



Digital Literacy and The Prevention of Stunting from Suburban Perspective: Case in Sepat Village, Sragen

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ABSTRACT

There is still a lot of confusion in information about stunting, such as the difference between stunting and malnutrition, the diet to prevent stunting, and so on. Valid information related to stunting is already available in digital form, but there is still a lot of misinformation and disinformation that makes people sometimes confused about the validity of information, especially information about stunting, which is obtained from the internet. Assistance to the community in the form of counseling to find information about stunting through digital media is seen as a concrete solution to the above problems. In Sepat Village, Masaran District, Sragen Regency the situation is quite similar. This location was chosen to take into account the condition of the community experiencing stunting, and based on the distance not too far from Surakarta City which is it is assumed that they are more literate regarding information about stunting from digital media. This research will use a qualitative method with pre-test and post-test for the respondent who consists of the housewives in Sepat Village, while also using the digital literacy concept in the process. The result indicates that there is an interconnectivity between digital literacy and stunting prevention, as the result of the post-test showed that the respondent is generally more aware of stunting after they got through the digital literacy session. This research hopefully can become one checkpoint for similar research to prevent stunting in the future.

Keywords: *Digital Literacy, Stunting, Suburban, Sragen*

1. INTRODUCTION

Based on the National Population and Family Planning Agency (BKKBN), stunting is a child development disorder caused by malnutrition in the first 1,000 days of life that lasts a long time. Stunting causes brain development and growth and development to be hampered. Children who suffer from stunting are generally shorter than children in general. The number of children with stunting in Indonesia is quite high. According to the results of the Indonesian Toddler Nutrition Status Survey (SSGBI), in 2019 the stunting rate in Indonesia decreased to 27.67%. Although declining, this figure is still above the World Health Organization (WHO) target of 20% [1].

Meanwhile, according to UNESCO (2011) digital literacy is a skill (life skills) that does not only involve the ability to use technology, information, and communication tools, but also involves the ability to socialize learning, critical thinking, creative, and inspiring as a digital competition [2]. Many factors cause

stunting, namely low socioeconomic problems, food insecurity, maternal nutritional status during pregnancy, babies with low birth weight (LBW), child care patterns, nutritional status, sanitation, and water availability [3].

Move to the location of community service activities. Sepat Village, Masaran District, Sragen Regency, by location, cannot be said to be a remote village or located in remote areas. Located in Masaran District, which incidentally is a sub-district that is passed by a cross-provincial highway between Central Java and East Java, access to Sepat Village is not difficult enough. In other words, Sepat Village can be categorized as a village with a fairly strategic location. Some residents also have a livelihood as factory employees/production business fields which are also found in Sepat Village.

As the main target of this service activity, of course, the existence of these groups of mothers is certainly very prospective. Even more, In Sepat Village, Posyandu activities have been carried out quite well and are coordinated under the name Posyandu Rahayu. Sepat

Village itself has more than one Posyandu unit, wherein this community service activity, Posyandu Rahayu 1 and Posyandu Rahayu 3. In addition, Sepat Village also has a health clinic called “Dadi Peduli Clinic” whose operations are supported by a sponsor, namely PT Putra Dadi Sejahtera which is engaged in the production of household furniture. This clinic serves the community through the provision of various health services, such as light health consultations, cholesterol checks, uric acid checks, blood pressure checks, blood sugar checks, to circumcision services carried out through mass circumcision events.

However, the problem of digital literacy regarding stunting is still a problem for the residents of Sepat Village. In addition to stunting cases, public awareness is still low about stunting, the differences between stunting and malnutrition are still not fully understood by the people of Sepat Village [4], and various information gaps in the community regarding stunting cause the emergence of urgency to carry out this community service activity.

The evidence is from the data collected based on the 2018 Basic Health Research of Sragen Regency, the stunting rate in Sragen Regency reached 39.32%, while Central Java Province was 33.4% and nationally 30.8% [5], quantitatively recorded 5,814 toddlers indicated experiencing stunting in that year [6]. This is certainly a problem for Sragen Regency, and is one of the main reasons for planning and implementing this community service activity. Sepat Village, even though it does not occupy the position as the village with the highest stunting rate in Sragen, is still chosen as the location for community service by considering the projected service activities this time can be a pilot project for other villages in Sragen Regency in particular, and in Central Java Province. in general.

2. METHODS

The method used in the preparation of this study is quasi-experimental with the number of respondents as many as 32 mothers who are active members of Posyandu Rahayu 1 and 3 in the village of Sepat, Masaran, Sragen. Data were collected using pre-test and post-test questionnaires regarding their understanding of digital literacy and stunting. Pretest – Posttest design is used to get an idea of the impact of technical assistance in the form of counseling and training on the use of stunting detection applications in children. Of the 32 respondents, only the survey results from 25 respondents could be used for further analysis.

