



Assistance for Adolescents in Preventing Stunting During the First 1000 Days of Life through the Formation of 'REDAKZI PENTING' (Health and Nutrition-Aware Adolescents Caring for Stunting) in Tambak Oso Waru Village, Sidoarjo

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Abstract: *Stunting is one of the nutrition problems that is a national priority today. Stunting occurs as a result of a lack of nutritional intake, recurrent infectious diseases and inadequate family factors or psychosocial factors, especially in the first 1000 days of life. Adolescents, as prospective parents, will give birth to the next generation and need to have adequate knowledge about health, nutrition and stunting so that nutritional deficiencies do not occur, especially in the first 1000 days of life. This community service activity aims to improve the knowledge, attitudes and behavior of adolescents in preventing stunting, especially in the first 1000 days of life, through the formation of the "REDAKZI PENTING" community (Teenagers Aware of Health, Nutrition and Care for Stunting). Activities were carried out in Tambak Oso Village Sidoarjo using the CBR method involving village community stakeholders and Tambak Oso Village Health workers. Teenagers are given reproductive health education, adolescent nutrition, and stunting as a provision for the Redakzi Penting community. The knowledge gained by adolescents in Health Education activities will be conveyed to other communities so that community awareness, especially adolescents, towards health and stunting increases.*

Introduction

Stunting is one of the chronic nutritional problems in children where it is found that the child's height is not in accordance with their age or shorter than their age. This condition is caused by the lack of nutritional intake of children over a long period of time so that they experience malnutrition status.¹ This occurs as a result of inadequate

¹ Tim Nasinal Percepatan Penanggulangan Kemiskinan, *100 Kabupate/Kota Prioriyas Untuk Intervensi Anak Kerdil (Stunting)*, 2017.; Syihab, Syifa, and Isti Kumalasari. "Nutrition Education for Preventing Stunting in Elementary Schools: A Systematic Review." *TEGAR: Journal of Teaching Physical*

nutritional intake, recurrent infectious diseases and inadequate family or psychosocial factors, especially in the first 1000 days of life. These conditions can increase child mortality and morbidity rates. In the short term, stunting can lead to growth failure in children, motor and cognitive developmental barriers, metabolic disorders and suboptimal physical size. Furthermore, in the long term, stunting can have an impact on the low quality of human resources, an increased risk of non-communicable diseases and can affect the quality of the next generation. Children with stunting have a lower IQ of 5 to 10 points compared to children who have normal growth. According to research, stunting also has an impact on hampering a country's economic progress, decreasing work productivity and increasing social inequality in society.

The results of the 2019 Indonesian Toddler Nutrition Status Survey (SSGBI) found that the prevalence of stunting in Indonesia decreased from 24.4% in 2021 to 21.6% in 2022. This figure is still above the WHO recommendation of 20%. In East Java alone, the prevalence rate of stunting in toddlers is 32.81%. Then based on the Electronic Community Based Nutrition Recording and Reporting (EPPGBM), as of July 20, 2019 the figure reached 36.81%, where this prevalence rate is higher than the national prevalence. The stunting prevalence rate is targeted to drop to 14% by 2024.

According to the SSGI results in August and September 2022, the stunting rate in Sidoarjo District increased from 14.8 percent to 16.1 percent.² In 2022, 24 villages in Sidoarjo district were designated as a locus for accelerating stunting reduction, with 7 villages in the Waru sub-district. Based on an interview with the Tambak Oso village midwife, there were 2 cases of stunting in the village.

Some of the factors that can cause stunting in Indonesia are not being exclusively breastfed for 6 months, low economic status, premature birth, short birth length, short mothers, low education levels, and living in poor urban and rural areas. The lack of child nutrition in the first thousand days of life (1000 HPK) has a major influence on child growth and development until stunting occurs.³

The 1000 HPK period often referred to as the golden age period is an important period in human life, where in the first 1000 days there is very rapid individual growth and development that does not occur in other periods of life. In the period up to 2 years, the growth and development of the child becomes the basis for the child's further development in life. The 1000 HPK period starts when the fetus is still in the

Education in Elementary School (2020).

