

Program Evaluation Supplementary Feeding in Overcoming Stunting in Tieng Village

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Abstract

Nutrition and health problems in early childhood are important factors in the process of child growth and development and require serious attention from parents and educators. The Central Leadership of Nasyiatul Aisyiyah implements the TIMBANG (Improve Balanced Nutrition) Program in Tieng Village as one of the stunting locus areas in Wonosobo Regency. Based on preliminary data, the prevalence of stunting in Tieng Village reached 30%, far above the WHO standard of 22%. This study aims to evaluate the implementation of the 12-day supplemental feeding program for stunted toddlers in Tieng Village. The research used a descriptive qualitative approach with informants consisting of the Central Leadership of Nasyiatul Aisyiyah, village heads, TIMBANG coordinators, village midwives, human development cadres, and stunting mothers under five. Data was collected through in-depth observation and interviews. The results of the study showed that the program was running according to standards and no significant obstacles were found. The program has succeeded in reducing the number of stunting toddlers from 110 to 76 children. These findings show that the provision of additional food has a positive impact in accelerating stunting reduction so that the village government is expected to allocate a budget for the sustainability of the program.

Introduction

Stunting is a condition in which children experience growth and developmental disorders characterized by a child's height that is shorter than a child of his or her age (Trisira, 2021). Stunting can occur due to chronic malnutrition and recurrent infections (Massan, 2021). The cause of stunting is due to a lack of nutritional intake in mothers during pregnancy, lack of nutritional intake in children during the growth period, recurrent infections in children, as well as inadequate psychosocial stimulation (Fitri, 2023). This activity was held as an effort by Nasyiatul 'Aisyiyah in dealing with the problem of stunting in children by increasing awareness among parents. This is even more important considering that Tieng Village is still included in the location with stunting problems in Wonosobo Regency, with a prevalence that reaches more than 30%, far above the international standard which should be below 20% (Dzikril, 2023). Therefore, this is something that we need to pay attention to more optimally regarding the current stunting situation in Tieng. Judging from the initial assessment of the TIMBANG (Improve Balanced Nutrition) program of the Nasyiatul Aisyiyah Central Leadership in 2024, the program which was carried out for 10 months, there are several conclusions as to why there are many stunting in Tieng village. We would like to convey that the Timbang program is an initiative launched by the Central Leadership of Nasyiatul 'Aisyiyah and the central LAZISMU, as part of their commitment to prevent stunting (Dzikril, 2023).

Stunting in various regions in Indonesia requires more serious attention ((Stunting)/TP2AK, 2020). To address this problem, it is important for all relevant parties to work together in formulating effective policies and programs for stunting control (NTT Health Research and Development Agency, 2022). In addition, it is also necessary to increase awareness among families and the surrounding environment about the importance of this issue (Firmansyah, 2023). Among them, the parenting style of several people in Tieng Village can turn out to be a risk of stunting ((Stunting)/TP2AK, 2020). One of the parenting styles that is not appropriate is the way parents meet the nutritional needs of children under five in Tieng Village (NTT Health Research and Development Agency, 2022). It turns out that there are still many people who do not know the right food intake given by children under the age of toddlers (BAPPENAS, 2018), how are the rules for giving,

there are parents who already know but have not yet been implemented, there are also parents who do not know about this. There are also parents who are not diligent in providing healthy food to their toddlers (Berawi, 2020).

Next, clean and healthy living behavior, both personal hygiene and sanitary hygiene in the environment. In Tieng Village, there is still garbage disposal in the river in the middle of the community of Tieng village (Firmansyah, 2024). Then there are also some people who have not used Septiteng for water disposal still through drainage channels. This resulted in after research and laboratory tests were carried out on the water content in Tieng Village, high levels of Ecoli were found, this makes the risk of infection which will later have an impact on stunting, where stunting is basically a chronic malnutrition which can be due to lack of nutritional intake given to children under five or because the child has recurrent infections where recurrent infections in this child such as for example children who are easily sick, affected by diarrhea, colds or coughs or infections that eventually make its growth not optimal because the body is more striving for healing, not for the development and growth of the child (Fitri, 2023). It turns out that this sanitation has a very important impact in terms of stunting prevention. The next environmental condition in Tieng Village is the number of healthy houses that have not been maximized in Tieng(RI, 2019). Because the conditions in Tieng Village are mountains and the weather is cold, so many houses have no windows and there are even lights in the house that are on 24 hours without stopping (Hidayat, M., Yahya, N., Khawazi, L., & Pramesti, n.d.).

