



Effectiveness of Family Guidance Team (TPK) Program in Guidance in Fulfilling Toddlers' Nutrition Status in Pangkalan Lada District, West Kotawaringin Regency

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Abstract: The high stunting rate in West Kotawaringin Regency, especially in Pangkalan Lada Sub-district, is the basis for this study. One of the stunting prevention programs is the Family Assistance Team, which helps families at risk of stunting. The purpose of this study is to analyze and describe the effectiveness of the Family Assistance Team (TPK) Program in assisting the fulfillment of the nutritional status of toddlers in Pangkalan Lada District. This research used a descriptive qualitative approach. For data collection, observation, interviews, and documentation were used. In this study, Budiani's theory of program effectiveness was used, which consists of four dimensions: accuracy of program targets, program socialization, program objectives, and program monitoring. The Family Assistance Team program has been effective, but has not yet reached its optimal level. Based on the research results, it shows that: 1) the accuracy of the program target has been achieved as seen from the implementation of assistance has covered all families at risk of stunting in all villages in Pangkalan Lada Subdistrict; 2) The socialization of the program has not been achieved as seen from the fact that there are still targets of the family assistance team program who have not participated in the socialization of this program; 3) the program objectives have been achieved, namely being able to reduce the prevalence from the previous year by providing assistance to fulfill child nutrition; 4) the monitoring program has been achieved through the monitoring carried out. The conclusion of this research is that the implementation of the Family Assistance Team program in Pangkalan Lada Sub-district has been effective but not optimal. Some of the obstacles encountered are the low economic income of the community and the lack of knowledge of parents about child nutrition. However, there are efforts to overcome these problems, namely through assistance to families at risk of stunting related to training, monitoring of families.

Keywords: Stunting, Effectiveness, Family Assistance Team, Nutritional Status.

INTRODUCTION

The high prevalence of stunting has become a complex and unresolved challenge, requiring intervention from various parties. Handling of stunting needs to be improved with

the aim of increasing the level of sensitivity in creating a quality and prosperous generation in conveying the intent and purpose to the community on how to prevent stunting. Families must prioritize the fulfillment of balanced nutrition, especially parents. This is because if every family does not pay attention to their child's nutrition, their health will be disrupted. Chronic malnutrition will cause infections such as diarrhea and malaria. Survey results show that the cause of around 45% of deaths in children under 5 years of age is nutritional problems, and stunting may also increase the risk of child death (Fifi and Hendi, 2020).

Based on the description of the Electronic Community-Based Nutrition Reporting and Recording (e-PPGBM) Nutritional Status of Toddlers in Central Kalimantan Province in October 2023, it is known that toddlers in West Kotawaringin Regency based on height and age, 125 toddlers are included in the very low level, 368 toddlers are included in the short level, 12,432 toddlers are included in the normal level, 34 toddlers are included in the high level.

One of the forms of activities carried out by the P3AP2KB Service of West Kotawaringin Regency is to hold social guidance in the form of mentoring families at risk of stunting. There are a number of activities aimed at increasing access to information and health services for families at risk of stunting. The mentoring program for families at risk of stunting through family planning counselors completes the focus of the intended target objectives and requires collaboration by the Family Assistance Team (TPK) which is composed of midwives, PKK cadres, and family planning cadres, to carry out mentoring. This Family Assistance Program at Risk of Stunting is intended for Prospective Brides and Grooms (Catin), Fertile Age Couples (PUS), pregnant and breastfeeding mothers until after delivery, and children aged 0 to 59 months. One way to increase social awareness in the community is social guidance, which aims to encourage social welfare programs that focus on stunting problems through family mentoring.