² M Taufik, "Angka Stunting 2023 Di Sidoarjo Malah Naik Saat Angka Nasional Dan Jatim Menurun - Surya.Co.Id," 2023, <https://surabaya.tribunnews.com/2023/03/21/angka-stunting-2023-di-sidoarjo-malah-naik-saat-angka-nasional-dan-jatim-menurun>.

³ Fitria Yulastini, Diah Ulfa Hidayati, and Evalina Fajriani, "PROMOSI KESEHATAN 1000 HARI PERTAMA KEHIDUPAN (HPK) SEBAGAI UPAYA PENCEGAHAN STUNTING DI DESA PERINA WILAYAH KERJA PUSKESMAS

BONJERUK," *SELAPARANG: Jurnal Pengabdian Masyarakat Berkemajuan* 6, no. 3 (September 7, 2022): 1135, <https://doi.org/10.31764/jpmb.v6i3.10433>.

womb. During this period, good nutrition intake in pregnant women supports fetal growth and development. Then when the child is born until 2 years old. During this period, the child's nutritional intake will play a role in determining the child's nutritional status. Malnutrition can be prevented early on by providing optimal nutrition.⁴

Efforts to overcome stunting are carried out in two interventions, namely specific nutrition interventions and sensitive nutrition interventions. Specific nutrition interventions address the causes of stunting directly, while sensitive nutrition interventions address the causes of stunting indirectly. Activities included in specific nutrition interventions include overcoming problems with food intake, maternal nutritional status, infections, infectious diseases, and environmental health. Sensitive nutrition interventions target families and communities with activities such as increasing awareness and commitment to maternal and child nutrition, providing clean water, and improving access to and quality of nutrition and health services. One of the nutrition-sensitive intervention activities is the provision of health and reproductive counseling for adolescents. This shows the important role of adolescents in preventing stunting.⁵

As part of society, adolescents also have a role in preventing stunting. Teenagers are agents of change as well as prospective parents who play a role in reducing stunting. The preparation of adolescents who will later become mothers in maintaining health including their nutritional intake will support nutrition at 1000 HPK. Adolescents who have more knowledge about stunting will prepare themselves to fulfill nutritional needs before pregnancy occurs. The nutritional condition of pregnant women can be determined from the condition of the mother's nutritional status before conception or during adolescence. Nutritional status before conception will affect the condition of pregnancy and the baby who is born. Pregnant women with malnutrition will cause the fetus to experience IUGR which can increase the risk of the baby experiencing malnutrition or experiencing growth and development disorders.⁶

Teenagers' knowledge about stunting needs to be improved with various steps. One of them is by involving educational institutions or universities in providing education related to stunting. Several previous studies have been conducted by education personnel on adolescents to increase adolescents' knowledge about stunting. One of them is research on Noviasy⁷ where providing education through social media can increase adolescents' knowledge about stunting. Another study

⁴ Arlyta Dwi Anggraini, "Periode Emas 1000 Hari Pertama Kehidupan | Indonesia Baik," accessed August 10, 2023, <https://indonesiabaik.id/infografis/periode-emas-1000-hari-pertama-kehidupan>.

⁵ Kementerian PPN BAPPENAS, *PEDOMAN PELAKSANAAN INTERVENSI PENURUNAN STUNTING TERINTEGRASIDI KABUPATEN/ KOTA*, 2018.

⁶ S. KM Atikah Rahayu, "BUKU AJAR GIZI 1000 HARI PERTAMA KEHIDUPAN" (CV Mine, 2018).

⁷ Reny Noviasy, "Eduwhap Remaja Siap Cegah Stunting Dalam Wadah Kumpul Sharing Remaja," *Logista Jurnalllmiah Pengabdian Kepada Masyarakat* 4, no. 2 (Tahun 2020).;

conducted by Sugiharti, providing material about stunting in youth groups through direct training can have a positive impact on adolescents' knowledge about stunting.⁸

Method

This community service activity uses the CBR method. The stages carried out with this method are:

Laying the foundation

At this stage the community service team conveyed the objectives of the activity to stakeholders, namely Tambak Oso village officials, health workers and representatives of the Tambak Oso village community. Based on the results of discussions with stakeholders, it is known that there are no health education activities directly for adolescents in Tambak Oso village. Planning research and service activities involves stakeholders. Each stakeholder plays a role in providing suggestions related to the activities to be carried out including the date of the next activity meeting and the activity participants to be invited.