Air circulation is not good, sunlight does not enter and eventually makes this house unhealthy and results in many negative impacts, such as, the house becomes unhealthy because it does not get maximum sunlight (Huljannah, N., & Rochmah, 2022). Even though sunlight is needed for growth, sunlight is also needed for the health of a house, if the air in the house is not fresh and there are several people in it, a lot of carbon dioxide gas is trapped in the house, it will have an impact on the physical condition of the residents of the house(Indriyani, Y., Purnamasari, S., Werdani, K. E., Kusumawati, M. A., Fajrin, R., Ichsan, B., & Umaroh, n.d.). The next condition of Tieng Village is Most of the people of Tieng Village are smokers, because the weather in Tieng is cold and the majority are tobacco farmers, almost 90% of the people of Tieng Village are heavy smokers. This adds to the risk factor for stunting in Tieng Village (Early, 2018). Because there is indeed research between cigarettes and the incidence of stunting (NTT Health Research and Development Agency, 2022). This is also proven that toddlers whose father is a smoker are prone to stunting, because children become susceptible to coughing, or at risk of developing Tuberculosis which makes the absorption of nutrients inhibited and the child becomes stunting (K, Khusna, 2022). Then from the scope of the community of Tieng Village, the role of parents in Tieng Village is not balanced between the roles of mothers and fathers in Tieng Village. So the understanding of the people of Tieng Village that the needs of nutrition, health and care are only the obligations and duties of mothers, while those who provide policies, discussions in the village about regulations or policies on stunting are mostly men (Salma, 2024).

Finally, when this stunting discussion event did not arise, the issue and proper handling of stunting did not arise because those who knew the real condition were women, but in the context of policy-making, women were less involved. Women are often involved in domestic affairs, health involves a lot of village health cadres, but when forming policies and regulations, it will be dominated by men (Ministry of Villages, 2021). The men in Tieng Village are still quite strong, even in the family in Tieng Village there are still some women who continue to work to help their husbands in the fields, take care of children, cook and take care of other women's domestic work at home (Massan, 2021). The work of mothers in Tieng village is not only double, there are a lot of things to do and this is very influential with the parenting style in Tieng Village. Stunting in Tieng Village is a terrifying scourge, for example, When parents come to the Posyandu and find out that their child is stunted, the parents will not come to the Posyandu again. From 2022, the stunting rate in Tieng Village has changed, and the good news is that in 2025 the stunting rate in Tieng Village has decreased very well, which is 73. Reducing stunting requires continuous behavior change, and this takes time and a long process (Salma, 2024).

These problems are the basis for the importance of implementing structured intervention programs, including supplementary feeding as a strategy to accelerate stunting reduction (Ministry of Villages, 2021). This research was conducted to evaluate the extent of the effectiveness of the program in Tieng Village.

Research Methods

This study uses a qualitative type of research with a descriptive approach (Adhi and Ahmat, 2019). According to *Bogdan and Taylor* In Martha (2016) stated that qualitative research is one of the research procedures that produces descriptive data in the form of speech or writing and the behavior of people is observed (Abdussamad, 2021). Through qualitative research, researchers can recognize subjects and feel what they experience in their daily lives (PPSDMK, 2018). Descriptive research is used to make an assessment of the implementation of a program in the present, then the results will be used in compiling a plan to improve the program (Murdiyanto, 2020). This study uses a qualitative study design that aims to make an overview or descriptive of the evaluation of the Stunting Supplementary Feeding program for 12 days in Tieng Village, Kejajar District, Wonosobo Regency, Central Java Province consisting of *inputs, processes, outputs, outcomes* which is compared to the indicators that have been determined. This qualitative research uses an interactive type of research which is an in-depth study using direct data collection from people in the environment under study (Murdiyanto, 2020).

