

Stunting Prevention From an Islamic Perspective in Banyumas Regency

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ABSTRACT: Study This based on reality Still height number prevalence difficult stunting gets off at the district Banyumas. Prevalence rate stunting in the district Banyumas in 2022 (SSGI) was 16.6% in 2023 (SKI) increased by 20.9%. and in 2024 (SSGI) it was 19.6% above the average. prevalence stunting level Central Java province. The majority Muslims in Banyumas almost 93%, and Islam teaches Preventing stunting means protecting oneself, one's family, society, children, and the country from danger. This is in accordance with Allah's command as stated in the Quran, so that Islam commands us to prepare a strong generation. The Banyumas Regency Government has actually made many efforts related to stunting prevention, including regulations and programs starting from the premarital period, pregnancy, breastfeeding, and patterns. foster care child. This research is a qualitative study with a phenomenological approach. Information in qualitative research is obtained through information collection techniques such as Focus Group Discussions (FGD), in-depth interviews, observations, and understanding based on methodologies that investigate social phenomena and human problems that emphasize the quality aspects of the entity being studied using narrative data, story details, expressions and construction results from respondents or informants. Research result is as following: 1. Characteristics Mother toddler stunting in the Regency Banyumas average age range between 27-41 years old , the majority they be at the age reproduction old who can experience pregnancy with risk. P work all informant as Mother House stairs (IRT). However, they No utilise available time Lots For demand knowledge for maintenance child in Islam, no look for information about prevention stunting. Rust eristik education lastly, some big junior high school, so tend No obedient in perform Antenatal Care (ANC). 2. Government Regency Banyumas launch acceleration program prevention and reduction stunting Enough Lots in the form of regulation and handling stunting. 3. As for behavior Mother toddler stunting in the Regency Banyumas , seen from Islamic perspective is even though Mother toddler stunting from aspect age has in accordance with the marriage law in Indonesia, will but , they No have sufficient knowledge For become Mother so that No can prepare and care for his son with good and maximum Good in a way physical, psychological, and spiritual. Even though Islam has given guidance for prepare healthy and quality children in a way physical, psychological, and spiritual.

KEYWORDS: Policy, efforts acceleration prevention and reduction stunting, education change behavior, Islamic perspective.

I. INTRODUCTION

Stunting still becomes Serious problem in development health in Indonesia, including at the level area like Regency Banyumas. Problems nutrition chronic this not only just affairs health but also concerns quality source power humans in the future. Reality show that prevalence of stunting in the Regency Banyumas still relatively tall and inclined difficult for lowered. Data shows, the number prevalence of stunting in Banyumas in 2022 based on The Indonesian Nutritional Status Survey (SSGI) is at 16.6 percent. However, in 2023, according to results Indonesian Health Survey (SKI), figures the precisely increase to 20.9 percent. Then, in 2024, based on SSGI data, the prevalence of stunting in Banyumas is at 19.6 percent. This figure taller compared to the average prevalence of stunting at the level Central Java Province, which shows that Banyumas still face problem Serious in effort pressing stunting rate. Conditions this confirm that stunting is not only problem health society, but also becoming challenge development source power empowered human resources competitiveness in the future.

Stunting itself is condition fail growing in children toddler consequence lack nutrition chronic that occurs in the period of the first 1000 Days of Life (HPK), namely since pregnancy until child two years old. The impact not only on growth physical, but also development cognitive, intelligence, and productivity when child adults. The World Health Organization (WHO) confirms that stunting is one of the indicators important in development health something nation, because relate close with quality generation

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successor (WHO, 2021). Therefore that, the height prevalence of stunting in Banyumas need seen as threat serious towards the future generation young, especially If associated with the vision of Golden Indonesia 2045 which emphasizes the importance of source power superior human being.

The factors causing stunting are complex and multidimensional. Studies latest show that factor causes of stunting include nutritional status mother, pattern eat child, pattern foster care, sanitation, to access to service health (Putri, 2022). In Banyumas, the problem this exacerbated by factors social economy, level parental education, culture, and patterns foster care children who have not fully in accordance with standard health. Research The latest also confirms that stunting rates tend to high in the family with level education low and income medium to down, so that inequality access nutrition and health still become problem main (Pratama, 2023).