Research Planning

At this stage, the service team and stakeholders determine research priorities, research methods to be used, and data analysis to be used. the service team along with village officials, and community representatives compiled a research plan and activities to be carried out, including the time and schedule of activities, and the number of activity participants. In addition, the role of each team in research activities was also arranged. Village officials and community representatives determine which representatives of each RT will be invited. The village head determines the location or venue of the activities.

Information gathering and analysis

At this stage, data collection, analysis of the data obtained, and interpretation of the research data were carried out. Data collection was carried out on 30 adolescents of Tambak Oso village. The data obtained is then analyzed and interpreted to determine the priority of the problem.

⁸ Aris Tyarini, Indrawati, Ari Setiawati, Viyan Septiyana Achmad, and Astuti Astuti. "Improving Healthy Behavior in Preventing Stunting through Digital Media." *Abdimas Polsaka* (2023).; Mulidah, Siti, Asrin Asrin, Aris Fitriyani, Widyo Subagyo, and Sukma Sanjaya. "The Gemas Application Toward Knowledge and Attitude in Preventing Stunting of Teenagers." *Malaysian Journal of Medicine and Health Sciences* (2022).

Acting on findings

At this stage, the team followed up on the research results so that the research results could be utilized by the community. The results of the research were discussed with stakeholders from Tambak Oso Village. Based on the results of discussions with stakeholders, it is necessary to increase knowledge about health in adolescents. increasing knowledge can be achieved by forming the Redakzi Penting Community (Teenagers Aware of Reproductive Health, Nutrition and Care for Stunting). This community will then be given education on reproductive health, nutrition, and stunting.⁹¹⁰