Table 1. Prevalence of Stunting in Kotawaringin Barat Regency 2021 – 2023

| Subdistrict | Year | | |
|-------------------|--------|--------|--------|
| | 2021 | 2022 | 2023 |
| Kumai | 18.38% | 4.46% | 5.40% |
| Arut Selatan | 11.53% | 2.64% | 1.66% |
| Kotawaringin Lama | 15.32% | 1.57% | 2.15% |
| Arut Utara | 21.68% | 12.55% | 1.25% |
| Pangkalan Lada | 19.00% | 3.44% | 3.75% |
| Pangkalan Banteng | 23.30% | 11.25% | 13.48% |

Source: e-PPGBM 2023

The prevalence rate of stunting in West Kotawaringin Regency decreased in 2022, but in 2023 there was an increase in prevalence in four sub-districts, namely Kumai District, Kotawaringin Lama District, Pangkalan Lada District, and Pangkalan Banteng District. The increase in prevalence in several sub-districts is a special concern for the West Kotawaringin Regency Government. In 2022, Pangkalan Lada District experienced a significant decrease in stunting prevalence, but it increased again in 2023. The Pangkalan Lada District Government has established various policies to encourage a decrease in stunting in various sectors. In collaboration with the P3AP2KB Service of West Kotawaringin Regency, a family assistance team at risk of stunting has been formed, also known as the Family Assistance Team (TPK). The purpose of the TPK is to prevent stunting problems by assisting communication with health workers and informing the public about stunting problems.

In this case, the role of health workers is to educate pregnant women and prospective brides about health to prevent risk factors that cause stunting. Monitoring the nutritional adequacy of mothers and children during the first thousand days of their lives can also prevent stunting. Planning and implementing family assistance at the village/sub-district level will help reduce the number of families at risk of stunting in Pangkalan Lada District. This will also make it possible to implement, supervise, and evaluate family assistance at the village/sub-

district level. In Pangkalan Lada District, there are several ways to reduce the number of families at risk of stunting. One of these ways is through social guidance activities that accompany families. Due to the lack of field workers, limited knowledge and skills, lack of family participation, and cultural and language differences, this program was not fully successful. These constraints are among the factors that affect the effectiveness of the program and limit the team's ability to provide timely and effective support to families in need.

METHOD

The model chosen in this study is a qualitative descriptive model. The results of the qualitative analysis are in the form of a comparison of real conditions in the field obtained from the opinions of various elements directly involved in the Implementation of the Family Assistance Program implemented in Pangkalan Lada District. The type of research is a descriptive case study aimed at providing an overview of the analysis of public services in the Family Assistance Program in an effort to reduce stunting carried out by the Family Assistance Team in Pangkalan Lada District, West Kotawaringin Regency; systematically and analytically about the ideal conditions of the Family Assistance Program based on data and information as well as the results of interviews in the field and a description of the facts in the field and the obstacles faced in the Family Assistance Program in relation to the effectiveness and efficiency of program and activity implementation. This research was conducted in Pangkalan Lada District, West Kotawaringin Regency. The determination of the research location was based on several considerations where Pangkalan Lada District has several conformities with the substance of the research. The types of data used in this study include primary and secondary data. Primary data is obtained or collected by researchers in the field through direct interviews with sources or informants who have the potential to provide information related to actual conditions observed in the field, while secondary data is information needed for research to add insight obtained from primary data (Moleong 2016). The focus of this study is the Effectiveness of the Family Assistance Program in Efforts to Fulfill the Nutritional Status of Toddlers in Pangkalan Lada District, West Kotawaringin Regency, by taking the Sub-Focus of Research on Strategic Steps of the Family Assistance Program by the Pangkalan Lada District Family Assistance Team (TPK) in implementing the family assistance program to help fulfill nutritional status in order to prevent stunting in Pangkalan Lada District, West Kotawaringin Regency.

The determination of informants in this study used a purposive technique. According to Sugiyono in (Mare, 2021) purposive is a technique for taking informants through data sources that are selected or determined with certain considerations or determined intentionally. The determination of informants using the purposive technique is due to the needs of this study, where sampling of informants must be in accordance with the characteristics of the needs in this study, such as the Pangkalan Lada District Family Assistance Team (TPK), Pangkalan Lada District officials and the Pangkalan Lada District community, especially families who have toddlers who receive assistance or pregnant women, the informants selected have a match with the criteria studied regarding stunting problems, the informants used also took part in handling stunting cases so that they know the information to be studied.

