



Sociocultural Linkages as Causes of Stunting Village in the Community of Tanjung Village, Mempawah Hilir District, Mempawah District

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Abstract

Mempawah Regency is a Regency with high cases of stunting, the government's efforts to reduce stunting rates by providing nutritious food assistance to babies at risk of stunting. Stunting is not only a matter of nutrition, but the causes of stunting are complex. This study aims to describe the existence of sociocultural linkages as a cause of stunting. The research method used descriptive qualitative approaches; the informants consisted of 7 people from several government groups, health workers, traditional shops, and communities whose children were stunted; the technique for determining informants used a purposive technique, and the data collection techniques were interviews, observation, and documentation. The results of the study indicate that there is a relationship between low educations, many early marriages.

Keywords: Sociocultural, Education, Early Marriage, Myth, Parenting, Stunting

Introduction

Stunting is characterized by obstacles to growth (child height) and development, resulting in a child being shorter than other children. (Harper et al., 2023), a child can be said to be stunted if the child is born with a height of less than 48 cm and a weight of less than 2.5 kg. Then this condition is monitored for up to 4-12 months; if there is no change, the child is said to be stunted (Rahayu et al., 2018) stunting a significant public health problem in Indonesia, with a prevalence of around 37% (Beal et al., 2018). Stunting is a national health problem. Therefore the government stipulates stunting as part of the federal development strategy program by establishing an accelerated stunting prevention program which is structured based on studies on the implementation of accelerated nutrition improvements and seeing the success of other countries in preventing stunting, the regulation of this program is strengthened by presidential regulation No. 72 of the year 2021. Through the national strategy program to accelerate stunting prevention, the central government intervenes in districts in Indonesia to

jointly succeed in this national strategy program so that the stunting rate drops to 14% in 2024, the stunting rate in Indonesia in 2022 experienced a decrease of 21.6% (Ministry of State Secretariat of the Republic of Indonesia., 2023), even though it has decreased, efforts must still be made to reduce the national stunting rate more drastically. Stunting concerns a child's height and the quality of Indonesia's human resources towards Golden Indonesia 2045.

West Kalimantan is one of the 12 provinces that has the highest stunting prevalence (8th out of 12 provinces) and the highest number of stunted children under five; the stunting prevalence rate in West Kalimantan in 2022 is 29.8%; this figure is included in the high category if referring to WHO, the range is between 20-30% and the local government has a big task to reduce the stunting rate to at least 17% in 2023. One of the efforts that can be made is to prevent this. Mempawah Regency is one of the regencies in West Kalimantan; this Regency has a stunting rate of 25.1% in 2022. The district government is committed to reducing stunting rates in 2023 and 2024. Various efforts have been made to make this happen, especially one of which is the establishment family assistance team in every village that assists the government in preventing stunting (databooks. metadata.co.id, 2023).

Government efforts to reduce stunting include nutrition fulfillment, outreach to prospective brides, pregnant women, mothers with children under two years, and mothers with toddlers (24-59) months by conducting routine monitoring (Rinto, 2022). The problem of stunting is not only about fulfilling nutrition and height but is a complex problem that needs to be studied in more depth through various studies from various perspectives. Factors that influence stunting include the condition of the baby, such as; not breastfeeding for six months, low socioeconomic status of the household, premature birth, height, and low mother's education are factors that have contributed to the occurrence of stunting, apart from that the condition of the community also influences stunting inadequate access to health and geographic location (Beal et al., 2018).

The causes of stunting in Indonesia are multifactorial, including inappropriate complementary feeding practices, exposure to viruses, poor breastfeeding habits, inadequate maternal nutrition, and regional determinants such as poor water quality and sanitation, health services, the food system, and education (Putro et al., 2023). These factors contribute to the high prevalence of stunting in Indonesia and emphasize the need for interventions that address the immediate and underlying causes

Understanding the factors contributing to stunting is critical to developing effective prevention strategies because stunting is not solely the result of malnutrition but is also influenced by education and social structure; the modern view of growth regulation emphasizes socio-economic-political factors that contribute to stunting (Mahriani et al., 2022). Based on this research meaning that to address the reduction and prevention of stunting, it is necessary to consider a holistic approach that goes beyond health parameters and addresses the sociocultural context in which stunting occurs.

