

Analysis of Local Government Policies in Preventing and Reducing Stunting Rates in Sarappo Island, Mattiro Langi Village, Liukang Tupabbiring District, Pangkep Regency, Indonesia

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ABSTRACT

The problem of stunting is one of the significant health challenges in Indonesia, especially in remote areas such as Mattiro Langi Village, Liukang Tupabbiring District, Pangkep Regency. particularly on Sarappo Island. This study aims to analyze local government policies in preventing and reducing stunting rates and identify factors that influence the implementation of these policies. Using a descriptive qualitative approach, this study examines policies through three main stages, namely specific interventions, sensitive interventions, and education and socialization. The results of the study indicate that specific interventions involve providing Iron Supplement Tablets (TTD), promoting exclusive breastfeeding, and providing Complementary Foods (MP-ASI). Sensitive interventions include the implementation of the Dasyat (Healthy Kitchen) program which utilizes local food to improve the nutritional status of the community. Meanwhile, education and socialization are carried out through Posyandu to increase public awareness of the importance of nutrition and good parenting. Factors that influence policies include social, cultural, and economic constraints. Low public awareness, food myths, and economic limitations are the main obstacles. However, local policies such as budget allocation for food subsidies and health programs provide strategic solutions to overcome this problem. This study recommends improving culture-based education, optimizing social assistance programs, and building health and sanitation facilities to support a sustainable reduction in stunting rates in Mattiro Langi Village.

Keywords: Stunting, Local Government Policy, Sarappo Island

1. INTRODUCTION

Local government policies play a very important role in regulating and managing various aspects of community life in their areas. Since the implementation of regional autonomy in Indonesia, local governments have been given broader authority to formulate and implement policies that are in accordance with local characteristics and needs. These cover various sectors, such as the economy, education, health, and infrastructure, all of which aim to improve community welfare and encourage sustainable regional development policies. However, in practice, many local governments face various challenges in the process of formulating and implementing policies. Some of the main challenges include limited human and financial resources, lack of accurate and comprehensive data, and the influence of political and economic interests that often hinder the objectivity and effectiveness of policies. In addition, community participation in the policy-making process is still minimal, so that the resulting policies often do not fully reflect the needs and aspirations of the local community. (Kusyanti & Suhartono, 2024) .

Analysis of local government policies is very important to ensure that the policies taken can run effectively and efficiently, and provide a positive impact on development and community welfare. By conducting an in-depth analysis, we can understand how the policy is formulated, implemented, and evaluated, and identify the factors that influence the success or failure of the policy. The problem of stunting nutrition (short toddlers) is one of the crucial nutritional problems, especially in poor and developing countries. Stunting is a form of growth and development failure that causes linear growth disorders in toddlers due to the accumulation of long-term nutritional deficiencies, from pregnancy to 24 months of age. Malnutrition during early childhood growth and development will inhibit physical development, increase pain, inhibit children's mental development, and even cause death. Toddlers who experience stunting nutrition problems are at risk of decreased intellectual ability, productivity, and the possibility of experiencing degenerative diseases in the future. (Saputra & Ali, 2020) .

Globally, the stunting rate in 2000 was 32.6%. When compared to the stunting rate in 2017, there were around 150.8 million or 22.2% of toddlers who experienced stunting. Of the total figure, half of the toddlers who experienced stunting, namely 55% with a total of 83.6 million toddlers who experienced stunting came from Asia. While more than a third came from Africa with a percentage of 39%. Globally, policies to address the problem of reducing the incidence of stunting must focus on the First 1000 Days of Life (HPK) or what is known as Scaling Up Nutrition (SUN) up to the age of 24 months. The World Health Organization (WHO) recommends a 3.9% reduction in stunting per year to meet the target of reducing stunting in 2025, which is 40%. Throughout the life cycle. Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction. The Presidential Regulation on Stunting Handling covers various topics, including aspects of intervention, institutions, monitoring, and evaluation. In Chapter II of the National Strategy for Accelerating the Reduction of Stunting, Article 2, in order to accelerate the reduction of stunting, a national strategy for accelerating the reduction of stunting is established. (Anwar et al., 2020) .

This is a reference for the Pangkep Regency government in handling stunting in the sub-districts in Pangkep Regency as stated in Regent Regulation Number 56 of 2021. This regulation emphasizes the importance of collaboration between various parties, including the health, education, food security, fisheries, PUPR, agriculture, population control, family planning, women's empowerment and child protection, social, village community empowerment, and the empowerment and welfare driving team for sub-districts and villages/sub-districts (TP PKK Sub-districts and villages/sub-districts), in efforts to prevent and handle stunting. However, in practice, the Pangkep Regency government faces various challenges in the process of formulating and implementing stunting prevention policies. The main challenges faced include limited human and financial resources, lack of accurate and comprehensive data, and the influence of political and economic interests that can hinder the effectiveness of policies. In addition, community participation in the policy-making process is still minimal, causing the resulting policies to often not fully reflect the needs and aspirations of the local community. Therefore, in-depth policy analysis is very important to ensure that the policies taken can run effectively and efficiently, and have a positive impact on development and community welfare. (Saepudin et al., 2024) .