Research Results

This study aims to evaluate the implementation of the Supplementary Feeding Program (PMT) in the context of reducing stunting for 12 days in Tieng Village, Kejajar District, Wonosobo Regency. The results of the research were obtained through in-depth interviews with various informants, field observations, and program documentation. The analysis was carried out in a qualitative descriptive manner by examining the elements of inputs, processes, outputs, and program outcomes. The following is a complete description of the research results, which are presented in the form of a long narrative according to the needs of scientific writing. The results of the study show that the PMT TIMBANG Program has strong and structured human resource support. The implementation of the program involves various parties, including the Head of Tieng Village, the Field Coordinator from PCNA Tieng, village midwives, representatives of the Central Executive of Nasyiatul Aisyiyah (PPNA), Human Development (KPM) cadres, and representatives of beneficiaries. Based on interviews, all informants said that coordination between parties was going well and there were no significant obstacles in the division of roles.

The main informant emphasized that the relevant parties carry out their duties according to their respective functions, such as PCNA Tieng who acts as the field coordinator and is an extension of PPNA in monitoring the program. This was also justified by a key informant who mentioned that the limited distance between Yogyakarta and Tieng was overcome by intensive communication and delegation of tasks to local teams. These findings show that the success of the program is greatly influenced by the readiness of local human resources and the ability to coordinate between institutions that play a role in handling stunting. Funding support is one of the important factors in the implementation of the program. Based on the results of the research, the funds for the 12-day PMT program in Tieng Village are entirely sourced from the Central Lazismu in collaboration with Bank Mega Syariah and PPNA. The funds are not only allocated for PMT, but also for the training of religious leaders, facilitator training, and Samara Course activities (pre-marriage and young families). Although some informants stated that they did not know in detail the amount of funds disbursed, all informants agreed that there was never a budget shortage that hindered the purchase of foodstuffs or the implementation of other program activities. Some informants mentioned that the fund report can actually be accessed through drive documents that are shared with the relevant team, although not all informants know about it. In general, the funding aspect in the implementation of the program runs smoothly without problems, and this makes a positive contribution to the sustainability of PMT activities.

In terms of facilities and infrastructure, the PMT program is considered quite adequate because it utilizes the facilities and equipment available in the community. The process of cooking food is carried out by groups of young Nashi's in each branch, who voluntarily provide places and cooking utensils. In addition, PPNA provides foodstuffs and PMT serving containers. Health cadres and Nasyiah members worked together in preparing the Isi Piringku sheet, a list of PMT recipients, and documentation of the implementation of activities. Based on interviews, the program implementers stated that they did not encounter any obstacles in the provision of facilities and infrastructure. In fact, the informant said that PMT activities became a moment of empowerment of village women because young Nasyiah members were actively involved in the PMT production process. These findings show that the availability of adequate facilities and infrastructure and community support contribute greatly to the smooth running of the program.

At the planning stage, the Central Executive of Nasyiatul Aisyiyah together with village health workers identified targets based on real data and projections from the health office. The main target of the program is to reduce stunting rates and improve the nutritional status of toddlers. Key informants and key informants stated that the target data has been properly verified by village midwives and health cadres, so that errors in target determination can be minimized. In addition, in the planning stage, a schedule for the distribution of PMT and the division of tasks of the entire implementation team were also prepared. This preparation is carried out jointly in a coordination forum so that all parties understand their respective roles. Organizing in the program is carried out by dividing tasks according to the task. PCNA Tieng acts as the field coordinator, village midwives ensure nutrition and health standards, KPM cadres supervise implementation in the field, and Nasyiah members are responsible for the cooking process. Field information shows that the division of tasks has been implemented effectively and there is no overlap of authority. This is one of the strengths of the program in achieving the expected targets.

PMT is given to stunted toddlers every day for 12 consecutive days. Meals are given once per day, usually during the day, while the breakfast and evening menus are recommended to follow the nutritional guidelines presented in the Family Learning Centre (FLC) session. However, the study found that there are several obstacles at this stage. The main obstacle is the low participation of parents in taking PMT at the distribution post. Some parents feel bothered or reluctant to come just to get a portion of food. This condition causes some PMTs to have to be delivered directly by health workers or cadres to the recipients' homes. The second obstacle is the inconsistency with the program rules that require toddlers to eat on the spot to facilitate the monitoring of food consumption. To overcome these obstacles, the implementation team conducted a personal approach, additional education, and home visits to ensure that children actually consume PMT.

