



Empowerment of Posyandu Cadres in Early Detection of Stunting in Ampana District City Tojo Una Una District

Sumiara D¹, Hj Nuraisyah², Ani Susanti³

Master of Public Administration Study Program, Postgraduate Program Tadulako University, Palu, Indonesia

* Corresponding Author: **Roni Dwi Herdianto**

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Abstract

The aim of this research is to analyze the empowerment of stunting cadres in early detection in Ampana sub-district, Tojo Una Una regency. The research method is qualitative research with a case study approach. This research was conducted in October-December 2024. There were 16 informants, consisting of: 11 posyandu cadres as key informants, 5 supporting informants: head of community health center, nutrition officer, village head, village head and sub-district head. Data collection techniques used in-depth interviews and analyzed using Nvivo12 plus for windows.

The research results found that there were 3 main themes, namely theme 1, a comprehensive approach (implementation of stunting data collection) consisting of 2 sub-themes: steps for stunting data collection and factors that influence the accuracy of stunting data. Theme 2 community empowerment (implementation of stunting prevention), consists of 2 sub-themes: factors that influence stunting prevention, stunting prevention coordination system. Theme 3 program integration (implementation of stunting socialization), consists of 4 sub-themes: counseling at posyandu, existence of youth posyandu, cross-sector collaboration, home visits.

The conclusion of this research is that a comprehensive approach (implementing stunting data collection), community empowerment (implementing stunting prevention), program integration (implementing stunting socialization) can improve the quality of posyandu cadre empowerment. It is hoped that the relevant government parties (village, sub-district, sub-district and community health center governments) can facilitate various programs carried out by posyandu cadres and improve the welfare of posyandu cadres in the form of incentives so that stunting prevention can be implemented smoothly.

Keywords: Empowerment of Posyandu Cadres, Early Detection, Stunting

Introduction

Ampana City District, Tojo Una - Una Regency is one of the oldest sub-districts in Tojo Una - Una Regency, in 2023 the population will reach 20462 people with 5954 family heads with a total of 110 posyandu cadres in Ampana Kota sub-district. In Ampana District, Tojo City, Una Una Regency has 6 Villages and 4 Villages, where each Village and sub-district has Two Posyandu Places, where each Village Posyandu and Village in the West Ampana Health Center Work Area, Ampana District, City Symbol The Name is Marked with Names - Bunga Names to be able to further rejuvenate the team immunization schedule from the West Ampana Health Center.

In accordance with the Decree of the Minister of Health, Domestic Regulation Number 19 of 2011 that (Posyandu) Integrated Service Post, hereinafter referred to as Posyandu, is a form of community-based health efforts that are managed and organized from, by, for and with the community in the implementation of health development, in order to empower the community and provide convenience to the community in obtaining basic health services to accelerate the reduction of the number of health services The role of cadres is very important in determining and ensuring the health and development of pregnant women and badutas (children under two years old), therefore cadres are one of the spearheads of health workers who are ad in Ampana Kota

District and also an extension of the West Ampana Health Center.

Therefore, Creating Health Services, Especially the Health of Pregnant Women and Baduta (Children Under Two Years Old) is a Special Concern in line with the Decree of the Governor of Central Sulawesi Number 440/435/bapeda-g.st/2020 concerning the determination of the results of the Locus Regency Performance Assessment of the Integrated Stunting Reduction Acceleration Action in Kota Regency, Central Sulawesi Province on November 4, 2020 in Palu For Cadres, in this case, cadres must be really observant in determining the risk of children being affected by stunting or not, for that reason, cadres must get full knowledge from the Health Office to provide knowledge on the procedures for determining stunted children in order to get the results of children who are really stunted or not and how to overcome them so that they can be free from stunted babies.

