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Developing the Parenting Program For Stunting Prevention (PPSP) Model in Collaboration with the Local Government in Indonesia

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Introduction

- ❑ WHO (2014) **Stunting**, or being too short for one's age, is defined as a height more than two standard deviations below the child growth standard median
- ❑ According to WHO, several conditions cause children to become stunted, including: 1) Maternal factors, 2) Unsanitary physical home environment, 3) Inadequate stimulation and care, 4) Poor food quality, 5) Improper feeding practices, 6) Food and water hygiene, 7) Improper breastfeeding practices, and 8) Clinical infections.



Background and Rationale

- The Current Condition of Stunting in Indonesia
- The Indonesia Governance Policy

Background and Rationale: The Current Condition of Stunting in Indonesia

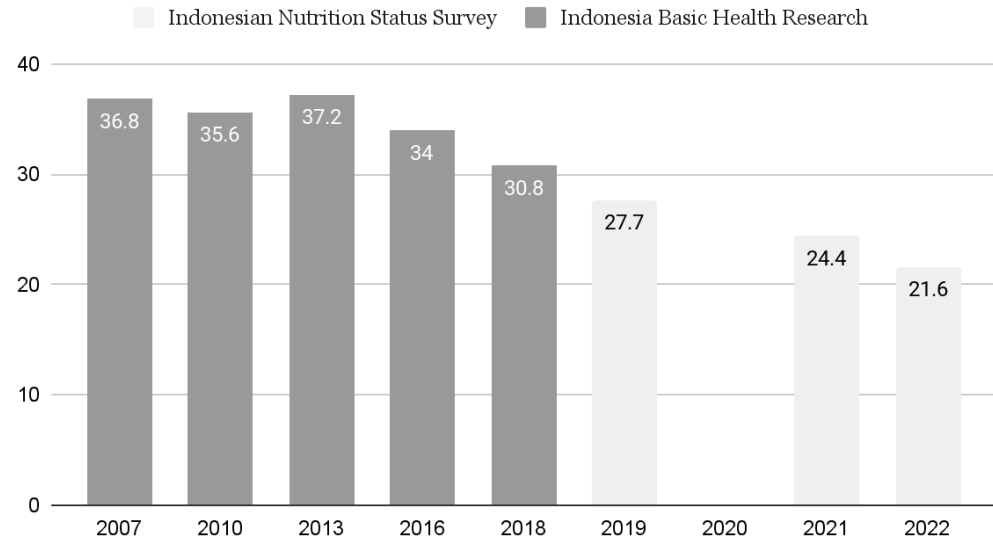
Stunting significantly hinders the growth and development of children. Moreover, stunting increases a child's vulnerability to infectious diseases and hinders cognitive development.

- ❑ [Nirmalasari \(2020\)](#) states that several reasons contribute to stunting in Indonesia, including a disadvantaged economic environment, **limited family education**, untreated drinking water intake, and increased pesticide exposure.
- ❑ [Beal et al.'s \(2018\)](#) study found that several factors influence children's stunted growth in Indonesia. These factors include parents with short stature, premature childbirth, short intervals between pregnancies, **low maternal education**, poor household economic conditions, early cessation of breastfeeding, and limited access to clean drinking water and latrines.

Background and Rationale: The Current Condition of Stunting in Indonesia

The Indonesian government is actively employing multiple strategies to reduce the prevalence of stunting to 14% by 2024, as set out in Presidential Regulation No. 72 of 2021 on accelerating the reduction in stunting.

Figure 1. National stunting prevalence rate



Background and Rationale: The Current Condition of Stunting in Indonesia

- ❑ Enhancing harmonious interaction and collaboration between the governmental and community sectors.
- ❑ 23 ministries and agencies, along with various non-governmental organizations, have participated at the central level in addressing the issue of stunting.
- ❑ Focusing on local interventions at the province level, and ideally in regencies or districts with the highest prevalence of child stunting, is crucial for effectively addressing the significant variation in stunting rates across different regions in Indonesia.