Literatur Review

Several previous studies stated that stunting occurs as a result of a complex interaction of various determinant factors, including socioeconomic and cultural influences (Mediani, 2020), other researchers argue that politics and the economy, as well as society and culture, are

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one of the factors that influence the occurrence of stunting (Wicaksono et al., 2022), but the study did not provide specific studies and details about these claims. This shows a gap in research that focuses on understanding certain cultural factors that contribute to stunting because stunting results from complex interactions of household, social, environmental, and economic (Bahrun & Wildan, 2022).

Based on this explanation, this study aims to examine the sociocultural factors in shaping stunting in Tanjung Village, Mempawah Hilir District, and Mempawah Regency more deeply because understanding social and cultural factors can help develop effective interventions for preventing stunting (Onis & Branca, 2016).

Research Method

This study used a qualitative research method with a descriptive approach; the research location was in Tanjung Village, Mempawah Hilir District, Mempawah Regency. In this study, seven informants from elements of the government, health workers, community leaders, and community representatives were stunted. The informant determination technique uses a purposive sampling technique. The data collection technique uses interview, observation, and documentation techniques; the data sources used are primary and secondary data validation techniques using triangulation of sources.

Result and Discussion

Tanjung district is one of the sub-districts that have a high number of stunting cases. The following is the data that the author obtained from the Mempawah Hilir District Health Center regarding the number of stunting cases in the Tanjung Village:

Table 1 Data for Stunted Toddlers for June 2022

Berat	Tinggi	BB/U	TB/U	BB/TB
12,05	96	Kurang	Pendek	Gizi Baik
11,08	87	Berat Badan Normal	Pendek	Gizi Baik
10,05	84	Berat Badan Normal	Pendek	Gizi Baik
11,02	85	Berat Badan Normal	Pendek	Gizi Baik
11,02	85	Berat Badan Normal	Pendek	Gizi Baik
10,08	91	Kurang	Pendek	Gizi Kurang
08,09	82	Sangat Kurang	Pendek	Gizi Kurang
13,06	96	Berat Badan Normal	Pendek	Gizi Baik
09,05	80	Kurang	Pendek	Gizi Baik
10	85.02.00	Sangat Kurang	Sangat Pendek	Gizi Baik
09,01	76	Berat Badan Normal	Pendek	Gizi Baik
12,09	95.05.00	Kurang	Pendek	Gizi Baik
11,07	91	Kurang	Pendek	Gizi Baik
11,04	84	Berat Badan Normal	Pendek	Gizi Baik
10	89	Kurang	Pendek	Gizi Kurang
13	95.09.00	Kurang	Pendek	Gizi Baik
12,05	97	Kurang	Pendek	Gizi Baik
10,05	86	Kurang	Pendek	Gizi Baik
10,09	77.02.00	Berat Badan Normal	Pendek	Risiko Gizi Lebih
06,05	65	Kurang	Pendek	Gizi Baik
07,01	65	Berat Badan Normal	Sangat Pendek	Gizi Baik
07,03	69	Sangat Kurang	Sangat Pendek	Gizi Baik
08,01	66	Berat Badan Normal	Pendek	Gizi Baik
12,07	94	Kurang	Pendek	Gizi Baik
05,08	57	Berat Badan Normal	Sangat Pendek	Risiko Gizi Lebih
08,04	68	Berat Badan Normal	Sangat Pendek	Gizi Baik
14,05	97	Berat Badan Normal	Pendek	Gizi Baik
07,09	64.02.00	Berat Badan Normal	Pendek	Gizi Baik

Source: Processed by Authors, 2022

Table 1 shows that the number of stunting in Tanjung Subdistrict in June 2022 was 28 cases of stunting. If no prevention efforts and solutions are provided, the chance of stunting with higher numbers will occur. According to the head of the Mempawah Hilir District Health Center, Tanjung Subdistrict, the number of stunting cases is relatively high. Following are the results of the author's interview with informants: *"Cases of stunting in Tanjung Village are quite high after Kampung Pasir Village. Nevertheless, we do not just rely on numbers or numbers; for cases of stunting, we need prevention so that stunting does not happen to the people of Mempawah Hilir Subdistrict."* (Interview, 10 August 2022).

Case of stunting If the stunting rate reduction is not accelerated, stunting cases will snowball. Indirectly, stunting will cause new social problems to arise and impact elements of people's lives. The resulting impact on children who are stunted in health will affect the growth of the brain and nerves of the body, and stunting will have an impact on social problems such as poverty, education, and the economy (Rahmadhita, 2020; Saadah et al., 2022).