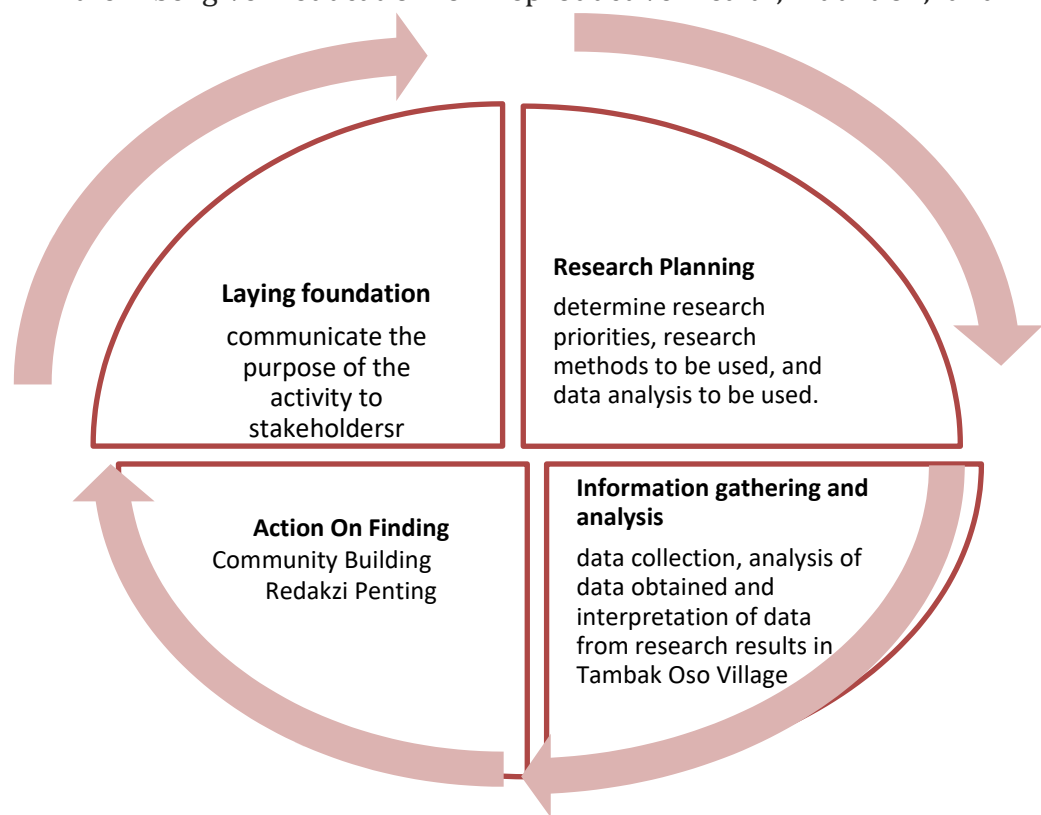


Figure 1 . Four Stages of CBR

⁹ Esti Novi Andyarini, Ika Mustika, and Moch. Irfan Hadi, "Community Empowerment of Parents Concerned about Adolescent Reproductive Health in Krucil District Probolinggo with CBR Approach (Community-Based Research)," *Engagement: Jurnal Pengabdian Kepada Masyarakat* 6, no. 2 (November 2022): 533–40, <https://doi.org/10.29062/engagement.v6i2.1301>.

¹⁰ Ika Mustika et al., "Community Empowerment Through the Cervical and Breast Cancer Early Detection Program with the Formation of Srikandi Cadres (Early Cancer Awarnees) in Kangean Island, Sumenep Regency," n.d.

Result

Community service activities begin with conducting a preliminary survey and laying foundation. The preliminary study was conducted in Tambak Oso Village with the Head of Tambak Oso Village and several village officials and posyandu cadres. The results of the preliminary study found that in the village there were no activities that actively involved adolescents in the field of reproductive health. The service team together with

The results of the discussion determined that research planning was carried out on May 4, 2023 by inviting village officials, posyandu cadres, PKK representatives, midwives, RW heads, RT heads and youth organization representatives.

Research planning was carried out according to the schedule at the Tambak Oso Sidoarjo village hall. FGD activities were attended by the Head of Tambak Oso Village, community leaders, RW heads, RT heads, midwives, posyandu cadres, and representatives from youth organizations. The community service team conveyed the planning of research and service activities to be carried out in Tambak Oso village, the objectives and benefits of the activity. After the delivery of the material, a discussion was held about the implementation of research and community service activities. Participants in the discussion conveyed proposals related to adolescents involved in activities, the number of adolescents, the age of adolescents involved, and the place for implementing activities. The results of the discussion agreed on the implementation of the next activity by collecting data involving 30 adolescents at the Tambak Oso village hall. Then the Health Education activities were carried out in stages three times with the number of adolescents invited as many as 50 adolescents from all RTs in Tambak Oso village. health education activities carried out are reproductive health education, adolescent nutrition health education, and health education about stunting.



Figure 2. Research Planning with Community

Data collection on adolescents in Tambak Oso village to collect information related to adolescent knowledge in adolescent nutrition and stunting prevention. The results of data collection from 30 adolescents in Tambak Oso village found that 17 adolescents (56.7%) had moderate knowledge related to stunting, then 7 adolescents (23.3%) had low knowledge, and as many as 6 adolescents (20%) had high knowledge.

Furthermore, adolescent reproductive health education activities were carried out at the Tambak Oso Village hall. A total of 50 adolescents, RW and RT heads, and posyandu cadres participated in Health Education activities. The material presented in the activity was about adolescent reproductive health and its problems. The head of Tambak Oso village was present to give a speech and open the event. Material delivery was carried out by the community service team. In this activity, participants took an active role in discussion and question-and-answer activities. Participants were able to explain again about problems in adolescents and how to prevent them.

Furthermore, adolescent reproductive health education activities were carried out at the Tambak Oso Village hall. A total of 50 teenagers, RW and RT heads, and posyandu cadres participated in the Health Education activities. The material presented in the activity is about adolescent reproductive health and its problems. The head of Tambak Oso village was present to give a speech and open the event. Material delivery was carried out by the community service team. In this activity, participants took an active role in discussion and question-and-answer activities. Participants were able to explain again about problems in adolescents and how to prevent them.