Before the author speaks further, the author said that cadres come from members of the community who are willing to be able and have time to organize posyandu voluntarily as stated in the Decree of the Regional Secretary Number 100.3.3.5/4.c/Kec. Ampana Kota/2023 concerning the Determination of the Head of Posyandu, Companions for Toddlers, Companions for the Elderly, Companions for Pregnant Women, Non-Communicable Diseases, Leprosy, Filariasis, Integrated Data Fostering at Village and Village Offices with The duties of cadres are as follows:

1. Conducting Monthly Posyandu Activities
 - Preparing for the Implementation of Posyandu
 - Monthly Activities of Posyandu
 - Activities after the monthly Posyandu
2. Carrying out Activities Outside the Posyandu
 - Conducting Home Visits
 - Mobilizing the Community and Attending and Participating in Posyandu Activities
 - Assisting health workers in registering for counseling and as a public health business

Meanwhile, what happened in the field was that every cadre that the author met most of them have not been able to master the correct examination procedures in accordance with the existing mechanism for being stunted or not because so far the average cadre that the author met in the field on average has not received training from the health office on how to deal with stunting properly and correctly or determine whether babies are stunted or not.

According to stunting data at the Tojo Una-Una Regency Health Office in 2023, it shows a significant decrease. Based on data from the Health Office, the stunting rate in Tojo Una-Una Regency in 2023 has reached 10.17%, indicating the efforts that have been made by the Central Sulawesi Provincial Government to reduce the stunting rate in the area. The Tojo Una Una Regency Health Office in 2023 is said to be a stunting emergency, therefore the Regional Order of Tojo Una Una Regency seeks to reduce the stunting rate in Tojo Una Una Regency in accordance with the Presidential Instruction on stunting reduction is Presidential Regulation Number 72 of 2021, which was stipulated on August 5, 2021. This regulation aims to accelerate the reduction of stunting in Indonesia, with a target of reducing stunting to 14 percent by 2024, in accordance with the 2020-2024 National Medium-Term Development Plan.

The fulfillment of adequate nutrition is an infestation in the formation of better human resources and is closely related to

efforts to improve the quality of public health, so that the quality of human resources that have strong and superior competitiveness will be obtained.

Ampana District, Tojo Una Una Regency is one of the oldest sub-districts in Tojo Una Una Regency. With a high prevalence of malnutrition The lack of priority in nutrition policy is identified as one of the causes of low attention in handling nutrition problems.

The problem that occurs in Ampana District, Tojo Una Una Regency is the lack of knowledge of Cadres and Parents about stunting, what is stunting, how to find out the impact of stunting and how to overcome stunting, so that there are cadres and parents who do not know about what stunting is and how to prevent stunting.

Cadres As one of the community leaders who can play an active role in bringing change to the community who can play an active role in bringing change to the community, health cadres are the result of the availability of community empowerment processes, activities to accompany carried out by village midwives, but to be able to make the community participate, it cannot be separated from the role of cadres as people who carry health missions and are closest to the community and become part of from the community itself as a facilitator in the community, a cadre must be skilled in integrating three important things, namely optimizing community participation

Cadre empowerment is very important because the better the process of empowering harmony and capability, the better the performance of posyandu cadres. The process of empowering this alignment is in line with the increasingly frequent training of Posyandu cadres. The process of empowerment of capabilities will be better if the availability of facilities is more complete and the role of villages and sub-districts is better, posyandu cadres can be empowered in monitoring growth and development and early stimulation of collapse.

Currently, posyandu cadres in villages and sub-districts of Ampana Kota Baru District carry out growth monitoring according to the graph contained in the KIA book in order to improve the performance of cadres in monitoring growth and development and stimulation of flower growth, so a cadre review is carried out on the use of the KIA book in carrying out Flower Growth.

From the results of this review, data was obtained that cadres understood growth monitoring in toddlers such as measuring weight, body length, head circumference and upper neck circumference, but did not understand the growth and development stimulation contained in the KIA.ini book showed that the KIA book only recorded the progress of the weight and nutritional status of the toddler, developmental stimulation using the KIA book had never been done on the grounds that it had not received socialization or training So that in terms of knowledge, cadres have not understood and have never done.