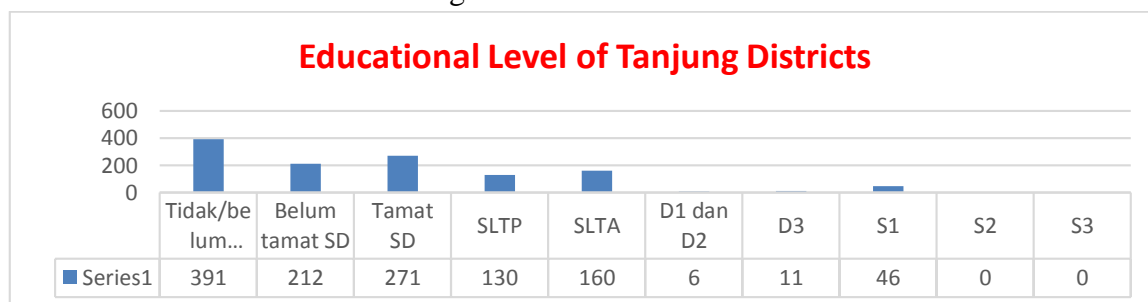
Suppose a child with stunting is not treated, and the number is increasing. In that case, a child cannot study well and absorb lessons to the fullest because balanced nutrition in a child's brain will make the child's ability to think and digest much better. In many countries, stunting is also related to children's low cognitive abilities and performance in school. Stunting affects learning capacity at school age, school grades and achievement, wages for work as an adult, risk of chronic diseases such as diabetes, morbidity and mortality, and even economic productivity (Chowdhury et al., 2021; Sadler et al., 2022; Windasari et al., 2020).

One of the things that this research wants to discuss is how social and cultural influences cause stunting in Tanjung Village. Based on the results of stakeholder interviews, the social and cultural environment has an influence that causes stunting cases. The social and cultural environment, namely the level of community education, the existence of early marriage, and some people still believe in traditional healers and myths in pregnancy and feeding children.

Education

Education is essential in improving the quality of human resources. Because of that, education is also a reference or benchmark in viewing or considering a phenomenon. In the context of health, people are expected to have extensive knowledge and be able to think critically so that they have the knowledge to guide their daily activities. The total population in Tanjung Sub-District in 2020 is 1227, consisting of 614 men and 613 women, have different educational backgrounds and the education level is as follows;

Figure 1 Education Level



Source : (data.kalbarprov.go.id, 2021)

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Figure 1 shows that most of the population does not/have not attended school. Namely, as many as 391 people, 212 people have not finished elementary school, and 271 people have graduated from elementary school. Of those who continue junior high school/junior high school to graduate, there are 130 people, 160 people have graduated from high school, 6 D1/D2 people, 11 people graduated from D3, and 46 people from S1. There are no residents who have continued to master's and doctoral degrees.

In 2020 there were 418 school-age residents aged 3-22 years (data.kalbarprov.go.id, 2021). However, the number of residents with student status is only 184, meaning that many school-age children do not continue their studies. The explanation from the head of Tanjung Lurah namely justifies this assumption;

"Residents of Tanjung Village, some are already literate in education, but there are still very many who are still at a low level of education. So their knowledge about stunting is also limited, and it is difficult to accept this understanding" (Kelurahan Head, interview, 10 August 2022).

The level of education also influences the formation of stunting (Husnaniyah et al., 2020); this was also confirmed by the head of the Mempawah Hilir District Health Center, who stated that if the educational characteristics of the community were still relatively low, it would affect the childcare mechanism. Following are the results of the author's interview with the head of the Mempawah Hilir District Health Center:

"Regarding education in the Cape area is lacking. The average income and education of the downstream Mempawah community are in the middle and lower percentages. So for the issue of stunting and their knowledge of stunting is also lacking." (interview on 10 August 2022)

The author sees that the average child who is stunted comes from parents who have not graduated from elementary school or have graduated from elementary school and come from low-income families. The occurrence of stunting in this family is caused by parents' knowledge that is not extensive and thinks it is only limited to eating, without thinking about nutritional content because limited income no longer pays attention to the adequacy of the intake that their children eat, enough to make them complete and cheap (Nirmalasari, 2020).

Low education has an impact on preventing stunting, or it can also be said to be an obstacle to handling stunting, one of which is the level of education (Husnaniyah et al., 2020; Ramdhani et al., 2021; Wardana & Astuti, 2020). Even though socialization has been done, the Tanjung sub-district community needs help understanding stunting, its causes, and how to overcome it. This provides homework for the village government, health center, and posyandu to find alternative new effective ways to provide explanations to the community so that they can easily understand and put them into practice.