Figure 3. Adolescent Reproductive Health Education

Adolescent nutrition health education activities were held on a different day and attended by 50 adolescents, the head of Tambak Oso village, representatives of RW and RT heads, midwives, and posyandu cadres in Tambak Oso village. The community service team and outside speakers delivered material about nutrition in adolescents. The first speaker delivered about nutrition in adolescents, followed by the second speaker who explained about balanced nutrition in adolescents. Adolescents were given information related to nutritious food, adolescent nutritional intake, and good eating patterns. During the activity, teenagers played an active role by participating in discussions and questions and answers.



Figure 5. Pendidikan Kesehatan Gizi Remaja

The formation of the Important Redakzi community was carried out at Tambak Oso village hall by involving Tambak Oso village youth, village officials, RW and RT heads as well as, posyandu cadres and PKK Tambak Oso village with a total of 50 participants. Teenagers and stakeholders received education about stunting and how to prevent it. The resource person conveyed about adolescent anemia which can have an impact on stunting.

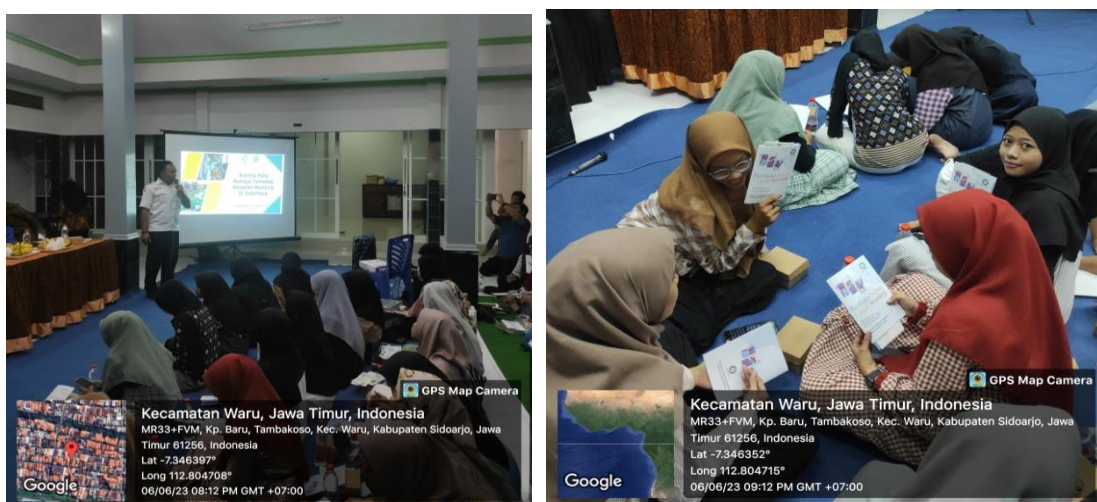


Figure 6. Health Education on Adolescent Stunting

Evaluation of activities is carried out by meeting the head of Tambak Oso Village along with village officials and representatives of important Redakzi teenagers. In this activity, the UINSA community service team asked about the sustainability of the important Redakzi community activities. Teenagers said that the Redakzi Penting community has so far conveyed education to other teenagers by conveying directly when there are gathering activities with youth organizations, as well as by showing the book "Healthy Teenagers Prevent Stunting". The Redakzi Penting community has not yet carried out activities independently devoted to providing health education to other adolescents.

Discussion

The results of a preliminary survey in Tambak Oso Sidoarjo village found that there had never been health education activities provided directly to adolescents in the village. Based on data collection, 34.8% of adolescents obtained health and stunting information from social media, 28.3% obtained information from the closest person or family, 13% of adolescents obtained information from friends, 10.8% obtained information from teachers, and at least 6.5% each received information from mass media and health workers. Based on these results, it can be seen that adolescents have not obtained optimal information related to stunting because only 6.5% have obtained information from health workers. So it is necessary to provide education to adolescents related to stunting by involving health workers who understand more about stunting.

