims to increase the attractiveness of buyers to this “Bhoi” product.



Figure 6. Making of additional food products typical of Aceh "Bhoi" from Moringa leaves and packaging

5. Child massage and Tui na massage assistance as well as provision of Modisco food on the first day at Jambo Mesjid and Blang Teu

Mentoring is done by visiting the homes of stunted toddlers, directly accompanying mothers in performing tui na massage on their toddlers accompanied by child massage. Mentoring is carried out for six consecutive days for both villages. For Jambo Mesjid village, it is carried out for 12 consecutive days, but is divided into two stages, because the number of stunted

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toddlers is 14 people, six days for 7 toddlers and the next six days for the other seven toddlers. This activity is expected to empower the community and train skills in performing child massage and tui na massage, so that it is hoped that this program can continue in the community and mothers can practice it directly on their toddlers when the toddler has difficulty eating or has no appetite.



Figure 6. Child Massage and Tui Na Massage Assistance

6. Providing assistance to community MSMEs

This activity is carried out by assisting the community's MSMEs in Jambo Mesjid to market the results of the community's MSMEs to social media such as mats, Acehese embroidered cloth, Tissue Boxes from Mats, Acehese Dry Cakes, and others, so that the products of the Jambo Mesjid community's MSMEs can be known by the wider community and can improve the economy of the Jambo Mesjid community, as well as assisting the community on how to package MSME products and label MSME products. This training was attended by 23 participants from members of UMKM Bina Usaha. The training aims to improve the marketing management of UMKM in Jambo Mesjid and Blang Teu Villages, so that they can support the family economy in fulfilling toddler nutrition for the prevention and eradication of stunting. The output of the training activities is improve the skills of MSMEs in packaging and marketing of UMKM products and increasing marketing and economic value of MSMEs.

At the evaluation stage, the results of anthropometric measurements of stunted toddlers were carried out, before implementing massage on children and making complementary food, measurements of the nutritional status of toddlers were carried out, namely height and weight. Posttest was conducted by assessing the nutritional status of toddlers using anthropometry, namely through the height and weight of stunted toddlers. Growth measurement activities for stunted toddlers after massage and Tui Na massage for 1 month. The measurement results are in the table below:

Table 1.
Frequency Distribution of Body Weight and Height before and after Implementation of the Development of the Pomaa Gem Model for Stunting Alleviation in Jambo Mesjid and Blang Teu Villages, Lhokseumawe City

Development of Pomaa Gem Model		Mean	N	Std. Dev	Sig
Weight	Before	10,605	22	1.8247	0.007
	After	10,807	22	1.8422	
Height	Before	85,964	22	9,2156	0,000
	After	86,695	22	9,0824	

(Source: Primary Data 2024)



Based on table 1, it shows that the average value of toddlers' weight in the treatment group before Permata Pomaa was 10.605 and after Permata Pomaa treatment was 10.807, while the average toddler height before treatment was 85.964 and after Permata Pomaa was 86.695. The mean difference between weight before and after community service activities was 202 grams, while the mean difference in height was 0.731 cm.

This shows that the increase in Body Weight and Height in the treatment group is greater than the non-treatment group. The results of the paired T test for the treatment group obtained a Sig value = 0.000 and in the non-treatment group Sig = 0.007, which means that there is an influence Body Weight and Height Before and After Implementation of the Permata Pomaa Model Development for Stunting Alleviation in Jambo Mesjid and Blang Teu Villages, Lhokseumawe City.

CONCLUSION

Conclusions and suggestions from the Community Partnership Empowerment (PKM) activity of developing the Permata Pomaa Model to increase appetite and reduce stunting In Toddlers Towards Stunting-Free Aceh in Jambo Mesjid Village and Blang Teu City of Lhokseumawe are:

1. Activity Socialization and training of the Development of the Pomaa Gem Model to Increase Appetite and Alleviate Stunting The Toddlers Towards Stunting-Free Aceh Program in Jambo Mesjid Village and Blang Teu City of Lhokseumawe has been carried out.
2. Increasing the level of partner empowerment: Social Community Aspect and Increasing the level of partner empowerment: Management Aspect.
3. Scientific articles in the mass media have been published
4. Scientific article has been submitted
5. The activity video already exists and has been uploaded to the institution's YouTube.
6. There was an increase in the average knowledge of mothers in this community service activity, which can be seen in Figure 1, where the pretest value for Height with an average score 85,964 to 86.695 after the posttest.
7. The results of the study obtained a p value of 0.000, thus it can be concluded that there is a difference in knowledge values before and after and there is an increase in knowledge values after receiving the "Permata Pomaa" Stunting Alleviation training through the provision of additional food based on local ingredients available in the community, regulating eating patterns in toddlers, Baby Massage for toddler growth and development and Tui Na Massage to increase the Appetite of Stunting Toddlers in Blang Teu and Jambo Mesjid Villages.

SUGGESTIONS AND ACKNOWLEDGMENTS

Suggestions in Empowering Community Partnerships (PKM) Development of the Permata Pomaa Model to Increase Appetite and Alleviate Stunting In the Toddlers Towards Aceh Free of Stunting in Jambo Mesjid Village and Blang Teu City of Lhokseumawe, it is necessary to continue to massage babies, massage tui na and provide nutritious food to toddlers and continue to do Development of the Pomaa Gem Model to Increase Appetite and Alleviate Stunting On Toddlers Towards Stunting-Free Aceh in Jambo Mesjid Village and Blang Teu City of Lhokseumawe.

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