RESULTS AND DISCUSSION

The background to the formation of the Family Assistance Team is the large number of cases of stunting or malnutrition at the village level and requires greater attention than just the duties of the village government. The National Health Agency has a target or cut-off point that countries with a prevalence of stunting below 20% are included in the safe category, if it is still above 20% then it must be handled quickly.

Problems in Indonesia in 2020 and need serious acceleration to reach 14% in 2024, that's why a Family Companion Team is needed. The Family Companion Team is a form of

movement down to the community level. Where this Family Companion Team has coordinators at the Sub-district level to the Regency level, and TPPS for the National level.

The Regional Government of Kotawaringin Barat Regency, Central Kalimantan Province in carrying out programs and activities to accelerate the reduction of stunting rates, as well as as an implementation of Presidential Regulation Number 72 of 2021 concerning the acceleration of stunting reduction, the Acting Regent of Kotawaringin Barat has issued Regent Decree Number 64 of 2024 concerning the Establishment of the Kotawaringin Barat Regency Stunting Reduction Acceleration Team (TPPS) which is tasked with coordinating, synergizing and monitoring, evaluating and reporting on the implementation of stunting reduction acceleration programs.

So based on the activities carried out by the researcher, the results obtained are as follows:

Effectiveness of the Family Assistance Team (TPK) Program in assisting in fulfilling nutritional status in Pangkalan Lada District

One form of cooperation between the central government and regional governments is to form a program to address nutritional problems, especially stunting in the community by forming a program called the Family Assistance Team Program (TPK).

Family mentoring aims to help individuals in families grow and develop in various aspects of their lives, such as skills, knowledge, attitudes, and values. This process can involve various methods and strategies, including formal education, skills training, counseling, mentoring, and coaching. The mentoring carried out by TPK in fulfilling nutritional status to reduce stunting rates is carried out with various efforts which focus on increasing parental knowledge, especially in fulfilling children's nutrition.

To determine the effectiveness of the program through the indicators of Right on Target, Program Socialization, Program Objectives and Program Monitoring as put forward by Budiani (2007) where what is meant by program effectiveness is the suitability between output and the objectives set.

Program Target Accuracy

The accuracy of the program target is the extent to which program participants are right on target that has been previously determined. The accuracy of the program in this study shows how the effectiveness of the Family Assistance Team (TPK) program runs according to the targets that have been set. The accuracy of this program target also aims so that the program that has been planned or designed is realized according to the targets to be achieved and runs effectively and efficiently.

Based on the results of interviews with informants, it can be seen that the implementation of TPK in Pangkalan Lada District is right on target in accordance with the regulations in force in Indonesia. In Pangkalan Lada District, the number of families at risk of stunting who are targeted by TPK for detailed assistance is shown in Figure 4.2.

