

SOCIALIZATION OF STUNTING PREVENTION THROUGH COUNSELING AND HOUSE SANITARY CLEANING AND CLEAN WATER TREATMENT ACTIVITIES

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ABSTRACT

The availability of clean water in the living environment is necessary to meet the needs for drinking water, bathing, cooking, washing and sanitation. The condition of clean water in Kembiritan village, Genteng District, Banyuwangi Regency is still inadequate. This is because village residents have the behavior of throwing rubbish in rivers and waterways so that the stagnant rubbish causes water source pollution. Clean water management carried out by the regional government through related agencies still does not reach the clean water needs in Kembiritan village. This is because the distribution of clean water is not only distributed to residents of Kembiritan village but also to other villages in Genteng Banyuwangi sub-district. Based on these conditions, it is necessary to provide outreach to the residents of Kembiritan village to change their lifestyle by cleaning their houses and processing clean water. Counseling and activities for cleaning house sanitation and clean water treatment were carried out in November 2023 at the Kemiren Village Health Center, which was attended by 45 heads of families. This outreach aims to provide education and understanding to the public not to throw rubbish carelessly, prepare facilities and infrastructure for storing clean water, cleaning activities for bathing facilities and latrines as well as processing clean water for daily consumption.

Keywords: *Stunting Prevention, Health Counseling, House Sanitary Cleaning, Clean Water Treatment.*

INTRODUCTION

Health development aims to increase awareness, willingness and ability to live healthily for everyone in order to achieve the highest level of public health (Rangkuti, et al 2020). One indicator of healthy living for the community is having clean water facilities and infrastructure for drinking, sanitation and toilet purposes. The need for clean water is basically a basic human need in daily life, whether consumed for drinking water or used for bathing, washing and toilet facilities. What is meant by clean water is water that is suitable and of good quality, safe for consumption and not contaminated by chemicals. Residents can obtain water for consumption and sanitation needs from sources managed by the government, namely PDAM or water obtained naturally from springs such as wells and rivers.

Clean water sources that are obtained directly from nature, both well water and river water, can often be contaminated with waste and bacteria. So, to be suitable for consumption, the water must be processed or cooked first. The availability of clean water also really depends on natural conditions such as natural disasters such as drought, floods and other natural disasters. The natural disaster that occurs will affect the availability of clean water suitable for consumption. When there are droughts and floods, it will be difficult for residents to get clean water because springs dry up in the dry season and water is mixed with mud during floods.

Clean water also plays an important role in the use of sanitation and environmental cleanliness. Meeting water needs is also used for bathing, washing and toilet purposes

used by the community. However, not all community members have access to adequate clean water, some residents, especially the poor, have difficulty obtaining clean water, for example clean water managed by regional drinking water companies. Clean water is obtained from river water that has been polluted so that it is unfit for consumption and use for sanitation. To meet the need for clean water and toilet washing, the government is trying to provide toilet washing facilities. Bathing, Washing, Toilet is a public facility intended for poor people with low income levels for bathing, washing and defecation in certain residential locations. Public Washing Baths (MCK) are public facilities for several community members that are used together to bathe, wash and defecate in densely populated residential locations between 300-500 people/ha (Andriadi, 2018).

Sanitation is defined as efforts made to improve public health by focusing on monitoring environmental management to avoid disease. Environmental sanitation and clean water also prevent the emergence of disease and the transmission of disease caused by environmental factors, thereby increasing the level of public health (Ministry of Health 11 RI, 2002). According to Annita et al (2021), sanitation is an effort to improve public health that focuses on environmental monitoring to improve human health.

Providing clean water and environmental sanitation is not only the task of local governments but can also involve community participation. Community involvement is needed as a form of participation and cooperation in developing drinking water and sanitation in the community as well as increasing community independence and empowerment both socially and environmentally (Andriadi, 2018). The main objective of the program for providing clean water and environmental sanitation is to meet the need for clean water and maintain environmental cleanliness, especially in densely populated areas. The involvement of community members in the provision and management of clean water and environmental sanitation can be carried out through collaboration between the government and the community. Providing clean water and environmental sanitation to improve the quality of life and welfare for poor and underprivileged residents (Septi et al, 2021). Apart from that, the aim of holding a program to provide clean water and sanitation is to realize the government's concern for maintaining health and improving the standard of living of the community. So that it can be achieved to improve the quality of human resources who are healthy and live a decent life.



Fig 1. condition of river water in kembiritan village

Kembiritan village, Genteng sub-district, Banyuwangi district is a village that has a high population density so that the village residents have a high need for clean water. This is because the location of Kembiritan village is in the middle of the city and is the largest village in Genteng sub-district. One of the main problems for residents in Kembiritan village is the availability of clean water and environmental sanitation where many

residents who are classified as poor do not get clean water. Some residents depend on the availability of polluted river water and experience drought in the dry season, resulting in the availability of clean water for poor residents in Kembiritan village, Genteng sub-district, Banyuwangi district.

Based on field observations, people in Kembiritan village use well water and PDAM water as a source of water for household purposes and drinking water sources and the rest use river water. From the results of observations in several hamlets, poor residents were found to be experiencing problems with the availability of clean water. Some poor residents use well water which is physically dark yellow in color, oily and smelly, and uses river water which is murky and mixed with mud. The condition of the water is not suitable for use for household purposes, whether for washing or cooking, and as a source of drinking water it will damage the body's health over a certain period of time. Physically ideal clean water is clear, colorless, odorless, tasteless, does not contain germs and dangerous substances (Hasan dan Haris (2019). Many village residents experience typhoid, dysentery and other digestive disorders due to consuming unsuitable water.