Parents with low education are 2.22 times more likely to have stunted children than parents with higher education (Hizni et al., 2010). A study on early childhood in Bangladesh found that children of mothers who had completed senior secondary education (SMA) had a lower risk of stunting compared to children of mothers who were uneducated, as well as children of fathers who had completed secondary education as well. have a lower risk of stunting compared to children whose fathers are not educated (Chowdhury et al., 2021). Education is not only crucial for a mother; a father figure requires education so that there is

balance in a family if both understand and have concern for children's nutrition.

Low education also impacts the community's economy; 80% of the people of Tanjung Kelurahan have livelihoods as farmers with the understanding that they are at a middle economic level and even tend to be lower economic (poor). This poverty also influences increasing stunting rates because people cannot afford to buy nutritious food and pay attention to the growth and development of children to the fullest (Ernawati, 2020). Research in Yogyakarta suggests that there is a correlation between wealth and the risk of stunting; the more affluent a family is, the lower the risk of experiencing stunting (Gustina et al., 2020); based on this, it can be agreed that education is indeed essential to prevent stunting and improve human resources. Preventing and dealing with stunting is, of course, not only with the help of providing nutritious food but also needs to pay attention to the educational aspect of the community because if the level of education is low, then human resources will also be low, the economy and health will also be low because these circles are interrelated like a cycle. (Rahmadhita, 2020).

Early-age marriage

Early marriage is a marriage contract that takes place at an underage age because this is not following the provisions of the Marriage Law No. 16 of 2019, which states that marriage in Indonesia is only permitted if a man and a woman have reached the age of 19 (Law Number 16, 2019).

West Kalimantan is the province with the highest number of cases of early marriage in 2021, namely 21%; this figure is above the national average of 10.3%. (Central Bureau of Statistics, 2021). The regencies that have applied the most for dispensation from marrying underage are Malawi, Sintang, Sambas, and Ketapang regencies (Kiw, 2023), submission of early marriage dispensation is a requirement for children under 19 years of age who want to marry, and this is the authority of the Religious Courts. There are also many in the practice of early marriage in Mempawah Regency. However, most early marriages in Mempawah Regency, especially in Tanjung Village, do not use state (official) marriage methods, so few apply for dispensation for underage marriage. They marry underhanded (marrying according to religion only).

Early marriages in Tanjung Village influence stunting in children; children who are not mentally ready to marry and raise children impact children's health and development. This was conveyed by the midwife on duty in the Tanjung Village

"In the Tanjung Village area, children are often married under the age determined by the government or based on the law. So that at an immature age, education is also not completed so that it affects the problem of stunting." (interview on 10 August 2022)

The Tanjung village head said the same thing, in which case he confirmed that the stunting problem could have started from marriage. The following are the results of the author's interview with the Tanjung village head:

"Apart from education, stunting in the Tanjung Village area is caused by marriage; this marriage occurs to those whose age is not according to the rules or what we usually call early marriage." (interview on 10 August 2022)

Early marriage is the cause of stunting in the Tanjung Village community because, at their age, they are immature in making decisions, thinking, and understanding parenting

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patterns for children; besides that, this also affects the reproductive role in children because their reproductive organs are immature when a woman marries under at the age of 18 years, the uterine organs have not yet been fully formed so that they have a high risk for fetal development and can cause death in the baby.

World Health Organization (WHO) stated that one of the reasons for the high stunting cases in Indonesia was early marriage (Muldiasman et al., 2018). Research in Jakarta found a relationship between early marriage and the incidence of stunting in children aged 24-59 months; the results showed that the age of the mother at marriage had an impact on the risk of stunting in her children (Restiana & Fadilah, 2023).

Cases of early marriage in the Kelurahan Tanjung, Mempawah Hilir District, are caused by several factors. First, there is an arranged marriage carried out by parents, and second, the culture adhered to by one ethnic group. Based on the results of interviews with the Tanjung Lurah and village midwives: *"Parents' willingness to marry off their children at an early age is one of the causes of early child marriage. Besides that, there is a culture that is adhered to by one ethnic group that thinks it is normal for their ethnic group to marry early."* (interview on 10 August 2022)

With the rise of early marriages in the Mempawah Regency area, the Regional Indonesian Child Protection Commission (KPAID), together with the Office of Social Affairs, Women's Protection, Child Protection and Pemdes (DSPPPA-Pemdes) and the Mempawah Religious Court (PA) signed a Memorandum of Understanding (MoU) regarding the agreement dispensation of child marriage (Ardiansyah, 2022). The existence of the MoU or the policy is made so that children do not commit adultery, so the government makes a dispensation for marriage age. However, dispensing the marriage age can lead to new, more serious social problems, one of which is stunting.