Previous research that is relevant to this topic includes research by Muda & Batubara (2023), examined the stunting prevention strategy in Medan Timur District, Medan City through the D'GINTING program, which focuses on improving the nutrition of stunted toddlers. This study used a qualitative descriptive method with 11 informants, including sub-district heads, village heads, integrated health post cadres, and parents of toddlers. The results of the study showed that the D'GINTING program was less effective because it only lasted for three months with implementation of 14 days each month, and was hampered by unpreparedness of the budget, facilities and infrastructure, and lack of socialization. Even so, this program has a positive impact on fulfilling children's nutritional intake. The similarity of this study with this study lies in its focus on analyzing stunting prevention efforts involving local governments, as well as identifying inhibiting factors in its implementation. The difference is, Pratiwi's study emphasizes more on analyzing program strategies based on improving nutrition at the sub- district level, while the study on Mattiro Langi Village focuses on local government policies as a whole, covering various aspects of policies and conditions that influence the effectiveness of stunting prevention in the village.

Research by Irwanda (2021) analyzing the implementation of Aceh Governor Regulation Number 14 of 2019 concerning Integrated Stunting Prevention and Handling in Tangse District. This study uses a qualitative descriptive method to evaluate stunting prevention activities such as weighing, providing nutritious food, vitamins, and medicines. The results of the study showed that the implementation of activities in several villages went well, although there were obstacles such as the Gampong Nutrition House and Sustainable Food House (RPL) which had not reached the target. The evaluation stated that the implementation of the policy in general had run according to planning and budgeting at the SKPD level. The similarity of this study with this study lies in the focus of the analysis of local government policies in preventing stunting and evaluation of program implementation. The difference is that Irwanda's study focuses on the implementation of policies at the provincial level through gubernatorial regulations and integration between governments in several villages, while the study on Mattiro Langi Village focuses on local policies of the Pangkep Regency local government in the context of a particular village, including specific factors that influence the effectiveness of the policy.

Research by April (2022) evaluate the effectiveness of the Stunting Reduction Acceleration Program in Benteng District, Selayar Islands Regency, using a qualitative descriptive method. Based on Duncan's theory, program effectiveness is assessed from the achievement of objectives, integration, and adaptation. The results of the study indicate that the program is not yet effective because the national target of stunting prevalence of 14% has not been achieved in 2021, although the procedures and implementation guidelines have been appropriate, socialization is quite even, and communication between institutions is running well. Adaptation indicators show that there are special efforts that have succeeded in slightly reducing the prevalence of stunting, but limited facilities and space are obstacles. The similarity of this study with this topic lies in its focus on evaluating stunting prevention policies or programs and local government efforts in overcoming implementation obstacles. The difference is that Apriani (2022), research focuses on evaluating program effectiveness based on certain indicators in the Benteng Health Center area, while research in Mattiro Langi Village focuses more on local government policies as a whole and factors that influence policy effectiveness at the village level.

Based on the results of the Indonesian Nutritional Status Survey (SSGI) of the Ministry of Health, the prevalence of stunted toddlers in South Sulawesi reached 27.2% in 2022. This province is ranked 10th in terms of the highest prevalence of stunted toddlers in Indonesia. South Sulawesi slightly reduced the number of stunted toddlers by 0.2 points from the previous year.

In 2021, the prevalence of stunted toddlers in this province was recorded at 27.4%. In 2022, there were 14 districts with a prevalence of stunted toddlers above the provincial average. The remaining 10 districts/cities are below the average prevalence of stunted toddlers in South Sulawesi. Jeneponto Regency is the region with the highest prevalence of stunted toddlers in South Sulawesi in 2022, reaching 39.8%. This figure is up 1.9 points from the prevalence of stunted toddlers in the region in 2021 of 37.9%. Next, Tana Toraja Regency is ranked second as the region with the largest prevalence of stunted toddlers in South Sulawesi at 35.4%. Followed by Pangkajene Regency with 34.2%, Tana Toraja Regency with 34.1% (Sugiyanto & Jasmani, 2024) .

The prevalence of stunting in toddlers in South Sulawesi in 2022 showed varying figures in each district/city. Jeneponto Regency recorded the highest prevalence of 39.8%, followed by Tana Toraja with 35.4% and Pangkajene Islands with 34.2%. Gowa and Selayar Regencies each had a prevalence of 33% and 32.1%, respectively. Meanwhile, Takalar (31.3%) and Maros (30.1%) Regencies were also above the national threshold for stunting prevalence. Other regencies, such as North Luwu , Sinjai , and Wajo , recorded stunting rates in the range of 28-30%. This condition illustrates the high level of nutritional vulnerability in several areas of South Sulawesi (Nur'aeni, 2024) .

In contrast, several districts/cities have a lower prevalence. Makassar City recorded the lowest stunting rate at 18.4%, followed by Pinrang Regency (20.9%) and Bantaeng (22.1%). East Luwu Regency and Palopo City recorded stunting rates of 22.6% and 23.8%, respectively. Although the figures in several areas have improved, the prevalence of stunting in South Sulawesi is still a major challenge that requires serious attention from the government, especially to improve community access to adequate nutrition and child health services. Collaborative efforts between the government, community, and related sectors are key to overcoming the problem of stunting in this region (Hadi, 2023).