METHOD

Collecting data about the condition of community members who experience stunting and environmental health problems caused by water quality that is not suitable for consumption in Kembiritan village before carrying out community service activities. Activities are carried out using counseling and training methods which will be held on Saturday 9 December 2022. Community service activities (PKM) in Kembiritan village are carried out with counseling methods, training and direct practice. In detail, these stages are as follows:

1. Socialization and Extension Activities; This activity is carried out as a means provide additional knowledge to the public about clean water parameters suitable for use, and water processing techniques are less suitable to make water suitable for use. During the counseling, the principles of water treatment and the function of each will also be explained materials used and how to maintain water processing equipment.
2. Training activities are community participation activities, namely joint learning where the whole community is involved in activities direct water treatment practice program for households. How to treat water by assembling tools to filter water to improve the quality of river water or well water.

RESULTS AND DISCUSSION

Result

Implementation of activities to increase knowledge, understanding and awareness about sanitation and clean water and their impact on physical health and prevention of stunting which was carried out at the Kembiritan Village Health Center, Banyuwangi district on December 9 2022. The main target of this activity was heads of families gathered from several RW. This activity began with socialization about sanitation and clean water against stunting incidents. After following and listening to the socialization material and holding discussions, it was clear increased knowledge and understanding of the Kembiritan village community about the importance of treating clean water and maintaining the cleanliness of sanitation facilities to improve the health quality of life and prevent stunting. So it can be concluded based on the results of the discussion and question and answer session after the socialization as evaluation material activities, the community becomes more understanding and has better concern than before the socialization. People who take part in service and outreach activities receive outreach

material delivered by students who carries out this activity. Apart from that, the service team also distributed leaflets about sanitation and clean water against stunting incidents which are distributed to the community for increase knowledge and understanding.

Discussion

This community service activity is carried out in the form of socializing the importance of using clean water for drinking, the need for bathing, washing and toileting as well as fulfilling environmental sanitation as an effort to prevent stunting in children. Socialization participants are community members who have children under five in the RW 2 and RW 3 Kembiritan Village, Genteng Banyuwangi District. The following is a general description of the participants "Socialization of Stunting Prevention through Counseling and House Sanitary Cleaning and Clean Water Treatment Activities" which are all of the female genital.

Table 1. Distribution of Participants by Education

Distribution of Participants by Education			
No	Education	number of people	%
1	Elementary school	10	32
2	Junior High School	15	48
3	Senior High School	6	20
Total		31	100

Based on table 1 above, information was obtained that most of the participants 32% have elementary school, 48% have junior high school and only 20% have higher education. The respondent's level of education will influence a person's thought patterns and behavior. So, in efforts to deal with the stunting problem, cooperation between sectors is needed with society.

Table 2. Distribution of Participants by Income

Distribution of Participants by Income			
No	Income	number of people	%
1	less than IDR 1,000,000	20	66
2	IDR 1,000,000 - IDR 3,000,000	11	34
3	more than IDR 3,000,000	0	0
Total		31	100

Based on table 2 above, information was obtained that most of the participants 66% have income less than IDR 1,000,000, 34% have income IDR 1,000,000 - IDR 3,000,000 and 0% have income more than IDR 3,000,000. the respondent has an income that is not adequate to meet living needs so that the respondent does not have the ability to get access to clean water.

Knowledge is the result of knowing that occurs when someone does something sensing of certain objects. In this community service activity, participants were given counseling in the form of socializing the importance of clean water processing for drinking needs, toilets and sanitation in the environment where they live to avoid disease and germs that cause disease. Adequate consumption of clean water is also important for preventing stunting in children. This is because the quality of children's health depends on the quality of the water consumed. The hope of this socialization activity is that the participants can increase knowledge and understanding of stunting prevention programs in children through the use of clean water. This socialization can also increase participation in activities preventing stunting of babies and toddlers by participating in monitoring growth

and development of sons and daughters. Assessment of the knowledge of the participants carried out using pre-test and post-test methods.

Table 3. Pre Test and Post Test Knowledge

<i>Pre Test</i>				<i>Post Test</i>			
Knows		Not		Knows		Not	
N	%	N	%	N	%	N	%
14	40	22	60	30	83	6	17

Based on table 3 above, it can be stated that the participants' pre-test results are 14 people (40%) knew about the stunting prevention program through the use of clean water, whereas based on the post test results of participants who know about the prevention program stunting through the use of clean water was 30 people (83%). Judging from the pre-test results, most people don't know about it definition and method of preventing stunting through the use of clean water, but after conducting outreach on the results post test almost all residents understood the definition and prevention stunting with the use of clean water. It can be concluded that there has been an increase in public knowledge because the post test score is higher than the pre test score.

CONCLUSION

Community Service is an activity with the mission of providing knowledge through outreach to increase knowledge, understanding and awareness of community members about sanitation and clean water which has an impact on improving the quality of life and preventing stunting in children. Carrying out this service can develop potential resources human resources and natural resources and of course it is a hope for all parties in order to be successful in serving oneself in society, especially in realizing goals and benefits from carrying out service. Service activities carried out at the Kembiritan Village Health Center, Genteng District, Banyuwangi Regency received a positive response from both health center employees, as well as community members. This is because of the importance of this activity so that with the enthusiasm of community members, socialization activities can run well and smoothly and community members understand and understand regarding sanitation and clean water to prevent stunting.

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