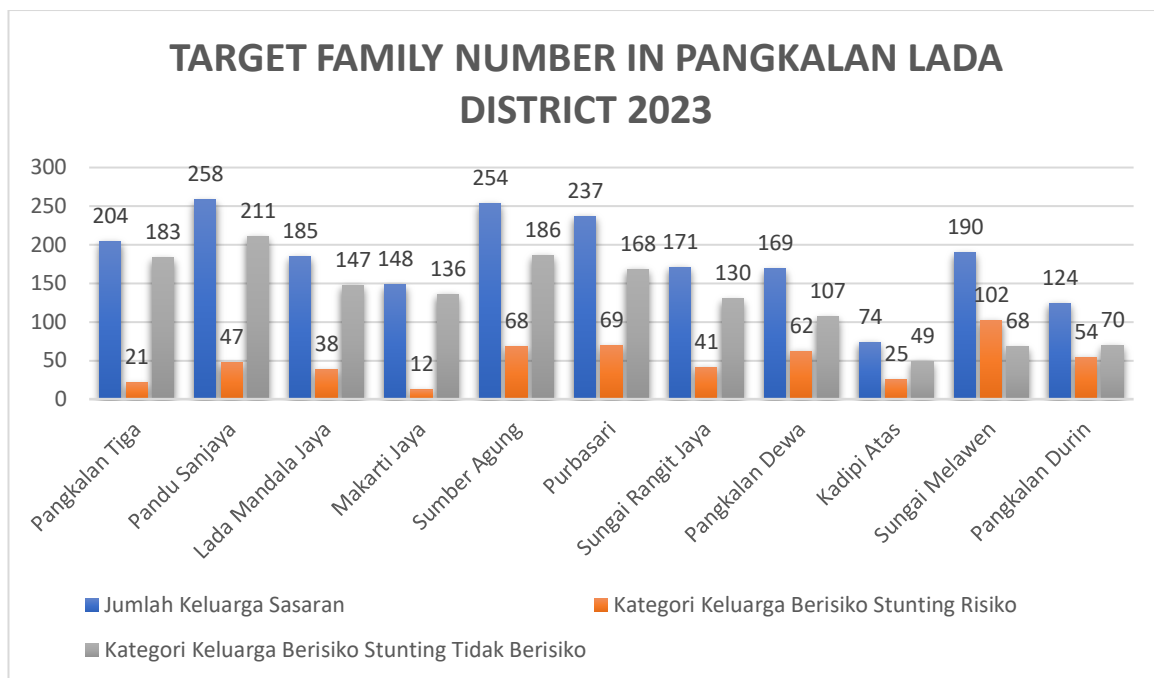


Figure 1. Number of Target Families in Pangkalan Lada District in 2023

Source: BPS Kotawaringin Barat 2024

Program Socialization

Program socialization is the ability of program organizers to socialize programs so that information related to program implementation can be conveyed to the community. This program socialization is also one way to help the community to be more aware of what information is related to the Family Assistance Team program issued by the Government which is intended for people in need.

From the results of interviews with informants, it is known that socialization regarding TPK is provided through formal meetings, for example at integrated health posts, or PKK mothers' meetings and also when prospective brides and grooms register at the KUA. This effort begins with socialization and provision of materials on prevention and handling of stunting routinely, to ensure understanding and prevention of stunting symptoms early on, even during pregnancy. This coaching is attended by parents, especially those whose children experience stunting, with the assistance of village officers if they cannot attend socialization at integrated health posts. Socialization is also considered important by prospective mothers, because it helps them understand the development and needs of their babies or children. This human development has been responded to positively by the community, especially because stunting is a fairly serious problem in Pangkalan Lada District. In addition to providing knowledge, TPK also provides additional food for toddlers, such as snacks or milk, to meet their nutritional needs. This program was welcomed by the community, because it helps meet their children's nutritional needs, especially for families with lower-middle incomes.

Furthermore, the importance of early prevention of stunting was also highlighted by midwives in Pangkalan Lada District, who emphasized the important role of nutrition for pregnant women in preventing stunting. This prevention effort was carried out by providing socialization, vitamins, and additional snacks to pregnant women, which was also welcomed positively by the community as a proactive step in maintaining the health of mothers and babies. From the interview, it was seen that family assistance was the main priority in dealing with stunting problems, with a focus on education, nutritional fulfillment, and early prevention. During the research, there were also interesting findings or facts about actions in handling stunting, these findings were in the form of community attitudes towards programs created by TPK, especially for those who were categorized as rich or capable. Their attitude towards this

program was that they did not want to participate in a series of activities held by TPK, but they chose to go to a doctor or nutrition specialist who was more proper or more professional in dealing with stunting. So by these rich people going to expert doctors, they hope that their children who are indicated as stunting can be treated or prevented quickly and efficiently.