Pangkajene and Pulau (Pangkep) Regency is the third highest prevalence of stunted toddlers in South Sulawesi after Jeneponto and Tana Toraja. This figure is parallel to the poverty rate that is included in the top 10 list in South Sulawesi that was released by the Central Statistics Agency (BPS). Namely, Jeneponto and Pangkep Regencies. Mattiro Langi Village in Pangkep Regency is home to two islands, namely Sarappo Lompo Island and Sarappo Caddi Island. Sarappo Lompo has more adequate infrastructure than Sarappo Caddie. In Sarappo Lompo, there are health facilities such as a Community Health Center, as well as internet networks, clean water, and electricity that are sufficient to support people's lives. Meanwhile, in Sarappo Caddi , the facilities available are still very limited. Electricity still uses a private generator, clean water relies on rainwater, and the internet network has not been properly facilitated. Mattiro Langi Village in Liukang Tupabbiring District, Pangkep Regency, faces a significant stunting problem. Limited access to food due to isolated geographic location makes food distribution difficult and expensive, so food supplies are often unstable and expensive. The majority of villagers work as fishermen with uncertain incomes, depending on the catch which is affected by weather conditions, seasons, and the availability of fish. This income instability makes it difficult for them to buy nutritious food consistently.

Limited access to food and a weak economy contribute to high rates of stunting and malnutrition in the village, causing children to grow shorter than their age and affecting their cognitive development and long-term health. The lack of nutrition and health education programs exacerbates this condition, as people do not understand the importance of a balanced diet and good health practices. In addition, the high rate of early marriage, often caused by cultural and social factors, leads to unplanned and poorly prepared pregnancies, so that young mothers-to-be are often not physically and mentally prepared, which increases health risks for mothers and babies and has the potential to increase stunting rates. The population of Mattiro Langi Village is 828 heads of families (KK), there are 18 children who are included in the stunting category. Of these, 6 children are malnourished and 12 children are underweight.

Table 1. Stunting Figures Table

No	Health Center	Village/Sub-district	BB/TB				
			Very less	Underweight	Malnutrition	Very Short	Short
1.	Sarappo	Mattiro Deceng	2	3	5	1	4
2.	Sarappo	Mattiro Bone	0	2	2	0	3
3.	Sarappo	The Great Wave	1	12	6	4	8
4.	Sarappo	Mattiro Matae	0	0	1	0	1
5.	Sarappo	The End of the World	2	6	5	2	6
6.	Sarappo	The Greatest	1	4	3	0	9
Amount			6	23	22	7	31

Date data: 2024-11-07 09:55:06 (Sarappo Health Center)

Mattiro Langi Village in Liukang Tupabbiring District, Pangkep Regency, is recorded as one of the areas with a high risk of stunting based on existing data and realities. This condition is interesting to study in more depth, considering the important role of local government policies in dealing with stunting problems. This study focuses on the analysis of local government policies in Pangkep Regency in preventing and reducing stunting rates in Mattiro Langi Village, which is raised in the research title "Analysis of Local Government Policies in Preventing and Reducing Stunting Rates in Mattiro Langi Village, Liukang Tupabbiring District, Pangkep Regency." This study formulates two main questions, namely: first, what is the policy of the Pangkep Regency local government in preventing and reducing stunting rates in Mattiro Langi Village, Liukang Tupabbiring District? Second, what factors influence the conditions and policies of the local government in preventing and reducing stunting rates in the area? Through this study, it is hoped that the effectiveness of the policies implemented and the challenges faced by the local government in overcoming stunting can be revealed, so that it can be a basis for developing better strategies in the future

2. METHOD

This study uses a descriptive qualitative approach to understand and explain government policies in preventing and reducing stunting rates in Mattiro Langi Village, Liukang Tupabbiring District, Pangkep Regency. This method produces data in the form of written and spoken words obtained through observation, interviews, and collection of documents and archives. (Fadli, 2021). The research location was chosen because Mattiro Langi Village is an island area with a high prevalence of stunting. The focus of the research includes the efficiency, effectiveness, adequacy, and fairness of government policies in preventing and reducing stunting rates. Primary data in this study were obtained through interviews with relevant informants, such as the Health Office, Social Service, sub-district heads, village heads, nutrition officers, and local communities. Secondary data were collected from documents, literature, reports, and archives relevant to the research topic. Purposive sampling technique was used to select informants who had knowledge and direct involvement in stunting prevention policies, ensuring that the data collected was relevant and in-depth. Observations were conducted through direct observation of the implementation of the stunting prevention program in Mattiro Langi Village. Interviews focused on gathering information about policy implementation, challenges faced, and results achieved. Documentation includes the collection of written data such as activity reports, statistics, and other supporting documents, which are used to complement primary data. Data analysis was carried out descriptively qualitatively through the process of identifying, managing, and interpreting data. These stages include abstraction, reduction, and verification to ensure data validity. The results of the study are presented in the form of tables, schemes, and narratives to provide a comprehensive picture of local government policies in preventing and reducing stunting rates in Mattiro Langi Village. This study aims to provide an in-depth evaluation of the effectiveness of the policy and the factors that influence it. (Waruwu, 2023)

3. RESULTS

Pangkep Regency Government Policy in Preventing and Reducing Stunting Rates in Mattiro Langi Village, Liukang Tupabbiring District

As a form of commitment to accelerate the reduction of stunting, the government issued Presidential Regulation (Perpres) Number 72 of 2021 concerning the Acceleration of Stunting Reduction, which is the legal umbrella for the National Strategy (Stranas) for the Acceleration of Stunting Reduction which has been launched and implemented since 2018. This Perpres aims to strengthen the framework of interventions that must be carried out as well as institutions in implementing the acceleration of stunting reduction. (Widyastuti et al., 2022). Based on this, Mattiro Langi Village, Liukang Tupabbiring District, implements the Pangkep Regency Government policy in preventing and reducing stunting rates through several strategic stages designed to address this problem comprehensively and sustainably.