In research planning activities, stakeholders from the Tambak Oso village community were actively involved in discussions in determining research activities. The results of data collection found that adolescents' knowledge about stunting was still low, namely 23.3%, then in the high knowledge category only 20%. Based on several studies, it is known that knowledge about stunting will affect the incidence of stunting in children. Parents who have good knowledge about stunting will provide good nutritional intake from the womb until the child is born to prevent stunting. Therefore, adolescents need to prepare themselves with good stunting knowledge as a step to prevent stunting.¹¹

¹¹ Risky Nurul Halisah and Warsiti, "Hubungan Tingkat Pengetahuan Dengan Kejadian Stunting Anak Pada IbuUsia Remaja: Literature Review" (2021).; Mar'Ah Has, Eka Mishbahatul, Candra Panji Asmoro, and Wilhelmus Petrus Gua. "Factors Related to Father's Behavior in Preventing Childhood Stunting Based on Health Belief Model." *Jurnal Keperawatan Indonesia* (2022).; Margatot, Didik Iman, and Titih Huriyah. "The Effectiveness of Women Empowerment in Preventing Stunting in Children Aged 6-59 Months." *Bali Medical Journal* (2021).; Meriza Martineta, Fitriyani Nasution, Nenni Dwi Aprianti Lubis, Zaimah Z. Tala, and Dina Keumala Sari. "A Nutrition Education for Productive Aged Women to Improve Knowledge in Preventing Stunting in Indonesia." *ABDIMAS TALENTA: Jurnal Pengabdian Kepada Masyarakat* (2021).; Pandani, Ni Wayan Puspa. "The Role of Social Support for Mother's Interest in Preventing Stunting." *Community Medicine and Education Journal* (2021).; Suleman, Yulfiah, Tasnim

Lack of knowledge about stunting can occur due to several factors, one of which is the lack of information obtained about stunting. Based on research conducted by Anita Rahmawati et al.¹² Parents who have never received information about stunting have less knowledge.¹³

Based on the data collection, 29 adolescents (97%) stated that it is important for adolescents to know about stunting. Only 1 adolescent thought that stunting was not important for adolescents to know. However, of the 29 adolescents who stated that knowledge about stunting was important for adolescents, most did not give reasons. Some gave reasons so that adolescents know about stunting, its causes, impacts, and consequences. In addition, some gave the reason that by knowing stunting, adolescents have new insights that are useful for the future. Based on the answers of these adolescents, it can be seen that adolescents do not understand the importance of stunting knowledge for adolescents. Adolescents with good stunting knowledge are expected to be able to improve attitudes and behaviors in preventing stunting, such as maintaining nutritional intake, living a healthy lifestyle, and good reproductive health behavior to realize the next generation of quality.

Furthermore, the first health education activity carried out was adolescent reproductive health education. the material presented was about adolescent reproductive health and related problems. In this activity, adolescents play an active role in discussion and question and answer, where adolescents can re-explain the material that has been delivered by the resource person. Providing adolescent reproductive health education will be able to increase adolescents' knowledge about reproductive health so that it will affect the attitudes and behavior of adolescents in maintaining reproductive health. As the research conducted by Budi Widiyanto,

Tasnim, and Herianto Wahab. "ANALYSIS OF THE INFLUENCE OF HEALTH EDUCATION TO IMPROVE MOTHER'S KNOWLEDGE IN PREVENTING STUNTING IN MASOLAKA RAYA SUB-DISTRICT, BOMBANA DISTRICT." *INDONESIAN JOURNAL OF HEALTH SCIENCES RESEARCH AND DEVELOPMENT (IJHSRD)* (2021).

¹² Anita Rahmawati, Thatit Nurmawati, and Liliani Permata Sari, "Faktor yang Berhubungan dengan Pengetahuan Orang Tua tentang Stunting pada Balita," *Jurnal Ners dan Kebidanan (Journal of Ners and Midwifery)* 6, no. 3 (December 5, 2019): 389–95, <https://doi.org/10.26699/jnk.v6i3.ART.p389-395>; Siringo-ringo, Magda, and Putri Agustina Hutabarat. "Description Of Mom Knowledge About Balanced Nutrition In Children Aged 24-36 Months In Preventing Stunting In Puskesmas Balai Jaya, Bagan Sinembah District In 2022." *Science Midwifery* (2022).