Program Objectives

The purpose of the program is the extent to which the results of the program implementation match the previously set program objectives. The purpose of this program is intended so that the objectives of the Family Assistance Team (TPK) program are well conveyed in the community and it is hoped that the TPK program can reduce the risk of stunting and malnutrition in the lives of the community, especially in the Pangkalan Lada community.

Based on the results of interviews with informants, it can be seen that the TPK program has made the community more aware of the importance of preventing stunting, one of which can be prevented by providing assistance to families whose children are at risk of stunting.

From the results of observations conducted by researchers in the field, the assistance of TPK so far has been very helpful in improving the quality of human resources in Pangkalan Lada sub-district. Likewise, the assistance from TPK so far has been able to help raise healthy lifestyles in the community.

Table 2. Number of Families at Risk of Stunting per Sub-District 2023 – 2024

| No | Subdistrict | 2023 | | | | 2024 | | | |
|--------------|-------------------|---------------|----------------------|--------------|-------------|---------------|---------------------------|--------------|-------------|
| | | Amount Family | Amount Family Target | KRS Category | | Amount Family | Number of Families Target | KRS Category | |
| | | | | Risk | % | | | Risk | % |
| 1 | Kumai | 11,522 | 7,782 | 1.966 | 25.3 | 12,671 | 8,816 | 1,558 | 17.7 |
| 2 | Arut Selatan | 27,620 | 16,625 | 3,350 | 20.2 | 30,759 | 18,774 | 3,522 | 18.8 |
| 3 | Kotawaringin lama | 5,037 | 3.132 | 256 | 8.2 | 5,464 | 3,580 | 421 | 11.8 |
| 4 | Arut Utara | 1.297 | 914 | 88 | 9.6 | 1,576 | 1.158 | 378 | 32.7 |
| 5 | Pangkalan Lada | 9.303 | 6,549 | 744 | 11.4 | 9,776 | 7,663 | 564 | 7.4 |
| 6 | Pangkalan Banteng | 8,829 | 6.109 | 679 | 11.1 | 9,642 | 6,809 | 1,018 | 15 |
| TOTAL | | 63,608 | 41.111 | 9,714 | 23.6 | 69,888 | 46,800 | 7,461 | 15.9 |

Source: BPS Kotawaringin Barat Regency (Processed)

In West Kotawaringin Regency, the number of families at risk of stunting is 7,461 families with screening indicators. The number of families at risk of stunting in each sub-district is Kumai District as many as 1,558 (17.67%), South Arut District as many as 3,522 (18.76%), Kotawaringin Lama District as many as 421 (11.76%), North Arut District as many as 378 (32.64%), Pangkalan Lada District as many as 564 (7.36%), and Pangkalan Banteng District as many as 1,018 (14.95%).

The description of Families at Risk of Stunting (KRS) in West Kotawaringin in 2024 amounted to 7,461 families, a decrease compared to 2023 which was 9,714. The number of KRS is the target of assistance from the TPK (Family Assistance Team) in handling it in collaboration with TPPS through the SIDAK Stunting method "Selection, Assistance, Action".

Families at Risk of Stunting (KRS) are families that have one or more stunting risk factors consisting of families with teenage daughters/prospective brides/pregnant mothers/children aged 0-23 months/children aged 24-59 months from poor families/low parental education/poor environmental sanitation and/or unsafe drinking water.

The decrease in the number of Families at Risk of Stunting in Pangkalan Lada District cannot be separated from the role and efforts of the Family Assistance Team in assisting families at risk of stunting in fulfilling the nutritional status of toddlers in each family. This

shows that the implementation of this TPK is truly effective in assisting families at risk in fulfilling nutrition and also changing family behavior in reducing the number of families at risk of stunting.

Program Monitoring

Program monitoring is an activity carried out after the program is implemented as a form of attention to the community, especially families at risk of stunting. This program monitoring is intended to show the extent to which the Family Assistance Team (TPK) program in Pangkalan Lada District has been running and implemented as a form of government responsibility for the program it has created.