Specific Interventions

Providing Iron Supplement Tablets (TTD) is one of the important interventions in the government's efforts to prevent anemia in adolescent girls and pregnant women in order to reduce the risk of stunting. Anemia, which is caused by iron deficiency, can increase the risk of maternal mortality, worsen fetal health, and contribute to stunting. Based on an interview with Nurul Ilmi, S.Gz, Nutrition Officer of PKM Sarappo, the Ministry of Health encourages schools and adolescent health posts to provide TTD regularly, with a target of one tablet per week for adolescent girls. In addition, pregnant women are required to consume at least 90 TTD tablets during pregnancy. TTD is provided through health services such as community health centers and health posts, along with routine pregnancy check-ups to prevent anemia during pregnancy (Nabila, 2024).

Increasing the quality of antenatal care services from four to six consultations during pregnancy is also an important part of the government's strategy to reduce maternal and child mortality rates and prevent stunting. In Mattiro Langi Village, Liukang Tupabbiring District, these antenatal services include ultrasound examinations to monitor fetal growth and ensure the health of the mother and baby through more intensive monitoring. According to Wahyuni, a cadre of the Mattiro Langi Village Posyandu, these consultations involve checking the health of the mother and fetus at various stages of pregnancy (early, middle, and late trimesters), which include ultrasound examinations, risk detection, and providing education to pregnant women.

However, the implementation of antenatal services faces several challenges, especially in remote areas such as Mattiro Langi Village. Limited ultrasound facilities are one of the main obstacles, coupled with the need to educate the community about the importance of optimal antenatal services. In addition, increasing the number of trained health workers is also an urgent

need. The focus of these antenatal services is to increase the number of visits by pregnant women to health facilities, prevent pregnancy complications such as miscarriage or premature birth, and reduce the risk of babies being born with low birth weight. By overcoming these challenges, the antenatal service program is expected to be more effective in preventing stunting and improving maternal and child health.



Figure 1. Maternal and Fetal Health Checks at Various Stages of Pregnancy (early, middle, and late trimesters)

Maternal and fetal health checks at every stage of pregnancy play an important role in ensuring the health of the mother and fetus, as well as early detection of risks or complications that may occur. This examination is also a strategic step in preventing stunting, which is a condition of failure to grow due to chronic malnutrition or infection during the first 1,000 days of life, including during pregnancy. Through the pregnant mother class program, it is hoped that it can improve the knowledge, attitudes, and behavior of mothers about pregnancy, body changes, pregnancy care, childbirth, postpartum care, and newborn care. (Apriliasari & Pujiastuti, 2021) . This program demonstrates the government's commitment to improving access and quality of maternal and child health services, which has the potential to reduce maternal and infant mortality rates, ensure healthy fetal growth, and help achieve the target of reducing stunting prevalence in Mattiro Langi Village, Liukang Tupabbiring District.

Promotion of exclusive breastfeeding and provision of nutritious complementary foods (MP-ASI) are also important parts of efforts to prevent stunting. Both interventions focus on meeting children's nutritional needs during the critical period of the First 1,000 Days of Life (HPK), which greatly determines children's growth and development. Based on an interview with Nurwajida , S.Pd , a BKKBN cadre in Mattiro Langi Village, the exclusive breastfeeding campaign was carried out through the Posyandu program, social media, and health workers. In addition, education for mothers includes training in correct breastfeeding techniques, the benefits of breast milk for infant health, and the provision of lactation counselors who help mothers face the challenges of breastfeeding. Regulations that support the provision of lactation rooms in the workplace are also part of this effort.

Although the promotion of exclusive breastfeeding and nutritious complementary feeding has become an integral part of the National Strategy for Accelerating Stunting Reduction, there are several obstacles in Mattiro Langi Village. The lack of community understanding of the importance of exclusive breastfeeding and nutritious complementary feeding is the main obstacle. In addition, logistical and cost barriers in providing additional food in remote areas also hamper the implementation of this program. Therefore, more efforts are needed to overcome these challenges through intensive education, improving facilities, and regulatory support so that this program can run optimally in preventing stunting.

Sensitive Interventions (Cross-Sector Based)

Providing additional food based on locally cooked food by Posyandu cadres in the community, as well as increasing access to clean water and sanitation, are important steps in preventing diseases that can worsen malnutrition in Mattiro Langi Village, Liukang Tupabbiring District. One of the efforts made is through the Dasyat (Healthy Kitchen) program, which aims to provide education to mothers and prospective mothers, including teenagers, about the importance of nutritious food for children. Nurwajida , S.Sos , a BKKBN cadre for Mattiro Langi Village and coordinator of the program implementation, explained that this program provides information about processing local food ingredients available on the island into highly nutritious food for children. Although there are many potential local food ingredients, the lack of knowledge of mothers about how to process them is a major obstacle, so further education is needed so that the benefits of this program can be felt optimally by the community. (Sari & Mutmainnah, 2024) .