Believe in Myths

The myth that developed in society turned out to be one of the causes of stunting. Myths are often associated with certain legends, stories, or stories with mystical or mysterious nuances (Nasrimi, 2021). Myths are also ambiguous and have many meanings, there are no permanent myths, but almost all myths are flexible; stories in myths mostly adapt to new knowledge and changes in the human environment.

Some people in Kelurahan Tanjung still believe in myths about pregnancy, birth, and feeding babies, which are not scientifically proven. People's belief in myths creates obstacles for people to obtain good nutrition knowledge. The myth that exists in society indirectly descends or comes from families who socialize it so that the myth develops and survives.

Based on the results of interviews, not all of the traditional leaders of the Tanjung Village believe in myths, but some of those whose children are stunted still believe in pregnancy myths and myths about parenting.

"Not all people believe in myths, but not none. Some still believe in myths during pregnancy and when raising children, so that nutritional information or scientific facts are not absorbed properly." (Interview, 10 August 2022)

Some of the myths that are believed by some people and developed in society for generations include;

No	Evolving Myth
1	Do not drink iced water during pregnancy
2	Do not wrap a towel or cloth around the neck, which will cause the child to be entangled with the umbilical cord
3	Drink more water to so that the children born are white
4	Drink more coconut water
5	Do not eat spicy food during pregnancy so that the child does not get sick
6	If you are pregnant, when you go out, you have to bring some sharp tools such as safety pins, scissors so that you are protected from supernatural beings
7	If not allowed to eat pineapple, durian, and tape later, a miscarriage will occur
8	If the child cannot eat ginger water later, the child will be black
9	Some types of vegetables are not allowed because they will interfere with the development of the fetus.

Source: Processed by Authors, 2022

The myths that are circulating are considered as a form of supervision carried out by the community, this is done so that the womb of pregnant women is maintained, but there are not many true or false assumptions that cause pregnant women to reduce their nutrition, even though this is scientifically permitted and has no effect. Significant for the content. In addition to the myths during pregnancy, there are also myths circulating in the parenting process;

No	Parenting Myths
1	Newborn children are given to eat bananas
2	Children do not need to be immunized later on. Adding sick children
3	For children who are sick, most of them choose traditional medicine, which is not necessarily scientifically correct.

Source: Processed by Authors, 2022

Parenting

Parenting is essential when we have children; it includes how parents care for their children, namely how parents treat and educate, guide children, and provide important information. Ideally, the child's parents provide complete care to children. The impact of early marriages that occurred in Tanjung Village influenced parenting. Most of the children who were born were cared for by their grandmothers because the parents of the children worked or because they were young and did not know how to care for babies, so the children were cared for by their grandmothers and based on the results of interviews with the head of the Mempawah Hilir District Health Center said that some of them, namely the child's parents, did not provide direct care.

"Most of the children are cared for by their grandmothers or relatives because they work, so they are cared for by their families. Moreover, this is one of the obstacles because it is difficult to provide an understanding of nutrition or appropriate parenting." (Interview on 10 August 2022).

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The grandmother does not know about stunting, malnutrition, what food is good for babies, and the like; the grandmother only feeds the children according to what the grandmother and her family eat daily. Parenting like this can hinder the handling of stunting and its prevention because, even though routine stunting socialization is given, those present at socialization activities are not the child's parents but the child's grandmother, grandfather, aunt, so it is not uncommon for the results of socialization not to be practiced in everyday life. Children's Day because the nannies follow the pattern of the child's grandmother or they do the parenting in their way.

Conclusion

Based on the research conducted, it can be concluded that there is an influence of sociocultural sociocultural sociocultural sociocultural linkages on the formation of stunting in children, including due to low education so that there is a lack of knowledge and an impact on a low economic level as well, both early marriages because they are not ready mentally, knowledge and materially so that it will result in parenting patterns of children who are primarily cared for by their grandmothers and finally myths, myths that develop in the community influence the occurrence of stunting, myths that are believed by the community early on and stunting is something new for them, children born short, thin, depending on height to their parents (offspring).

Suggestion

If education is low, there are still many early marriages, myths that develop, and wrong parenting patterns continue to develop; if no solution is found, it can hinder stunting prevention and have the potential for new seeds of stunting to occur in Tanjung Village.

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