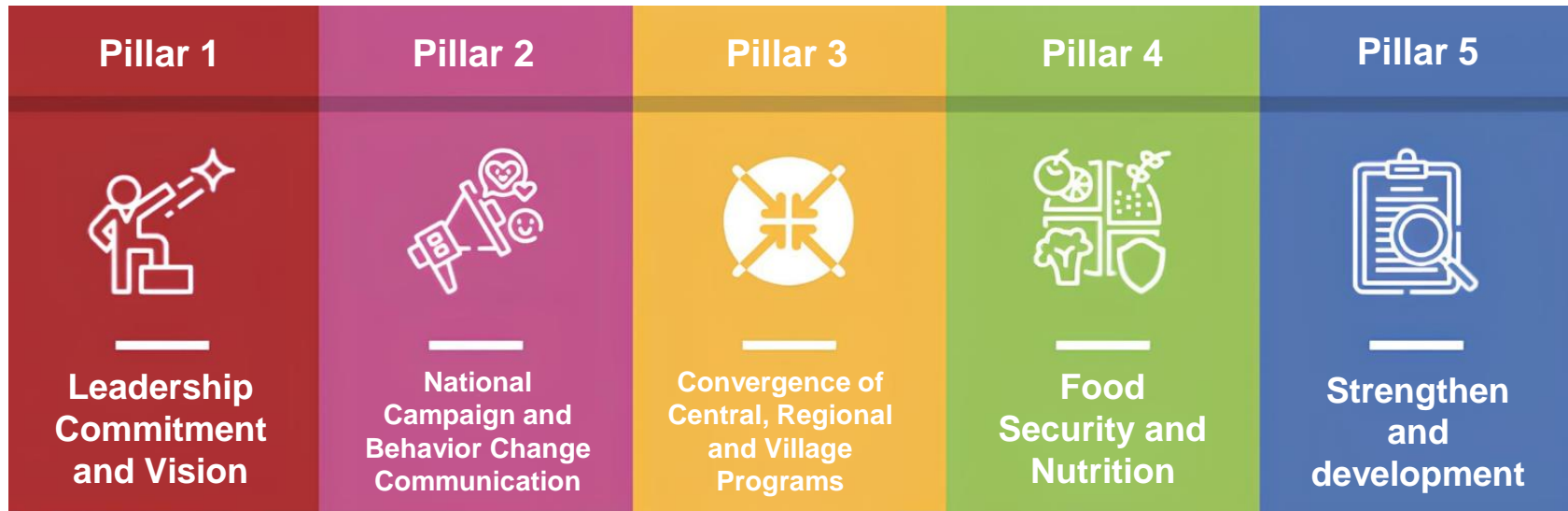
Background and Rationale: The Indonesia Governance Policy

- The Presidential Decree (Perpres) No. 72/2021 has just been launched as a new strategy by the Indonesian government to address childhood stunting. The policy aims to accelerate the reduction of stunting among children under five and is a strong foundation for the National Strategy to Accelerate Stunting Prevention 2018-2024 (The Jakarta Post, 2021).
- The National Strategy to Accelerate the Reduction of Stunting aims to reduce the prevalence of stunting by improving the quality of preparation for family life, ensuring the fulfillment of nutritional intake, enhancing parenting, increasing access to and the quality of health services, and improving access to drinking water and sanitation (Melisa et al., 2022)

So, To accelerate the reduction of stunting in line with this objective, the Indonesian government has introduced the **five pillars of the National Strategy for Stunting Reduction, established in 2018 (Setwapres RI, 2019; Siswati, 2022)**

Background and Rationale

Five pillars of the National Strategy for Stunting Reduction



Methodology

Preparation

A qualitative approach was employed in the first phase to gain the local government's insight into the stunting intervention.

Participants were Education District officials from Tegal City, Sukabumi City, and Pangandaran Regency

Development

The second phase focuses on designing an intervention model to accelerate stunting reduction in Indonesia.

This includes key qualitative activities such as discussing the model framework with experts, creating the model, and developing the training module.

Pilot Study

The small-scale pilot study in Serang City investigated the developed model, involving the district education office and a local university.

It employed a quantitative method to assess knowledge increase and qualitative feedback collection. The study included 32 teachers and ECE cadres.

Implementation

The model's development follows the preparation phase, involving training for ECE teachers and parents, with follow-ups and evaluations.

Data collection uses both qualitative methods with 375 parents, assessing knowledge post-program participation and quantitative approach from six ECE units.

Discussion of Findings

Preparation Phase: The Need Assessment by Engaging Stakeholders

- The preparation phase assessed local government perspectives on stunting and identified challenges across Tegal City, Sukabumi City, and Pangandaran Regency.
- In-depth interviews highlighted common goals but varied approaches in stunting prevention, often lacking comprehensiveness due to resource constraints.
- There's a need to improve ECE educators' understanding and parents' knowledge on stunting prevention.
- Limited culturally relevant information impedes practical efforts.
- Parental knowledge enhancement has been shown to reduce stunting.
- Involvement of local government and stakeholders is vital for sustainable prevention.
- A model was developed to address these challenges and factors.