Figure 2. Procurement of the DASYAT (Healthy Kitchen) Program by the Mattiro Langi Village Government, Liukang Tupabbiring District





Figure 3. Procurement of the DASYAT (Healthy Kitchen) Program by BKKBN and Sarappo Health Center

The Dasyat (Healthy Kitchen) program is a community-based initiative that aims to prevent and reduce stunting rates by ensuring family nutritional intake, especially for pregnant women, breastfeeding mothers, and children under two years of age during the First 1,000 Days of Life (HPK). This program prioritizes education about the importance of balanced nutrition, encourages consumption of healthy and nutritious local foods, and empowers communities in creating locally-based stunting prevention solutions. By optimizing local food resources, Dasyat also aims to improve the quality of community nutrition to accelerate the decline in stunting rates at the village or sub-district level. Through this program, it is hoped that community nutrition will be fulfilled, knowledge and skills in healthy food processing will be increased, and family welfare will be achieved through involvement in sustainable family business groups. (Nurkamalah et al., 2024) .

The implementation of the Dasyat program in Mattiro Langi Village, Liukang Tupabbiring District has had a positive impact on the community, especially in increasing their understanding of nutritious food for children. This program utilizes local food ingredients available on the island, such as moringa, fresh fish, duck eggs, and bananas, which can be processed into nutritious food. The implementation of this program also aims to educate mothers in the village to understand the importance of using food ingredients around them. According to Nurwajida , S.Sos , a village BKKBN cadre, the Dasyat program provides important education to increase community awareness and skills, especially in providing nutritious food for children. In addition, education to the community about local food processing is also carried out by health workers. Nurul Ilmi, S.Gz , a nutritionist at the Health Center, explained that many people, especially mothers, need to understand the potential of local food ingredients as a source of nutritious food. She educates the community to utilize moringa, fresh fish, and fruits such as bananas, which are easily found around the island. This education aims to increase community knowledge about how to meet family nutritional needs by utilizing local resources, thus supporting sustainable stunting prevention efforts in Mattiro Langi Village.





Figure 4. Provision of additional food based on local food cooked by Posyandu cadres in Mattiro Langi Village, Liukang Tupabbiring District

Stunting has serious impacts, including increased morbidity and mortality in children, suboptimal physical growth, impaired motor development, increased risk of degenerative diseases, and low learning performance that affects children's cognition and productivity, to increased health costs. To prevent stunting, providing additional food based on local food is an important strategy that aims to increase children's nutritional intake by using local resources. This program has many benefits, such as improving children's nutritional status to support optimal growth and development, reducing dependence on expensive and difficult-to-access imported products, and increasing local food security through demand for food that encourages local agricultural and fisheries production. In addition, this program is also environmentally friendly by reducing the carbon footprint of food transportation and empowering communities to become more independent and aware of the importance of nutrition, so that stunting prevention efforts can be carried out sustainably. (Laily & Indarjo, 2023) .





Figure 5. Provision of Milk for Pregnant Women and Stunting Children by the Head of Mattiro Langi Village together with the Head of Sarappo Health Center

Providing milk to pregnant women and stunted children is an important step in efforts to improve nutritional status and health. Stunted children, who experience chronic malnutrition so that their height is shorter than the children's age, can benefit significantly from consuming milk. Milk is a source of animal protein and energy that helps improve tissue growth. In addition, the micronutrient content such as calcium, vitamin D, zinc, and magnesium in milk supports better nutritional status and cognitive development, especially through nutrients such as DHA (in certain milk) which helps children's brain development. Anshar, Head of Mattiro Langi Village, stated that the village program that provides milk to pregnant women and stunted children is an important strategy in preventing stunting and overcoming child malnutrition, with milk as a source of animal protein that has higher bioavailability than plant protein.

The benefits of milk for pregnant women are also no less important in preventing stunting. Milk for pregnant women is rich in calcium, protein, and vitamin D, which are essential for the formation of fetal bones and teeth, as well as iron and folic acid which help prevent anemia in pregnant women, so that the oxygen supply to the remains of the fetus is optimal. Consuming milk helps pregnant women and children with malnutrition get the nutrition they need. Protein from milk has been proven to stimulate growth and increase the weight of children with malnutrition effectively. Therefore, providing milk to pregnant women and stunted children is one of the important nutrition-based strategies to support efforts to prevent and treat stunting in the community. (Sundari et al., 2024) .

Education and Socialization

A balanced nutrition campaign and public awareness of the importance of nutrition during pregnancy and toddlerhood are key elements in preventing stunting. Direct education to the community is carried out through Posyandu , where health cadres provide information to pregnant women and parents about balanced nutritional diets and children's nutritional needs. Cadres also help prepare food and measure children's weight and height every month to monitor their growth. (Harimurti et al., 2024) . Wahyuni, a cadre of the Mattiro Langi Posyandu , explained that they were trained to support the handling of stunting, especially through activities at the Posyandu . She hopes that with the programs and policies from the village in collaboration with the health center, the number of stunting in children, especially in the island region, can decrease significantly.