¹³ Marni, Marni, Andi Zulkifli, Ridwan Mochtar Thaha, Healthy Hidayanty, Stang Stang, Muhammad Syafar, Amran Razak, Aloysius Liliweri, Ria Rezeki Sudarmin, and Intje Picauly. "Awareness, Motivation, and Intentions in Preventing Stunting in the Dry Land Area of Kupang Regency, East Nusa Tenggara Province." *International Journal of Sustainable Development and Planning* (2023).; Maryati, Siti, Pritta Yunitasari, and Budi Punjastuti. "The Effect of Interactive Education Program in Preventing Stunting for Mothers with Children under 5 Years of Age in Indonesia: A Randomized Controlled Trial." *Open Access Macedonian Journal of Medical Sciences* (2022).; Palapessy, Victor E D, Rini Susanti, Nur Febrianti, Faridah Hariyani, and Bambang Sucipto. "The Role of Health Workers in Preventing Stunting in Children." *Jurnal Ners* (2023).

Purnomo, and Muria Sari Arum¹⁴, the provision of adolescent reproductive health education affects adolescents' knowledge about adolescent sexual behavior. It can be seen that there is a difference in knowledge between groups of adolescents who were given reproductive health education and those who were not given reproductive health education.

The next health education activity was about adolescent nutrition. The material presented was about adolescent nutrition and balanced nutrition. The resource person conveyed how adolescents maintain nutritional status and nutritional intake of adolescents. the resource person also gave examples of healthy diets for adolescents, so that adolescents could better understand adolescent nutritional intake. Community service activities related to adolescent nutrition have previously been carried out by Dini Junita and Arnati Wulansari.¹⁵, where the results of providing Health Education about nutrition in adolescents were able to increase adolescents' knowledge about nutrition to prevent adolescent anemia.

It is hoped that by providing this health education, the knowledge, attitudes, and behavior of adolescents in maintaining their nutritional intake will be better. The nutritional status of adolescents will affect the nutritional status of adolescents later when pregnant and giving birth. Good nutritional status before pregnancy and during pregnancy will affect the children who will be born later so that stunting does not occur.

Furthermore, teenagers in Tambak Oso village were involved in participating in the TikTok Chalange activity with the theme "Redakzi is Important to Prevent Stunting Before It's Precarious". TikTok challenge activities not only involve teenagers in Tambak Oso village but also other teenagers outside Tambak Oso village. This activity has been shared on social media such as WhatsApp, Instagram, and TikTok so that it can be seen by the public. It is hoped that this activity can increase teenagers' awareness of stunting.

Increasing knowledge about stunting by using social media is intended to be easily accepted by adolescents because based on previous data collection, it is found that adolescents access social media more to find information. The study states that there is a significant correlation between stunting information on Instagram social media and follower attitudes in preventing stunting.¹⁶

¹⁴ Budi Widiyanto, Purnomo, and Muria Sari Arum, "Pengaruh Pemberian Pendidikan Kesehatan Reproduksi Remaja Terhadap Pengetahuan Tentang Perilaku Seksual," *Jurnal Keperawatan Komunitas* Volume 1, no. No. 2(November 2013): 101–7.

¹⁵ Dini Junita and Arnati Wulansari, "Pendidikan Kesehatan tentang Anemia pada Remaja Putri di SMA N 12Kabupaten Merangin," *Jurnal Abdimas Kesehatan (JAK)* 3, no. 1 (January 10, 2021): 41, <https://doi.org/10.36565/jak.v3i1.148>.

¹⁶ Widiawati Sri Astuti, Hadi Suprpto Arifin, and Ikhsan Fuady, "Hubungan Antara Informasi Stunting Pada Akun Instagram @1000_Hari Dengan Sikap Followers Terhadap Pencegahan Stunting," *AL*

In health education activities, adolescents are also provided with leaflets and books. The leaflets obtained contained reproductive health material and adolescent nutrition. Then the book obtained was about the role of adolescents in preventing stunting the book title is "Healthy Teenagers Prevent Stunting".

Leaflets and pocketbooks can be used by adolescents to provide information to peers and the general public related to adolescent health and stunting. It is hoped that providing education from adolescents to their communities can increase knowledge about health and stunting so that there is an increase in public awareness to prevent stunting.

Research conducted by Lestari that Peers are another external factor besides social media that is significantly related to adolescent sexual behavior. According to adolescent development theory, mid-adolescence (13-15 years) tends to be closer to peers. At this age, adolescents have a desire to have peers or groups. This is part of the process of adolescent growth and development. Adolescents will exchange information with each other, making it possible for adolescents to share information about reproductive health and stunting with peers.