3. RESULT AND DISCUSSION

The following are the results of the processed pre-test and post-test data that have been filled in by the respondent.

- a. Based on the results of questions related to respondents' knowledge of the stunting phenomenon, 93.9% answered they knew and 6.1% answered they did not know.

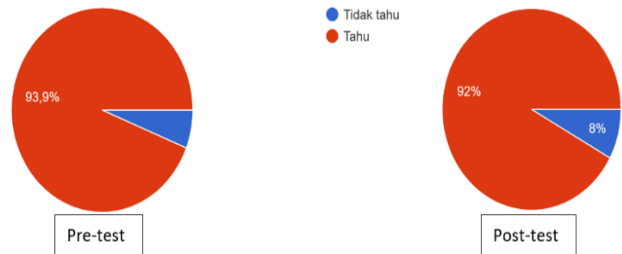


Figure 1. Knowledge of the stunting phenomenon

- b. Based on the results of questions related to the experience of respondents seeking information related to the stunting phenomenon, 84.8% answered yes and 15.2% answered never.



Figure 2. Experience of seeking information of stunting phenomenon

- c. Based on the results of questions related to respondents' knowledge of the difference between stunting and malnutrition, 75.8% answered they knew and 24.2% answered they did not know.



Figure 3. Knowledge of the difference between stunting and malnutrition

- d. Based on the results of questions related to the respondents' knowledge of the dangers of stunting, 84.8% answered that it was dangerous, 12.1% answered that they did not know, and 3% answered that they did not know.

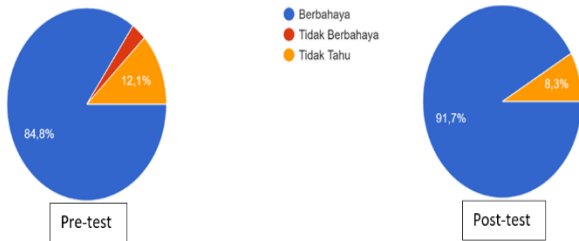


Figure 4. Knowledge of the danger of stunting

e. Based on questions related to social media or messaging applications owned by respondents, it is known that the majority of respondents chose WhatsApp (78.8%), Facebook (48.5%), and YouTube (36.4%).

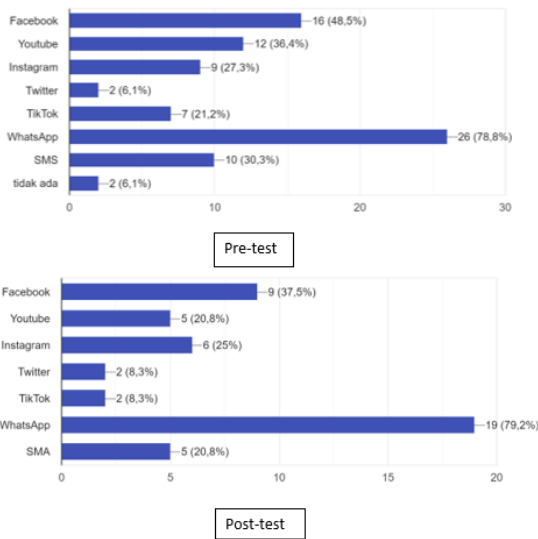


Figure 5. Usage of social media or messaging applications

f. Based on the results of questions related to the intensity of social media use by respondents, it can be concluded that the majority of respondents answered:

- Use between 1-3 hours daily (33.3%)
- Usage between less than 1 hour daily (24.2%)
- Use more than 6 hours per day (18.2%)



Figure 6. Intensity of social media usage

g. Based on the results of questions related to the intensity of respondents getting stunting information on social media, the majority of

respondents answered that they received information related to stunting once a week (33.3%) and never received information related to stunting in 1 week (33.3%).

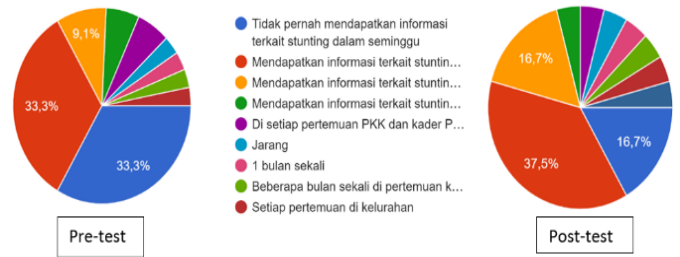


Figure 7. Knowledge of the stunting phenomenon

h. Based on the results of respondents' answers to searching for information related to stunting online, 57.6% answered agree, 30.3% answered strongly agree, and 12.1% answered neutrally.