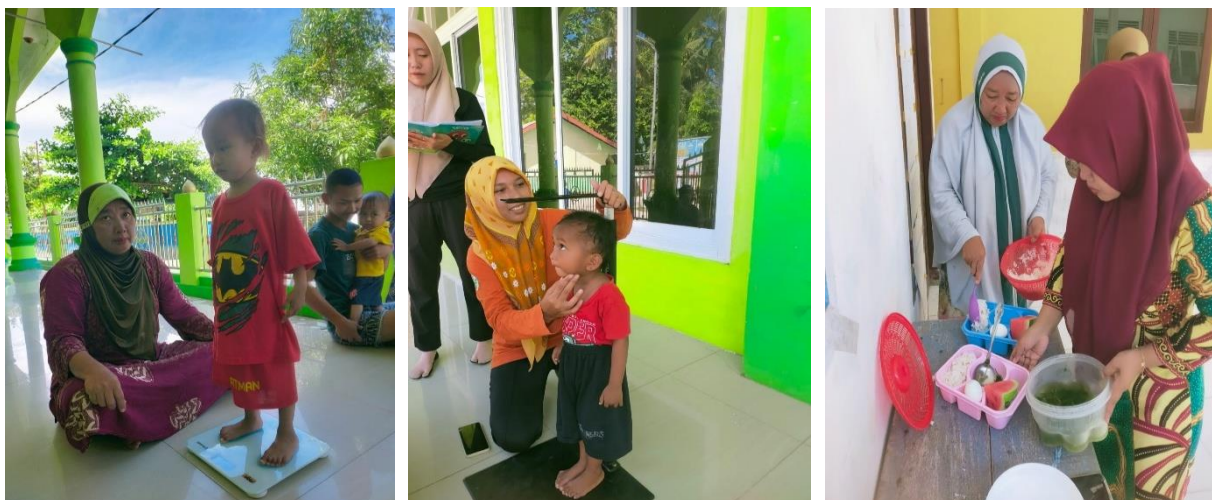


Figure 6. Help prepare meals and measure the child's weight and height every month

Efforts to prevent stunting in Mattiro Langi Village, Liukang Tupabbiring District is carried out through education and

socialization that emphasizes a balanced nutrition campaign and public awareness of the importance of nutrition during pregnancy and toddlerhood. This activity involves Posyandu as an education center, where health cadres help prepare nutritious food, measure children's weight and height every month, and provide information services from the local health office. This socialization aims to invite the community to implement a healthy lifestyle and increase their knowledge of how to prevent and reduce the incidence of stunting in children. Through this program, the village government in collaboration with the health center seeks to increase public understanding of nutrition, so that it can support optimal child growth and development.

In addressing the prevention and reduction of stunting rates in Mattiro Langi Village, the Pangkep Regency Government implemented policies through three main stages. The first stage is specific intervention, which focuses on providing additional food, exclusive breastfeeding, and health services to pregnant women and toddlers. The second stage involves sensitive interventions, such as increasing access to clean water, sanitation, and utilization of local food. The final stage is education and socialization, which includes delivering information about the importance of nutrition through a balanced nutrition campaign and Posyandu activities. These three stages are expected to be able to reduce stunting rates sustainably in Mattiro Langi Village.

Factors Influencing the Conditions and Policies of the Local Government in Preventing and Reducing Stunting Rates in Mattiro Langi Village, Liukang Tupabbiring District

The problem of stunting in toddlers is a consequence of various factors that are often associated with poverty, including lack of nutritional intake, health, sanitation, and the environment. The five main factors causing stunting include poverty, social and cultural factors, increased exposure to infectious diseases, food insecurity, and community access to health services. Social and cultural factors, such as community knowledge about stunting, parenting patterns, toddler feeding behavior, and less supportive habits, also contribute to the high rate of stunting. Direct causes of stunting include lack of food intake and the presence of infectious diseases, while indirect causes include lack of maternal knowledge, errors in parenting patterns, poor sanitation, and minimal access to health services. (Nasriyah & Ediyono, 2023) . In Mattiro Langi Village, Liukang Tupabbiring District, this condition is a major concern in determining local government policies for preventing and reducing stunting rates, which are focused on two main factors, namely improving nutrition and health services and public education regarding parenting and sanitation patterns.

Social and Cultural Factors

The level of public awareness and education in Mattiro Langi Village, Liukang Tupabbiring District is one of the main challenges in preventing stunting. The low level of public understanding of the importance of nutrition and good parenting is often an obstacle, coupled with the influence of local culture that can affect feeding practices for pregnant women and toddlers. Belief in myths or certain food taboos, such as the prohibition of consuming eggs, fish, or meat because they are considered "hot," limits the nutritional intake that pregnant or breastfeeding mothers should receive. Based on an interview with Hallajo , S.Sos , Head of the Toddler Family Development Coordinator (BKB), lack of nutritional intake during pregnancy contributes to stunting conditions that are usually only visible after the child is two years old, with signs of abnormal growth such as a shorter body. Wahyuni, a cadre of the Mattiro Langi Posyandu , also highlighted that traditional practices such as providing additional food before the age of six months often interfere with the exclusive breastfeeding program. Therefore, more intensive education is needed to change the community's mindset regarding food taboos and parenting patterns that are not in accordance with health recommendations.



Figure 7. Stunting Discussion in Mattiro Langi Village, Liukang Tupabbiring District

Stunting needs serious attention because of its significant impact on children's lives, both in the short and long term. In the short term, stunting can hinder children's cognitive development, thereby reducing their ability to learn. In the long term, stunting can affect children's quality of life as adults, by reducing their chances of getting a better education, job, and income. In addition, children who experience stunting have a higher risk of obesity later in life, which can trigger non-communicable

diseases such as diabetes, hypertension, and cancer. Therefore, activities such as Rembuk Stunting are important as cross-sector coordination efforts at the district/city or village level to agree on a strategic action plan in preventing and handling stunting. This Rembuk aims to align programs and budgets, increase stakeholder commitment, prepare priority steps based on local conditions, and evaluate programs that have been running to accelerate stunting reduction. (Dekasari & Gunawan, 2024) .