In addition, culture local also participate influence practice giving food for babies and children. Still found tradition giving food solid in babies before time or giving food that is not balanced nutrition. This is strengthening view that stunting handling is not enough only with approach medical but also must covers intervention social culture and religion. Banyumas as area with majority resident muslims (around 93 percent) have potential big in utilise values religious for support stunting prevention programs. Islam itself put health, well-being, and strength generation as part from objective sharia (maqashid al-syariah). Guard descent (hifz al-nasl) is one of five goals main Islamic law. In the Qur'an, Allah commands Muslims to guard himself and his family from all form danger. As Allah's word in QS. At-Tahrim verse 6: "O you who believe! Take care of yourself and your family from fire hell ..."

This verse contain message that Muslims must prepare a strong, healthy and quality generation, including through stunting prevention. Meaning This in line with Islamic commandments to No leave weak generation, as Allah's word in QS. An-Nisa verse 9 which emphasizes that humans Afraid leave weak children behind them. With thus, preventing stunting is not only obligation medical or government, but also a moral and spiritual obligation for every Muslim family.

Government Regency Banyumas Actually has done various effort in stunting prevention. Various regulations and programs have rolled out, started from education premarital, mentoring mother pregnant, service health Mother breastfeeding, to pattern programs foster care children. These programs even involving various stakeholder's interests, such as the Health Service, PKK, cadres Integrated Health Post, until religious and community leaders. However thus, the prevalence data is actually increase from 16.6 percent in 2022 to 20.9 percent in 2023 and slightly decrease to 19.6 percent in 2024, indicating that effort the Not yet fully effective.

Failure in lower stunting figures in general significant in Banyumas Can caused by several factors. First, still existence gap between programs designed at the level government with implementation in society. Second, limitations in education and literacy nutrition in families, especially in rural areas rural areas. Third, the low role religious figures and figures public in convey message stunting prevention based on mark religious. This is important, considering majority public Banyumas is Muslim, so approach religion- based can easier accepted by society. The involvement of religion, especially Islam, in stunting prevention has been start get attention in various regions in Indonesia. Research latest show that message religiously related with health reproduction, nutrition, and patterns foster care child can increase awareness public in stunting prevention (Sari, 2022). With thus, efforts integration Islamic values in the stunting prevention program in Banyumas become very relevant.

Then, stunting prevention is also necessary seen as part from development sustainable national development. The Indonesian government through the 2020–2024 National Medium- Term Development Plan (RPJMN) targets reduction in stunting by 14 percent by 2024. However, the achievement Banyumas is still at 19.6 percent show that the target enough heavy for achieved without existence strong synergy between parties. In the context of this, collaboration cross sectors, including sector health, education, religion, and social, become very important. In addition, involvement family also becomes key main in stunting prevention. Research latest emphasizes that intervention-based family far more effective Because touch direct practice everyday, such as exclusive breastfeeding, providing nutritious complementary foods, cleanliness environment, as well as the role of father and mother in pattern foster care (Lestari, 2021). This is where location importance synergy between government programs with approach family-based mark religious.

With thus, the background behind study This confirm that stunting in the Regency Banyumas Still become problem serious that is necessary quick handled with a more approach integrative. The prevalence data which tends to increase shows that existing efforts Not yet enough. Islam is the majority religion in Banyumas offer runway strong normative in support stunting prevention, in line with God's command to guard generation and protect children from weakness. Therefore, that research that examines connection between effort stunting prevention with Islamic values in the Regency Banyumas become important for done .