Discussion of Findings

Development Phase: The Model Development

- The model's development integrated results from the preparation phase, expert discussions, and a review of Indonesian government policies.
- Engaging policymakers, practitioners, academics, and stakeholders, the focus was on parenting practices supporting children's rights.
- Research underscores the significant impact of parenting on child stunting (Anastasia, 2023; Kania et al., 2023; Pratiwi, 2020; Putri, 2021), especially in nutrition fulfillment and mothers' nutrition knowledge (Dayuningsih et al., 2020).
- A framework was crafted, categorizing parenting as a nutrition-sensitive intervention to reduce stunting in Indonesia.
- Developed with local government and stakeholder input, the model aims to guide a sustainable parenting program for stunting reduction.

Discussion of Findings

Development Phase: The Model Development



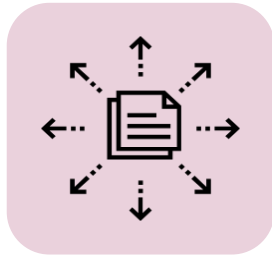
The Parenting Program for Stunting Prevention (PPSP) framework has been developed, which has four objectives, including to:

- ❑ *Integrated parenting programs for stunting reduction*
- ❑ *Enhancing the understanding of ece educators and cadres in implementing integrated parenting activities for stunting reduction*
- ❑ *Increasing parents' knowledge of the stunting prevention*
- ❑ *Availability of local context-specific information media on stunting*

Discussion of Findings

Development Phase: The Model Development

The PPSP model is structured into **three main programs**:



Strengthening information resources and media implementation



Enhance the knowledge and skills of ECE educators and cadres in stunting and parenting



Emphasizes enhancing the basic counseling skills of ECE educators and cadres

Discussion of Findings

Pilot Study Phase: A small-scale study in Serang City

- The pilot study was conducted on a small scale to prepare for broader implementation of the developed model (Thabane et al., 2010).
- The pilot study of the PPSP model was conducted in Serang City to prepare for broader implementation in line with national stunting reduction priorities. Collaborative efforts with local partners, including the university, were crucial.
- The study trained ECE educators and cadres, focusing on enhancing their knowledge and skills in stunting and parenting.
- Data collection methods included field notes and pre-post assessments. While knowledge increased in child development and nutrition modules, there was a decline in stunting and parenting knowledge.
- Feedback highlighted positive impacts on participants' knowledge and commitment to share it.
- Overall, the pilot showed positive results, suggesting successful larger-scale implementation but also indicating a need to review and adjust some materials and approaches.

Discussion of Findings

Implementation Phase: A lesson learned from Ogan Komering Ulu (OKU) Regency

- The parenting model implementation located in Ogan Komering Ulu (OKU) Regency, South Sumatra, initiated through discussions with local government, ECE educators, and parents.
- It is observed that OKU Regency has a dedicated stunting task force, indicating local government commitment to addressing stunting and aligning with national priorities.
- With government support involved 20 officials from five related offices and 47 ECE teachers from 44 units participated in training.
- The training focused on stunting information media management and stunting-related knowledge and skills for ECE teachers for officials of local government.
- Further, teachers underwent a four-day training covering seven modules and were tasked with conducting parenting activities for four months in their units.
- Monitoring and evaluation has been conducted by the support from the Education District Office assessed the program's impact.
- The results showed improved parents' knowledge in stunting, child growth, parenting practices, and nutritional needs. Particularly, parents' understanding of children's growth showed the highest increase.

Discussion of Findings

Implementation Phase: A lesson learned from Ogan Komering Ulu (OKU) Regency

- Focus group discussions were conducted to assess parents' experiences with parenting activities related to stunting and nutrition.
- Parents found these activities highly beneficial, enhancing their knowledge about stunting causes, characteristics, and prevention methods. Some key statements from parents include:

“After participating in parenting activities, I became aware of three ways to prevent stunting: diet, parenting, sanitation, and access to clean water” (TKN02, 263).

“I came to know what stunting is, what causes it, and how to find out if my child is stunted or not” (TKS, 274).

“Knowing how to handle the risks of stunting children and the characteristics of stunting children nutritious food is needed for good growth and development and the role of parents is very important” (TKN01, 363).