The level of public awareness and education in Mattiro Langi Village, Liukang Tupabbiring District, regarding the importance of good nutrition and parenting is still quite low. Local people are often influenced by food taboos for pregnant or breastfeeding mothers, such as prohibitions on consuming eggs, fish, or meat, which hinder the fulfillment of nutritional intake. In addition, beliefs about inappropriate parenting patterns, such as providing additional food before the age of six months, can interfere with exclusive breastfeeding. This condition shows the need for intensive education and a cultural approach in providing understanding to the community so that good eating patterns and parenting patterns can be implemented. By increasing public awareness through programs such as Rembuk Stunting, it is hoped that stunting handling interventions in Mattiro Langi Village can run more effectively and sustainably.

Economic Factors

Economic factors play a significant role in influencing stunting prevention because the economic conditions of families and communities directly impact their ability to meet nutritional, health, and environmental needs that support children's growth and development. Hallajo , S.Sos , Head of the Mattiro Langi Village BKB Coordinator, explained that economic constraints make it difficult for families to buy nutritious foods such as animal protein (eggs, meat, milk) and access adequate health services, especially in remote areas with limited infrastructure. However, the village government has implemented policies in accordance with the regent's regulations to help the community through programs that support stunting prevention. Nurwajida , S.Pd , a cadre of the Mattiro Langi Village BKKBN, added that dependence on subsistence farming makes families vulnerable to food crises due to crop failure or natural disasters. In addition, inflation and rising food prices, especially animal protein, worsen the economic situation of poor families. However, the village government has allocated a special budget to help stunting sufferers to meet their nutritional needs. (Mukhlis, 2025) .

The impact of economic factors on stunting prevention can be seen from the high risk of chronic malnutrition in children from poor families due to the failure to meet adequate nutritional needs. Limited access to health services also causes children's nutritional problems to often go undetected or untreated in a timely manner, while poor economic conditions increase the risk of recurrent infections, which worsens children's nutritional status. The efforts of the village government in providing a budget for the stunting program according to the regent's regulations are an important step in supporting stunting prevention in Mattiro Langi Village, Liukang Tupabbiring District. The success of this program requires collaboration from various sectors, including support from the central and regional governments, to ensure that efforts to reduce stunting rates can run effectively and sustainably.

The following is data on the differences in stunting data in 2023 and 2024. Here you can see a fairly thin comparison between the total numbers.

Table 2. Stunting data and budget by village, year, and needs in Mattiro Langi Village, Liukang Tupabbiring District

Year	Village/Sub-district	Number of Stunting	Need	Price (Rp)
2023	Mattiro Deceng	6	Pregnant women's milk	3,000,000
2023	Mattiro Bone	5	Stunting milk	400,000
2023	The Great Wave	11	PMT Integrated Health Post	10,000,000
2023	Mattiro Matae	3	Salary of Posyandu cadres	10,000,000
2023	The Edge of the Sea	9	KPM cadre salary	3,000,000
2023	The Greatest	10	PPKBD cadre salary	5,289,640
2024	Mattiro Deceng	7	Pregnant women's milk	5,000,000
2024	Mattiro Bone	4	Stunting milk	500,000
2024	The Great Wave	14	PMT Integrated Health Post	12,000,000
2024	Mattiro Matae	1	Salary of Posyandu cadres	48,000,000
2024	The Edge of the Sea	9	KPM cadre salary	6,000,000
2024	The Greatest	10	PPKBD cadre salary	12,000,000

The table above illustrates the differences in stunting data and related budgets in Mattiro Langi Village, Liukang Tupabbiring District between 2023 and 2024. The data shows that the number of stunting cases in several villages has increased, such as

in Mattiro Langi, from 11 cases in 2023 to 14 cases in 2024, and in Mattiro Deceng, from 6 to 7 cases. However, several villages such as Mattiro Bone and Mattiro Matae experienced a decrease in the number of cases. This reflects the existence of different intervention efforts in each village that may have an impact on stunting rates. In addition, the budget needs for each year also show a significant increase, especially in 2024, with a focus on providing cadre salaries and larger supplementary food programs.

This table reflects the importance of appropriate budget allocation to support stunting prevention efforts in villages in remote areas. The increase in the budget in 2024, such as for PMT Posyandu from IDR 10 million to IDR 12 million and the increase in the salary of posyandu cadres to IDR 48 million, shows a commitment to strengthening interventions at the local level. This aims to ensure the sustainability of the program, improve the nutritional status of children, and support stunting reduction in this area. With the continued increase in fund allocation, it is hoped that the problem of stunting in these villages can be handled more effectively and sustainably.

4. DISCUSSION

Based on the research results obtained, the policy of the Pangkep Regency government in preventing and reducing stunting rates in Mattiro Langi Village, Liukang Tupabbiring District through three stages, the first is Specific Intervention, the second is Sensitive Intervention and the last is Education and Socialization. The first is specific intervention by providing TTD regularly, with a target of one tablet per week. Every pregnant woman is required to consume at least 90 TTD tablets during pregnancy. TTD is provided through health services such as health centers and integrated health posts, along with routine pregnancy checks, consultations including maternal and fetal health checks at various stages of pregnancy (early, middle, and late trimesters), and Promotion of exclusive breastfeeding and provision of nutritious complementary foods (MP-ASI) are important parts of the Indonesian government's efforts to prevent stunting. The second is sensitive intervention, including the implementation of Dasyat (Healthy Kitchen) which provides a lot of information about good food for children. There are many local food ingredients on the island that can be processed well into nutritious food for children and the provision of additional food based on local food cooked by Posyandu cadres in the community, especially mothers who need education so that they know and understand the food they can consume. The third education and socialization includes a balanced nutrition campaign and public awareness of the importance of nutrition during pregnancy and toddlers by helping to prepare meals and measuring the weight and height of children every month.