II. RESEARCH METHODS

Study This use approach qualitative with method phenomenology. Approach phenomenology chosen Because study This focus for dig meaning experience life subject in a way deep, especially in context phenomenon social and humanitarian issues

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experienced by individuals. According to Creswell (2020), research phenomenology aims for understand How individual interpret texperience they to something incident certain through narrative, understanding, and personal reflection. With Thus, phenomenology relevant for used in study this because can describe experience informant in a way more comprehensive

Information in study qualitative obtained through various technique data collection, namely Focus Group Discussion (FGD), interviews in- depth interviews and observations participatory. FGD was conducted for get perspective collective from a group informant who have background behind similar related with the phenomenon being studied. This technique considered effective in identify pattern views and experiences that emerge among participants (Fauzi, 2022). Interview deep used for dig informant's personal experience in detail, including expression, narrative, and construction the meaning they give to phenomena experienced. Interview deep allows researchers for get rich data and nuances emotional that is not can obtained through method survey quantitative (Fitriyah, 2023).

In addition, the technique observations were also made for observe in a way direct interaction social, patterns communication and behavior daily informant. Observation the field is very important in study phenomenology Because help researchers understand context real from experience life subject. Observation results then combined with interview data for increase data validity (Mulyani, 2021). Data collected in study This in the form of narrative, story details, expressions, and results construction meaning from informants. Qualitative data the furthermore analyzed with technique analysis phenomenology. Analysis process done through stages: (1) data reduction, namely sorting relevant data with focus research; (2) data presentation, namely organize data in form systematic narrative; and (3) withdrawal conclusion, namely interpret the meaning contained in experience informant (Sugiyono, 2021).

Data validity in study this guarded through several strategies, namely triangulation sources and methods. Triangulation source done with compare information from various informant, whereas triangulation method done with combine results interviews, observations, and FGDs. This in accordance with opinion Moleong (2022) that triangulation is effective techniques for increase credibility and legitimacy study qualitative. In research phenomenology, role researchers are very important as instrument key instrument. Researcher functioning as collector, processor, and at the same time data analyzer. Therefore that, involvement researchers in the field done with full empathy, openness, and awareness reflective so as not to distort experience informant. With approach phenomenology, research this expected capable give greater understanding deep about meaning experience social research, according to with perspective subject study.

III. RESULT AND DISCUSSIONS

1. Characteristics of Mothers of Stunting Toddlers in the Regency Banyumas

Based on interview deep with eight informants who are Mother from stunted toddlers in the Regency Banyumas , found that the average age they is in the range of 27–41 years. Range This show that majority informant including in category age reproduction old, deep literature health reproduction often called as age with risk pregnancy more tall compared to group aged 20–30 years (Ministry of Health of the Republic of Indonesia, 2022). According to one informant, said only Mrs. S (37 years old, Sokaraja Village), she confess new own child at the age of 34 Because delay married. He say : “I am married rather late, so when pregnant first age already. Body condition is already No as strong as before. Often had headaches, blood low, but I don’t so diligent check to midwife .”

Phenomenon This in line with results SSGI research (2022) which states that Mother pregnant over 35 years own risk more tall give birth to baby with birth weight low birth weight (LBW), which is one of the factor causes of stunting. Relative age old on mother stunted toddlers in Banyumas show existence relatedness between factor biological and social in health child. From the side work, all informant profession as Mother House household (IRT). This status should be give they enough time for caring and caring grow flower children. However, the results interview show that they precisely no utilise time the for add knowledge about pattern care, nutrition, and health. Most of Mother confess No active look for information, good from integrated health post and digital media. Mrs. R (32 years old, East Purwokerto) said : “I actually often to House only, but if there is counseling at the integrated health post, I don’t always come. Sometimes think about it only weighed up only, even though there is counseling. I also rarely open your phone to read about stunting.”

This findings show existence gap between opportunities and utilization information health. In fact, in Islamic perspective, a Mother own obligation For demand science, including knowledge in nurse children. As Hadith of Rasulullah SAW: “Demand knowledge is obligation for every Muslim” (HR. Ibnu Majah). Failure Mother in utilise time For add knowledge about health child become factor important that contributes to the occurrence of stunting. From the side education lastly, the majority Mother stunted toddlers in Banyumas only go through education until junior high school level. The low level education this influence compliance they in Antenatal Care (ANC). Data from the District Health Office Banyumas (2023) shows that level maternal ANC

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compliance pregnant in Banyumas new reached 67.8%, still below the national target of 80 %. This show existence connection close between level education mother and awareness to health pregnancy .