Besides that, the facilities available in the posyandu are only equipment for measuring weight and length or height and lila ribbons. This is one of the reasons for the cessation of monitoring the development of toddlers in Ampana Kota District by 2.9%, many breakthroughs are needed to increase this figure, one of which is optimizing the role of cadres in stimulating the growth and development of toddlers. To empower cadres, it is necessary to improve knowledge, skills, motivation and confidence in cadres.

Adistie (2018) explained that the increase in knowledge and skills of cadres after being given training increases the

motivation and confidence of cadres in carrying out stimulation of the toddler's body, so that cadres can play an optimal role. Cadres who play a good role increase the possibility of using KIA books by 1.6 times greater.

The task of cadres is very important and complex because the problem of child growth and development is not only evident in physical growth and development, but also the specific development of children under five. The lack of training and coaching to improve adequate skills for cadres causes an understanding of cadre duties

The purpose of this study is to measure the extent of Posyandu Cadre Empowerment in Early Detection of Stunting in Baduta Children in Ampana District, Tojo Una Regency, Una Una.

Based on the formulation of the problem that has been described earlier, the objectives of this research are determined as follows:

Empowerment of Posyandu Cadres in Early Detection of Stunting in Baduta Children (Under the Age of Duat) in Ampana District, Tojo Una Regency

Literature Review

1. Previous Research

This research refers to various previous studies as a source of foundation, including:

1. The Role of Cadres in Reducing Stunting in Villages (Ramadhan *et al.*, 2022)

- a. Objective: This study is to increase the role of cadres in stunting prevention in Bulili Village, South Lore District.
- b. Method: This study is a 3-month cohort study with the target focus on posyandu cadres and the output is the TB/U nutritional status of all children aged 0-23 months in Bulili Village, South Lore District.
- c. Research results: Showing that cadre efforts succeeded in reducing the prevalence of stunting from 35.3% in November 2018 to 16.7% in October 2019, exclusive breastfeeding was related to stunting incidence.
- d. Conclusion: Cadre assistance must be carried out continuously so that cadre performance remains good.

2. Concept Kader Posyandu

The concept of Posyandu Cadre is a community that is chosen by the community and trained to help the smooth running of health services. Posyandu cadres play a role as public health drivers and extension agents, so that people can implement clean and healthy living behaviors. Posyandu cadres also play a role in community development in the health sector through activities carried out at the posyandu and outside the posyandu

According to Abubakar Fahmi (2010), said that productivity in raising children and toddlers has its limits. while what takes time is as good as possible when the productive age in caring for children and toddlers is the parents (Mother) Run the productive age in raising children and toddlers the old man (Mother) continue to hone the ability in parenting, including in managing food.

Lawrence and Green (in Notoatmodjo, 2007) explain that three factors affect the behavioral skills of posyandu cadres, namely: (1) motivation, (2) skills, and (3) situations

3. Definition of Empowerment of Posyandu Cadres

Posyandu cadres are community members who come from the area and are willing, capable, and have the time to

organize posyandu activities. They must have criteria such as being able to read and write Latin letters, have an interest and are willing to become cadres, work voluntarily, and have the ability and free time (Ministry of Health of the Republic of Indonesia, 2011)

Posyandu cadres have duties before, during, and after posyandu activities. Previously, they made preparations for the implementation of posyandu activities, disseminated information about the opening day of the posyandu, and divided tasks among cadres. During the activity, they carried out registration, weighing, recording, counseling, providing additional food, and services that could be carried out by cadres. After the activity, they updated the data of the posyandu target and made a monthly report in the form of an SKDN report (Ministry of Health of the Republic of Indonesia, 2011)

Posyandu cadres also have a role outside of posyandu activities. They can carry out activities such as family planning, KIA, immunization, nutrition, and diarrhea control, as well as the eradication of infectious diseases, home sanitation, cleaning mosquito nests, garbage disposal, and others related to health (Ministry of Health of the Republic of Indonesia, 2012)

The characteristics of posyandu cadres include age, gender, educational status, occupation, experience, and others. Posyandu cadres are selected by Posyandu administrators from community members who are willing, able, and have time to organize Posyandu activities (Ministry of Health of the Republic of Indonesia, 2012)