Furthermore, regarding the results of the Factors Affecting the Conditions and Policies of the Regional Government in Preventing and Reducing Stunting Rates in Mattiro Langi Village, Liukang Tupabbiring District, there are two factors, namely cultural, social and economic factors. The first is the Level of Awareness and Education of the Community in Mattiro Langi Village, Liukang Tupabbiring District, namely the low level of public understanding of the importance of nutrition and good parenting patterns is often an obstacle. The second is the economic factor including Stunting Prevention. Children from poor families are more susceptible to chronic malnutrition due to the unfulfilled need for adequate nutrition. Limited access to health services causes children's nutritional problems to often go undetected and untreated in a timely manner. And poor economic conditions increase the risk of recurrent infections, which worsens the nutritional status of children.

In this case, the solution to overcome the above factors is that efforts from the local government and central government support are very useful in terms of preventing and reducing national stunting rates in Mattiro Langi Village, Liukang Tupabbiring District. Such as the Utilization of Social Assistance with the Non-Cash Food Assistance Program (BPNT) and the Family Hope Program (PKH) providing subsidies to poor families to buy nutritious food, Increasing Access to Water and Sanitation with national programs such as Pamsimas aims to increase the availability of clean water in poor areas, Health Subsidies with the Use of BPJS Health to ensure that pregnant women and toddlers get affordable health services. Strengthening the Village Fund Program such as the Village Fund is directed to support the development of health facilities, provision of additional food, and improving sanitation in poor communities.

5. CONCLUSIONS AND RECOMMENDATIONS

Based on the research conducted, the local government policy of Pangkep Regency in preventing and reducing stunting rates in Mattiro Langi Village, Liukang Tupabbiring District is implemented through three main stages, namely specific interventions, sensitive interventions, and education and socialization. Specific interventions include providing Iron Supplement Tablets (TTD), promoting exclusive breastfeeding, and providing nutritious Complementary Foods (MP-ASI) for pregnant women and toddlers. Sensitive interventions include implementing the Dasyat (Healthy Kitchen) program which utilizes local food and provides additional food cooked by Posyandu cadres in the community. Education and socialization are carried out through a balanced nutrition campaign at Posyandu, which plays an important role in raising public awareness of the importance of nutrition and good parenting to prevent stunting. Factors that influence the conditions and policies of the local government in preventing and reducing stunting rates in Mattiro Langi Village include social, cultural, and economic factors. Low public awareness of the importance of nutrition and the influence of local culture, such as food taboos, are obstacles in handling stunting. Economic factors, such as limited access to health services, poverty, and food price inflation, are also major barriers. However, government support through local policies and budget allocations, such as food subsidies and health programs, are important solutions to address these issues. The suggestions of this study are: First, local governments need to improve public education about the importance of nutrition and good parenting through a culture-based approach. Educational programs such as nutrition campaigns at Posyandu must be improved by involving health workers,

cadres, and local community leaders to provide a better understanding of the importance of nutritious diets and proper parenting. In addition, intensive training is needed for Posyandu cadres so that they are able to provide relevant and effective information to the community, especially in remote areas. Second, local and central governments must strengthen economic support through programs such as Non-Cash Food Assistance (BPNT) and the Family Hope Program (PKH) for poor families. Health subsidies through BPJS Health must be utilized optimally to ensure that pregnant women and toddlers receive affordable health services. In addition, optimizing village funds for the construction of sanitation facilities and the provision of additional food based on local food can accelerate efforts to prevent and reduce stunting rates sustainably in Mattiro Langi Village, Liukang Tupabbiring District.

The findings highlight several practical strategies to enhance service quality at PKM Sarappo in addressing stunting in Mattiro Langi Village. Key actions include improving access to balanced nutrition through food assistance and family nutrition gardens, and enhancing healthcare services by optimizing Posyandu operations and providing essential supplements for pregnant women and young children. Educational initiatives are also critical, such as training health cadres and parents in parenting and nutrition, alongside hygiene and sanitation campaigns. Furthermore, empowering families economically through skill training and micro-business support can contribute to food security. These efforts should be supported by strong multi-sector collaboration, involving local governments, health centers, and social organizations, with effective utilization of village funds to support stunting prevention and intervention programs. For future research, studies should examine the effectiveness of stunting prevention policies in remote island contexts like Sarappo Island, including barriers to implementation such as limited food access, healthcare infrastructure, and public education. Research should also explore the availability and quality of maternal and child healthcare services, the role of Posyandu and healthcare workers, and community dietary habits in relation to stunting incidence. Additionally, the impact of socioeconomic factors, such as education and income levels, warrants further investigation, as does the role of economic empowerment. Lastly, developing locally based policy strategies rooted in community wisdom and tailored to the unique geographic and cultural conditions of island communities could provide sustainable models for stunting reduction. This research aims to offer comprehensive insights and actionable recommendations to inform more effective stunting policies in island regions.

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