2. Government Programs Regency Banyumas in Stunting Prevention

Government Regency Banyumas since 2021 has launch various acceleration programs stunting reduction referring to the National Strategy for Acceleration Stunting Prevention (Stranas Stunting). Some of the programs implemented include: is the Banyumas Stunting Prevention Movement (GCSB), an increase quality integrated health post , provision food additional (PMT), as well as counseling nutrition for Mother pregnant and toddler. According to data from Bappeda Banyumas (2023), the prevalence of stunting in Banyumas succeed down from 16.6% in 2022 to 15.2% in 2023, although decline This Not yet significant. Head of the Banyumas Health Service, Dr. Siti Nurhayati, M.Kes , in interview with researchers convey : "We have carry out various intervention, both specific and sensitive, starting from provision of PMT, education nutrition, until coordination cross sector. However, the success of this program is highly dependent on the role of as well as society, especially Mother ." However, even though the program has many , level participation mother toddler Still low . Observation results researchers in several village show that presence mother in activity integrated health post only around 60%. This is strengthen findings that factor knowledge, awareness, and motivation mother has a big influence effectiveness of government programs.

3. Behavior of Mothers of Stunting Toddlers in Islamic Perspective

In an Islamic perspective, a person mother own role central in educate, care for, and prepare healthy and quality generation. However, the results study This show that Lots Mother stunted toddlers in Banyumas No own sufficient knowledge about maintenance good boy from aspect physical, psychological, and spiritual. In general physically, they not enough notice nutrition balanced, exclusive breast milk intake, and cleanliness environment. Mrs. M (29 years old, Kedungbanteng) said : "I used to don't give exclusive breastfeeding, because work house many . So children often given bananas or instant porridge let fast full."

In a way psychological, partly Mother confess often angry or not be patient in face child. This is Of course impact on development emotional children. Meanwhile spiritually, planting religious values still less, even though Islam emphasizes importance form child in a way holistic , as Allah's word in QS. Al-Furqan verse 74: (And those who say : "Our Lord, grant to us our wives and our descendants as happy person our hearts, and make us priests of the pious. ") This verse confirm that not quite enough answer parents No only fulfil need physical, but also forms healthy offspring in a way psychic and spiritual. Research result This can analyzed with framework theory UNICEF (1990, revised 2020) about stunting determinants, which states that stunting is influenced by factors direct (intake) nutrition and disease infection), factors No direct (pattern foster care, access service health, and environment), as well as factor basic (social, economic, educational and cultural). a) Direct factors : Mother does not provide exclusive breastfeeding, not guard pattern eat children, and often give food instant . b) Factors not direct : Low presence mothers at the integrated health post, the low ANC compliance, and lack of access to information health. c) Basic factors: Level of education low (junior high school), age reproduction old, and minimal understanding of religion in context parenting. With use theory this, can understood that role mother is very decisive in preventing stunting. Low knowledge as well as lack of compliance with health programs government cause stunting intervention is not optimal.

4. Discussion Narrative with Source Person

In the interview with local religious figure , KH. Ahmad Z (Banyumas Ulama), he convey : "Islam has clear give guide about right children. Children have the right get breast milk, have the right grow healthy , and entitled educated . If parents negligent , that not only problem worldly, but also will asked accountability in the afterlife." This statement strengthen importance integration Islamic values in stunting prevention programs, so mother not only see it from side health, but also as religious mandate .

IV. CONCLUSIONS

Based on results research, can concluded that characteristics mother stunted toddlers in the Regency Banyumas marked with age reproduction old (27–41 years), majority profession as a housewife, education final part junior high school level, and level ANC compliance is low . Although government has launch many stunting prevention programs, their effectiveness Not yet maximum Because low participation mother. In an Islamic perspective, the behavior of mother stunted toddlers in Banyumas Not yet in accordance with religious guidance in care and prepare child in a way holistic. This is in harmony with UNICEF's stunting theory, where the factors education, patterns foster care and awareness mother has a big influence condition nutrition children. With thus, it is necessary a more approach integrative, namely strengthening literacy health mother based Islamic values, improvement ANC compliance, as well as optimization role integrated health posts at the level village .

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