Community service activities that have previously been carried out by Yuni Fitri Hamidiyanti and Intan Gumilang Pratiwi¹⁷ where the results of the activity found the role of peers in decision-making by adolescents. Pressure and encouragement from peers will contribute to adolescent decision-making. So providing good education to adolescents is expected to increase adolescents' knowledge and attitudes in maintaining health, especially in preventing stunting at 1000 HPK.

At the end of the activity, the formation of the Redakzi Penting community (Teenagers Aware of Reproductive Health, Nutrition, and Care for Stunting) was inaugurated. Tambak Oso village teenagers are expected to become pioneer teenagers who care about stunting, by providing education about nutrition and stunting to the community, especially teenagers. Books and leaflets about health become the provision for teenagers to spread knowledge about health and stunting to the community.

MA' ARIEF: *JURNAL PENDIDIKAN SOSIAL DAN BUDAYA* 2, no. 1 (2020).

¹⁷ Yuni Fitri Hamidiyanti and Intan Gumilang Pratiwi, "Peran Teman Sebaya Dalam Meningkatkan Pengetahuan Kesehatan Reproduksi Pernikahan Usia Dini Pada Remaja," *JURNAL PENGABDIAN MASYARAKAT SASAMBO* 3, no. 1 (November 2021).



Figure 7. Establishment of Redakzi Penting Community

According to Dewi¹⁸, the formation of communities or health cadres is one of the factors that affect public health. Health cadres will help the community solve health problems. Such as research conducted by Nur Oktia Nirmalasari that there is a significant relationship between pregnancy in adolescence and the incidence of stunting. Therefore, health cadres must have good knowledge about health. Coaching such as providing health education is needed for health cadres to increase knowledge that can be channeled to other adolescents to increase the degree of adolescent health, in this case, to prevent stunting.¹⁹

The activities of the Redakzi Penting community are expected to be continued by stakeholders and adolescents in Tambak Oso Village by conducting youth health socialization activities in the community. The Redakzi Penting community can provide knowledge of adolescent nutritional health and stunting to other adolescents or the community in general in youth activities, mosque youth, and other youth organization

¹⁸ Nurdiamah Dewi and Achadiyani, "Pembentukan Kader Kesehatan untuk Meningkatkan Pengetahuan dan Kemampuan Melakukan Deteksi Dini Kanker yang Sering Terjadi Pada Wanita di Desa Sukamanah dan Desa Cihaurkuning, Kecamatan Malangbong Kabupaten Garut," *Jurnal Aplikasi Ipteks untuk Masyarakat* 2, no. 2 (November 2013): 78–84.; Erfina, Erfina, Suni Hariati, and Suryani Tawali. "Development and Evaluation of Nursing Intervention in Preventing Stunting in Children of Adolescent Mothers: A Mixed-Methods Research Protocol." *Nutrition and Health* (2023); Hendra, Afrizal, Ma'ruf Akbar, and Rd. Tuty Sariwulan. "An Analysis of The Nurses Service In Preventing Stunting at UPT Puskesmas Astana Anyar Bandung." *IJHCM (International Journal of Human Capital Management)* (2020).

¹⁹ Candarmaweni, and Amy Yayuk Sri Rahayu. "Collaborative Governance to Achieve SDGs Social Development: Preventing Stunting Lesson from Pandeglang." In *E3S Web of Conferences*, 2020.; Damayanti, Fitriani Nur, Rahayu Astuti, Siti Istiana, and Avisia Zahra Paramitha. "Midwife Skill Training as a Family Assistance Team in Preventing Stunting in Tegal City." *Community Empowerment* (2023); Handayani, Bekti. "The Role of Nasyiatul Aisyiyah and Fatayat NU Cadres in Preventing Stunting Cases in Indonesia." *Muhammadiyah International Public Health and Medicine Proceeding* (2021).

activities in Tambak Oso Village.

Conclusion

The establishment of the Redakzi Penting Community as an effort to increase adolescents' knowledge about reproductive health, nutrition and stunting can increase adolescents' knowledge about health, thus changing the attitudes and behavior of adolescents in maintaining health.

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