Based on interviews with informants, it is known that the provision of guidance for pregnant women and babies has been responded positively by the community, because in Pangkalan Lada District there are several babies who have been identified as stunting, so intensive efforts are needed so that the problem of stunting can be resolved. In addition, guidance for humans is the main priority in dealing with the problem of stunting, because humans here are positioned as subjects who live this life.

Table 3. Number of targets assisted in 2023 in Pangkalan Lada District

| No | Village | Toddler | Bufas | pregnant woman | Catin |
|---------------|--------------------|---------|-------|----------------|-------|
| 1 | Pangkalan Durin | 139 | 31 | 29 | 0 |
| 2 | Sungai Melawen | 0 | 30 | 42 | 5 |
| 3 | Kadipi Atas | 96 | 20 | 20 | 23 |
| 4 | Pangkalan Dewa | 281 | 15 | 31 | 8 |
| 5 | Sungai Rangit Jaya | 149 | 28 | 45 | 18 |
| 6 | Purbasari | 295 | 52 | 73 | 29 |
| 7 | Sumber Agung | 0 | 0 | 0 | 0 |
| 8 | Makarti Jaya | 141 | 20 | 26 | 22 |
| 9 | Lada Mandala Jaya | 29 | 29 | 48 | 11 |
| 10 | Pandu Sanjaya | 422 | 67 | 88 | 0 |
| 11 | Pangkalan Tiga | 238 | 35 | 45 | 14 |
| AMOUNT | | 1,790 | 327 | 447 | 130 |

Source: TPK Pangkalan Lada (Processed)

Based on the table above, it can be seen that in monitoring the TPK program, TPK during 2023 has really provided assistance to target families. TPK provides the most assistance in terms of fulfilling nutrition specifically for toddlers. In addition to providing assistance to toddlers, TPK also provides assistance to Postpartum Mothers (Bufas), Pregnant Women (Bumil), and Prospective Brides (Catin). However, during 2023 there was a village that did not provide assistance, namely Sumber Agung Village.

Supporting and Inhibiting Factors of the Effectiveness of the Family Assistance Team (TPK) Program in Fulfilling Nutritional Status for Preventing Stunting

The empowerment efforts carried out by TPK in reducing stunting rates in Pangkalan Lada District include several supporting and inhibiting factors. Every effort we make, especially in empowering, certainly has different views in each community. Therefore, below the researcher describes several supporting and inhibiting factors in the TPK empowerment process in reducing stunting rates.

The supporting factor that is the key to the implementation of empowerment efforts in reducing stunting in Pangkalan Lada District is the active role of the sub-district and village governments in overcoming stunting. The active role of the village in this case greatly lightens the task of the TPK, this is evident in their participation in monitoring the implementation of the integrated health post, and also if the TPK wants to conduct socialization, the village staff also helps prepare everything.

CONCLUSION

1. The effectiveness of the Family Assistance Team (TPK) program in Pangkalan Lada District is effective in terms of the target accuracy indicator, which is good, as evidenced by the implementation of the TPK program in Pangkalan Lada District being right on target for families at risk of stunting. The effectiveness of the Family Assistance Team (TPK) program in the program socialization indicator is good, as evidenced by the socialization carried out to the community and socialization by visiting the homes of prospective families at risk of stunting. The effectiveness of the Family Assistance Team (TPK) program in the program objective indicator is good, as evidenced by the existence of TPK being able to improve quality and prevent stunting from an early age in the community in Pangkalan Lada District. Furthermore, for the program monitoring indicator, it is good, as evidenced by monitoring in stages from the top level to the Family Assistance Team (TPK) at the village level.
2. Supporting factors and inhibiting factors for family support teams in fulfilling nutritional status in order to reduce stunting
 - a. Supporting factors include community enthusiasm in participating in programs from the family support team, the active role of the government in reducing stunting, and the geographical location of Pangkalan Lada District which is in a busy area.
 - b. The inhibiting factors are low income or economic level of the community, and minimal public knowledge about the importance of fulfilling children's nutritional needs.

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