Cadre empowerment is very important because the better the process of empowering harmony and capability, the better the performance of posyandu cadres. The process of empowering this alignment is in line with the increasingly frequent training of Posyandu cadres. The process of empowerment of capabilities will be better if the availability of facilities is more complete and the role of villages and sub-districts is better, posyandu cadres can be empowered in monitoring growth and development and early stimulation of collapse. This is because the cadres of this posyandu are close to the parents of toddlers so that it is easier to teach parents of toddlers in the stimulus of early growth and development of toddlers, but currently the posyandu cadres in the villages and sub-districts of Ampana Kota Baru district carry out growth monitoring according to the graph contained in the KIA book in order to improve the performance of cadres in monitoring growth and development and stimulation of flower growth, so a cadre review of the use of the KIA book in carry out Tumbu Kembang Stimulation. From the results of this review, data was obtained that cadres understood growth monitoring in toddlers such as measuring weight, body length, head circumference and upper neck circumference, but did not understand the growth and development stimulation contained in the KIA ini book showed that the KIA book only recorded the progress of the weight and nutritional status of the toddler, developmental stimulation using the KIA book had never been done on the grounds that it had not received socialization or training So that in terms of knowledge, cadres have not understood and have never done. Besides that, the facilities available in the posyandu are only equipment for measuring weight and length or height and lila ribbons. This is one of the reasons for the cessation of monitoring the development of toddlers in Ampana Kota District by 2.9%, many breakthroughs are needed to increase this figure, one of which is optimizing the role of cadres in

stimulating the growth and development of toddlers. To empower cadres, it is necessary to improve knowledge, skills, motivation and confidence in cadres.

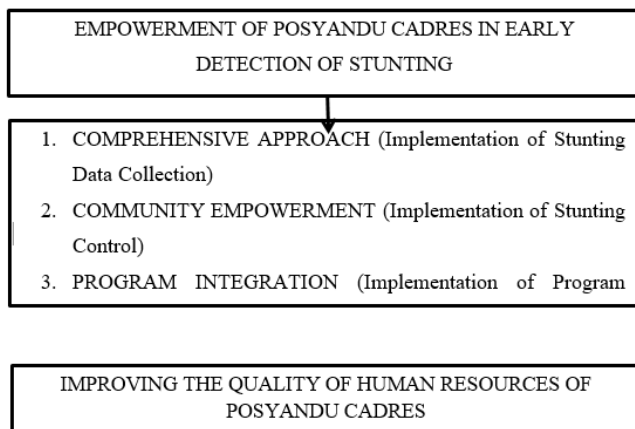


Fig 1: Research Mindset

Research Methods

This study uses a qualitative approach with a case study design to deeply understand the empowerment of posyandu cadres in early detection of stunting in Ampana Kota District. Case studies were chosen because they allow for in-depth exploration of phenomena in certain contexts in accordance with the purpose of the research. The study was carried out in Ampana Kota District, Tojo Una-Una Regency, Central Sulawesi, which was chosen because it had the highest stunting prevalence in 2023 according to data from the Tojo Una-Una Regency Health Office. The study lasted for three months, from January to March 2025.

The research informants include posyandu cadres as the main informants, as well as health center officers, village heads, sub-district heads, and other related parties as supporting informants. The selection of informants was carried out using a purposive sampling technique with the criteria of at least one year of experience as a posyandu cadre and active involvement in stunting early detection activities. Data were collected through in-depth interviews to explore the roles, challenges, and empowerment strategies of posyandu cadres; participatory observation of posyandu activities such as weight and height measurement; document studies that include reports on Posyandu activities, stunting data, and related government policies; and audio-visual documentation as a support for descriptive data.

The researcher serves as the main instrument, supported by interview guides, field note sheets for observation, and audio recording devices. The data was analyzed using the Miles and Huberman interactive model, which included data reduction to filter relevant information, presentation of data in the form of descriptive narratives, matrices, and diagrams, and drawing conclusions based on patterns and themes that emerged from the data.