The evaluation process is carried out periodically by health cadres and village midwives. Recording and reporting related to the nutritional status of toddlers are carried out every month and submitted to the health office. The informant

stated that routine supervision from the health center is carried out every three months, while special supervision related to stunting is carried out every month. This supervision activity is important to ensure that the implementation of the program runs according to procedures and does not deviate from applicable health standards. The results of the supervision showed that the program reporting mechanism went well, especially after the assistance from the PPNA Team and FLC cadres. The results of the study showed that the 12-day PMT program succeeded in providing positive achievements. Data shows that the stunting rate in Tieng Village has decreased from 110 toddlers to 76 toddlers. This decrease was appreciated by the implementation team and health workers because it was considered evidence of the success of short-term interventions. The supporting informant also said that the child's weight has increased and some toddlers who were previously stunting have been in the normal category. This shows that PMT has a positive effect on improving the nutritional status of toddlers in a relatively short time.

In addition to reducing stunting rates, the program also provides behavioral changes to some parents. Through nutrition socialization and cooking demonstrations in FLC activities, some parents began to implement a healthy food menu at home with local ingredients. Supporting informants stated that their children gained weight after participating in the program, and parents became more aware of the importance of balanced nutrition. This shows that the success of the program lies not only in the food intervention, but also in the ongoing education provided to families of toddlers. Especially in the Tieng village area. Through this study, the stunting supplementary feeding program is one of the best alternatives in reducing this stunting rate.



Figure 1. Group photo with the Tieng Village Family Learning Centre Facilitator



Figure 1. Handover of PMT to Toddlers.



Figure 1. PMT packaging process



Figure 1. The TIMBANG PPNA program is included in the September 2025 edition of Suara Muhammadiyah

Conclusion

Based on the results of research on supplemental feeding in the balanced nutrition improvement program (TIMBANG) in Tieng village, Kejajar district, Wonosobo district, it can be concluded that growth monitoring through weighing at posyandu is quite good and routinely carried out every month. Although there are some mothers of toddlers who do not want to take their children to the posyandu, there are also those who refuse immunization. In Tieng village, the majority of people refuse immunization from Muhammadiyah residents, but village midwives and health cadres of Tieng village try by visiting residents' homes so that achievements can be pursued and the targets that have been determined are met. The implementation of counseling and counseling about nutrition and stunting to mothers is also considered good. This is inseparable from the efforts of village midwives and the health cadre team of the Tieng village posyandu which is also assisted by the Family Learning Center Facilitator Trainer who continuously provides counseling and counseling face-to-face and receives a positive response from mothers of toddlers to always follow good recommendations in handling stunting for their children. The provision of additional food for the stunting program (TIMBANG) of the Nasyyatul Aisyiyah Central Leadership in collaboration with the central Lazismu is considered to have gone well because the provision of additional food for stunted toddlers has been given to the right target.

Although there are still a few obstacles for mothers of toddlers who are indifferent in taking food. However, this obstacle can still be tried as much as possible by the PMT coordinating team from the Naswiatul Aisyiyah Tieng Branch Leader by conducting home visits, delivering food as well as monitoring the process of feeding how much children eat and counseling parents about the benefits of the program carried out. The achievement obtained in this supplementary feeding program is a 40% reduction in the stunting rate in Tieng village. Based on this value of capan, the village government and Tieng village midwives as well as the health cadres of the Tieng village posyandu are very optimistic in carrying out the activities of this stunting supplementary feeding program so that on the next occasion the Tieng village government will continue this program by budgeting this activity so that stunting in Tieng village, in particular, there is no longer a stunting problem. In this study, there is also hope for several related parties such as the health office, Tieng village midwife, Tieng Village government, so that the health office always supervises and trains health workers and health cadres regarding stunting handling and monitoring the growth of toddlers well and correctly. In order to be able to coordinate better with the Tieng village government in seeking funds to be able to continue this PMT program from the village budget after the PPNA Weigh program is completed.

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