- Parents expressed a desire for regular parenting activities, highlighting their utility in understanding children's needs, fulfilling nutrition requirements, and supporting growth and development
- Parents recognized the value of these activities in enhancing their parenting skills and family knowledge

Conclusion

- The Indonesian government aims to reduce stunting prevalence to 14% by 2024, a target supported by SEAMEO CECCEP's Parenting Program for Stunting Prevention (PPSP) model.
- This model integrates parenting with Early Childhood Education (ECE) through **collaborative efforts with local governance, academia, practitioners, and stakeholders.**
- The PPSP model focuses on four key objectives: **integrated parenting programs, enhancing ECE educators' understanding of stunting-integrated parenting, increasing parental knowledge of stunting prevention, and providing context-specific stunting information media.**
- Implementation of the PPSP model introduced three main programs aimed at **strengthening information resources, enhancing ECE educators' skills, and improving basic counseling skills.**

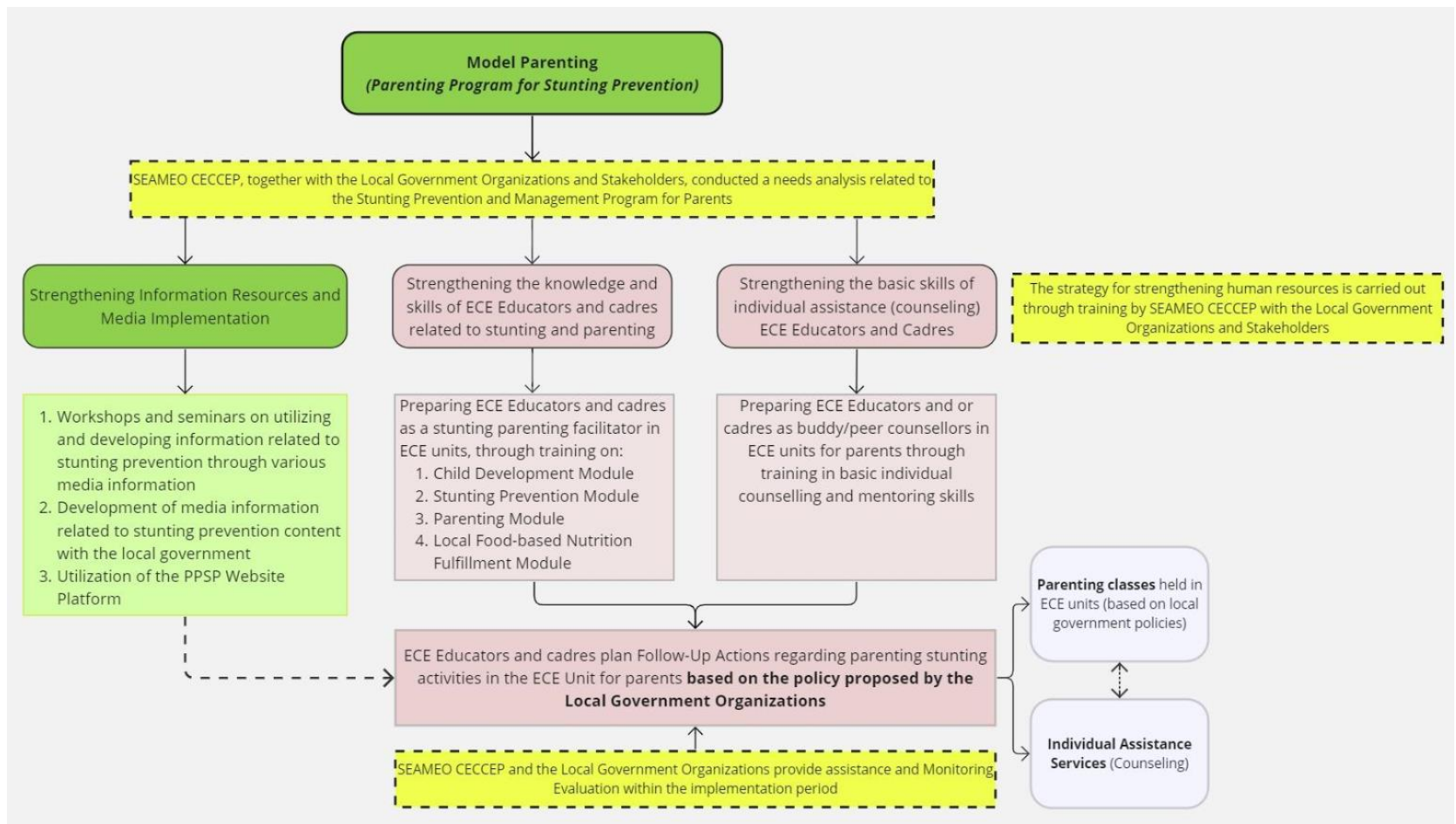
Conclusion

- Pilot study results indicated promising increases in pre-and post-test scores for ECE educators, with most trained teachers initiating parenting activities and improving parental knowledge on stunting, growth, and nutrition.
- Overall, the PPSP model has equipped ECE teachers with the necessary skills for effective parenting sessions, resulting in positive engagement with parents in stunting prevention.
- The consistent support from local government authorities further aligns the model with the national stunting reduction goal, highlighting the importance of collaborative efforts in addressing childhood stunting.

Thank You, Hatur Nuhun.



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