Results and Discussion

The discussion related to the results of the research can be explained as follows:

1. Comprehensive approach (Implementation of stunting data collection)

The theme of the comprehensive approach (implementation of stunting data collection) has 2 sub-themes, namely: steps to collect stunting data and factors that affect the accuracy of

stunting data. Here's the discussion:

1. Steps to collect stunting data

The steps taken by posyandu cadres in the stunting data collection process begin with measuring height and weighing weight and continue by recording and reporting the results to the health center. This is in accordance with the main task of a posyandu cadre, namely as a driver and recorder-reporter, namely by weighing and measuring. After that, record and report to the health center officer (Ministry of Health of the Republic of Indonesia, 2023).

This statement is also in line with the results of the study Sanjaya *et al.*, (2022) that the duties of cadres related to nutrition and health include collecting data on toddlers, weighing them and recording them on the card towards health (KMS), providing additional food, providing vitamin A and nutrition counseling.

After weighing and measuring height, posyandu cadres immediately submitted their data to the health center officer to categorize stunted children. The results of this study are in line with the statement that the health center determines whether children are stunted or not, by using the Analytical Hierarchy Process (AHP) method by using 9 criteria in diagnosing stunting, namely the age of the toddler, the height of the toddler, the weight of the toddler, the upper arm circumference, the circumference of the forearm, the circumference of the chest circumference, the circumference of the abdomen, the circumference of the head and nutrition (Eli *et al.*, 2023).

2. Factors that affect the accuracy of stunting data

The results of the study found that one of the factors that can affect the accuracy of stunting data is the understanding of posyandu cadres about how to determine stunting. The results of this study are in line with the statement that the factors that cause the performance of posyandu cadres to be felt to be less optimal and adequate, one of which is related to the problem of understanding the nutrition of toddlers and pregnant women and then the correct services to the community such as weighing the baby's weight, measuring the correct head circumference, and the correct length of the baby, recording the card towards health (KMS), providing additional food for toddlers and breastfeeding mothers (Suyani *et al.*, 2021).

To improve the accuracy in determining stunting in toddlers, it can maximize and add other attributes such as Arm Circumference (LL), Head Circumference (LK), and poor status which are analyzed as influencing factors in determining stunting (Mulyanto *et al.*, 2024).

2. Community empowerment (implementation of stunting control)

The Community Empowerment theme consists of 2 sub-themes. The following is the discussion:

1. Factors affecting stunting prevention

a. Supporting factors

The existence of additional food assistance is one of the supporting factors, so that stunted children get additional food. The results of this study are in line with the results of the study which states that the Provision of Supplementary Food (PMT) comes from the central government budget and the village fund budget. PMT given to toddlers is in the form of processed food, such as mung bean porridge, biscuits, and eggs. PMT is managed by Posyandu cadres (Lestari *et al.*,

2022).

Another supporting factor in stunting prevention is cross-sector cooperation, so that stunting control can be carried out properly. This is in line with the results of the study which states that the role of the village government in stunting prevention, especially health, has been well implemented. Both from the allocation of funds and actions and ideas made by the village government so that the village avoids stunting (Lestari *et al.*, 2022).

b. Inhibiting factors

The results of this study found that one of the inhibiting factors in stunting prevention is the lack of parental understanding of stunting. The results of this study are in line with the results of previous research that the stunting problem found in the Poto Tano District Health Center is caused by a lack of parental knowledge about the dangers of stunting, an economic factor that results in a lack of nutritional intake in infants under five (Mulyanto *et al.*, 2024).

If parents can understand stunting, then the prevention of stunted children can be carried out, coupled with the strengthening of knowledge about good services carried out by posyandu cadres, which has a great impact on the high interest of the public to visit the posyandu (Suyani *et al.*, 2021).

Other factors that are inhibiting factors in stunting prevention are parenting and economic factors. The results of this study are in line with the statement that several factors that affect stunting prevention are energy intake, birth weight, family income level and parenting (Nugroho, Sasongko and Kristiawan, 2021).