Figure 8. Activity of searching for stunting information online

i. Based on the results of respondents' answers related to their belief in the truth of the news conveyed by major mass media, such as newspapers, television, and radio, the majority answered agree (45.5%), neutral (27.3%), and strongly agree (21.2%).



Figure 9. Belief toward mass media information

j. Based on the results of respondents' answers related to the belief in stunting information conveyed by friends and family, the majority answered agree (51.5%), neutral (24.2%), and disagree (15.2%).



Figure 10. Belief toward stunting information by friends and family

k. Based on respondents' answers regarding their opinion on the statement that stunting is very dangerous for children's growth and development, the majority answered strongly agree (51.5%), agree (42.4%), the rest answered neutral (3%), and disagree (3%).



Figure 11. Opinion regarding the danger of stunting

l. Based on respondents' answers regarding their opinion on the importance of digital literacy counseling related to the stunting phenomenon, the majority answered strongly agree (54.4%) and agree (45.4%).



Figure 12. Opinion regarding the importance of stunting digital literacy

m. Based on respondents' answers to the need for understanding to filter information related to stunting so as not to spread hoax news, the majority answered strongly agree (60.6%) and agree (39.4%).

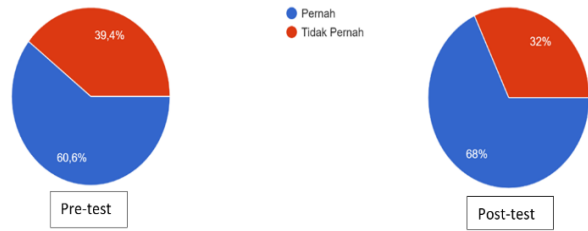


Figure 13. Awareness of the filter information to prevent hoax news

n. Based on the respondents' answers regarding their experience of receiving confusing information on stunting, the majority answered yes (60.6%) and the rest answered never (39.4%).



Figure 14. Experience of receiving confusing information on stunting

o. Based on respondents' answers related to the origin of the information confusion, the majority answered from the wider community through social media (45.4%), had never received confusing information (36.4%), and came from friends (12.1%), the rest answered never (3%) and came from health care meetings (3%).

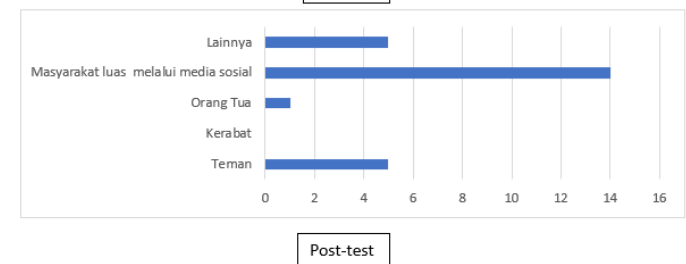
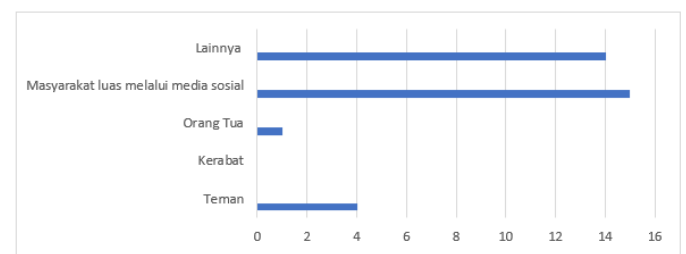


Figure 15. Origin of the information confusion

p. Based on respondents' answers regarding statements that their active involvement in

Posyandu can help provide understanding to the community about the dangers of stunting, the majority answered strongly agree (54.5%) and agree (45.4%).



Figure 16. Answers regarding how their involvement in Posyandu can help spread stunting understandings

q. Based on the respondents' answers regarding their knowledge of strengthening literacy knowledge in Posyandu can overcome the confusion of information related to stunting circulating on social media, the majority answered agree (63.6%) and strongly agree (36.4%).



Figure 17. Strengthening literacy knowledge in Posyandu can overcome the confusion of information

r. Based on respondents' answers to the impact felt by them after digital literacy counseling in increasing understanding of stunting, the majority answered agree (63.6%), strongly agree (27.3%), the rest answered neutral (6.1%), and disagreed (3%).



Figure 18. Answers to the impact felt by them after digital literacy counseling

between digital literacy and stunting prevention. Counseling and training carried out in general succeeded in increasing respondents' awareness of stunting after they went through digital literacy sessions. Hopefully, increasing digital literacy can emerge as one of the alternatives to prevent stunting in the future, as well as spark the interest of more scholars to create similar studies which can be useful for eradicating stunting.

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4. CONCLUSION

Based on the results of the pre-test and post-test of respondents, shows that there is an interconnectivity

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