Hereditary factors are also one of the factors in stunting control. This is in line with the results of previous research which Using the systematic literature review, that from 10 selected articles, it was found that there was a correlation between the height genetics of parents (especially mothers) and the height of children. If parents have a lower height than the average population, then children tend to have a higher risk of stunting (Heriawita and Sulastri, 2023).

The same opinion was also expressed in the results of the study Muhdar *et al.*, (2022) that the obstacles experienced in stunting control are the lack of public knowledge about stunting, the difficulty of changing people's behavior about the importance of nutrition, and the lack of accurate tools in measuring toddlers.

2. Stunting control coordination system

The results of the study found that the coordination system in stunting prevention was running well, all parties could cooperate enthusiastically. The results of this study are in line with the results of previous research that a good coordination system can help in stunting control. The role of the village government in stunting prevention, especially health, has been well implemented. Both from the allocation of funds and actions and ideas made by the village government so that the village avoids stunting (Lestari *et al.*, 2022).

The coordination system will be stronger, if there is involvement of policy makers. This is in accordance with the results of previous research which shows that the policy issued by the Enrekang district government in supporting efforts to accelerate and overcome stunting regarding the Stunting Care Community Movement in Enrekang Regency and is also supported by other regent regulations to reduce stunting in Enrekang Regency. The regent regulation aims to

accelerate the reduction of stunting prevalence in Enrekang Regency. The community's response is very positive to the policies implemented in Enrekang Regency (Riyadh, N.A., Batara, A. S., Nurlinda, 2023).

Although the coordination system has been implemented, there are still several obstacles, including the lack of optimal follow-up after coordination. The results of this study are in line with the results of the study which states that the implementation of stunting prevention in Padang City has not been optimally carried out, due to various problems, namely the lack of optimal coordination of stakeholders on specific and sensitive nutrition interventions and socialization has not been optimally carried out because there is still limited socialization about nutrition. As a result, stunting prevention cannot be a serious problem for other institutions as a coordinated institution to accelerate stunting control (Febrian F and Yusran R, 2021).

The results of this study are also in accordance with the results of previous research on obstacles in the implementation of stunting control in Brebes Regency which come from within the agency are related to the lack of collaboration between programs, the duties of each OPD who already have quite a lot of tasks other than to deal with stunting and related to the lack of understanding of program implementers related to their respective duties (Nurva and Maharani, 2023).

3. Program integration (implementation of stunting socialization)

One of the efforts to prevent stunting is to conduct socialization. One of the implementation of socialization is to conduct counseling to adolescents to avoid early marriage, which is one of the factors that cause stunted children. The results of this study are in line with the results of previous research that socialization in adolescents can be carried out through counseling for high school students. The implementation of socialization of the dangers of early marriage at SMA Negeri 1 Ngoro has an effect on increasing students' understanding of the dangers of early marriage and the risk of stunting (Metasari *et al.*, 2022).

Another activity that can be done in socializing stunting is by conducting counseling at posyandu to mothers, mothers, babies and toddlers, about the importance of nutritious food, which can be obtained through TOGA (family medicinal plants). This is in line with previous research that the creation of TOGA in the yard of the house has a positive impact, namely increasing public knowledge and innovation about stunting prevention by utilizing Family Medicinal Plants (TOGA) (Diana *et al.*, 2024).

Another form of socialization is to conduct home visits, especially for mothers who have stunted children but do not want to bring their children to do health checks at posyandu or health centers. This is in line with the results of previous research that one of the efforts of the health center in monitoring is to monitor every two weeks, monitoring the provision of PMT given during home visits (Muhdar *et al.*, 2022).

Conclusion

The empowerment of Posyandu cadres has proven to be very effective in supporting early stunting detection efforts in Ampana Kota District. The training and education provided to cadres regarding nutrition and health significantly improves their ability to carry out their duties. In addition,

close cooperation between cadres, the government, and the community is the key to the success of this program. As an integrated service center, Posyandu plays an important role in detecting stunting cases quickly and accurately. Optimal cadre empowerment not only improves the quality of services but also contributes significantly to reducing the stunting rate in the region.

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